

# Helsingborg: Månens upp- och nedgångar år 2019

	Januari	Februari	Mars	April	Maj	Juni	Juli	Augusti	September	Oktober	November	December
1	03:27 13:18	05:55 13:25	04:45 12:09	06:04 15:09	05:03 16:25	04:10 19:05	03:25 20:35	05:09 21:50	08:39 21:18	10:35 20:15	12:24 19:26	12:31 20:17
2	04:43 13:41	06:48 14:14	05:30 13:05	06:23 16:19	05:17 17:38	04:30 20:24	04:07 21:43	06:37 22:17	10:09 21:35	12:02 20:40	13:18 20:22	12:57 21:29
3	05:55 14:09	07:30 15:12	06:06 14:06	06:40 17:30	05:31 18:52	04:56 21:43	05:03 22:39	08:09 22:39	11:37 21:54	13:23 21:10	13:59 21:27	13:16 22:41
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5	08:01 15:28	08:30 17:23	06:58 16:21	07:09 19:54	06:05 21:26	06:18 23:57	07:37 23:52	11:07 23:15	14:23 22:41	15:34 22:38	14:52 23:48	13:45 ...
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Framtagen av André Franke, meteorolog och amatörastronom, [www.astroinfo.se](http://www.astroinfo.se)

Beräkningarna avser månens överkant.

... - upp- eller nedgången inträffar först nästa dag

under/över - månen befinner sig dygnet runt under/över horisonten och går varken upp eller ner. Detta kan hända enbart i norra Sverige.

två tider för upp- eller nedgången betyder att månen går upp eller ned två gånger samma dag. Detta händer enbart i sällsynta fall i norra Sverige.