

Östersund: Nautisk skymning/gryning år 2019

| | Januari | Februari | Mars | April | Maj | Juni | Juli | Augusti | September | Oktober | November | December |
|----|-------------|-------------|-------------|-------------|-----|------|------|----------------------|-------------|-------------|-------------|-------------|
| 1 | 07:24 16:46 | 06:44 17:46 | 05:28 19:01 | 04:34 21:39 | --- | --- | --- | --- | 03:44 22:15 | 05:27 20:12 | 05:52 17:37 | 06:58 16:41 |
| 2 | 07:24 16:47 | 06:42 17:49 | 05:25 19:04 | 04:29 21:43 | --- | --- | --- | --- | 03:48 22:10 | 05:30 20:09 | 05:54 17:34 | 07:00 16:40 |
| 3 | 07:23 16:48 | 06:40 17:51 | 05:22 19:07 | 04:25 21:47 | --- | --- | --- | --- | 03:52 22:06 | 05:33 20:05 | 05:57 17:32 | 07:02 16:40 |
| 4 | 07:23 16:50 | 06:38 17:54 | 05:18 19:09 | 04:21 21:51 | --- | --- | --- | --- | 03:57 22:01 | 05:36 20:02 | 05:59 17:29 | 07:03 16:39 |
| 5 | 07:22 16:51 | 06:35 17:56 | 05:15 19:12 | 04:16 21:55 | --- | --- | --- | --- | 04:01 21:56 | 05:39 19:59 | 06:02 17:27 | 07:05 16:38 |
| 6 | 07:22 16:53 | 06:33 17:59 | 05:12 19:15 | 04:12 21:59 | --- | --- | --- | --- | 04:04 21:52 | 05:42 19:55 | 06:04 17:24 | 07:06 16:37 |
| 7 | 07:21 16:54 | 06:31 18:01 | 05:08 19:18 | 04:07 22:03 | --- | --- | --- | --- | 04:08 21:47 | 05:45 19:52 | 06:07 17:22 | 07:08 16:37 |
| 8 | 07:20 16:56 | 06:28 18:04 | 05:05 19:21 | 04:03 22:07 | --- | --- | --- | --- | 04:12 21:43 | 05:48 19:48 | 06:09 17:20 | 07:09 16:36 |
| 9 | 07:20 16:57 | 06:26 18:06 | 05:02 19:24 | 03:58 22:11 | --- | --- | --- | --- | 04:16 21:38 | 05:51 19:45 | 06:11 17:18 | 07:11 16:36 |
| 10 | 07:19 16:59 | 06:23 18:09 | 04:58 19:27 | 03:53 22:15 | --- | --- | --- | --- | 04:19 21:34 | 05:53 19:42 | 06:14 17:15 | 07:12 16:35 |
| 11 | 07:18 17:01 | 06:21 18:12 | 04:55 19:30 | 03:48 22:20 | --- | --- | --- | --- | 04:23 21:30 | 05:56 19:38 | 06:16 17:13 | 07:13 16:35 |
| 12 | 07:17 17:03 | 06:18 18:14 | 04:51 19:33 | 03:43 22:24 | --- | --- | --- | --- | 04:27 21:26 | 05:59 19:35 | 06:18 17:11 | 07:14 16:35 |
| 13 | 07:16 17:04 | 06:15 18:17 | 04:48 19:36 | 03:38 22:29 | --- | --- | --- | --- | 04:30 21:21 | 06:02 19:32 | 06:21 17:09 | 07:16 16:35 |
| 14 | 07:15 17:06 | 06:13 18:20 | 04:44 19:39 | 03:33 22:34 | --- | --- | --- | 01:41 00:32 | 04:34 21:17 | 06:04 19:29 | 06:23 17:07 | 07:17 16:35 |
| 15 | 07:14 17:08 | 06:10 18:22 | 04:40 19:42 | 03:28 22:39 | --- | --- | --- | 01:56 00:17 | 04:37 21:13 | 06:07 19:25 | 06:25 17:05 | 07:18 16:35 |
| 16 | 07:12 17:10 | 06:07 18:25 | 04:37 19:45 | 03:23 22:44 | --- | --- | --- | 02:07 00:05 23:55 | 04:41 21:09 | 06:10 19:22 | 06:28 17:03 | 07:19 16:35 |
| 17 | 07:11 17:12 | 06:04 18:28 | 04:33 19:49 | 03:17 22:49 | --- | --- | --- | 02:17 23:46 | 04:44 21:05 | 06:12 19:19 | 06:30 17:01 | 07:19 16:35 |
| 18 | 07:10 17:14 | 06:02 18:30 | 04:29 19:52 | 03:11 22:54 | --- | --- | --- | 02:25 23:38 | 04:47 21:01 | 06:15 19:16 | 06:32 17:00 | 07:20 16:35 |
| 19 | 07:08 17:16 | 05:59 18:33 | 04:26 19:55 | 03:06 23:00 | --- | --- | --- | 02:33 23:31 | 04:51 20:57 | 06:18 19:13 | 06:34 16:58 | 07:21 16:35 |
| 20 | 07:07 17:18 | 05:56 18:36 | 04:22 19:58 | 03:00 23:06 | --- | --- | --- | 02:40 23:24 | 04:54 20:53 | 06:20 19:10 | 06:37 16:56 | 07:22 16:36 |
| 21 | 07:05 17:21 | 05:53 18:38 | 04:18 20:01 | 02:53 23:12 | --- | --- | --- | 02:47 23:17 | 04:57 20:49 | 06:23 19:07 | 06:39 16:55 | 07:22 16:36 |
| 22 | 07:04 17:23 | 05:50 18:41 | 04:14 20:05 | 02:47 23:19 | --- | --- | --- | 02:53 23:10 | 05:00 20:46 | 06:26 19:04 | 06:41 16:53 | 07:23 16:36 |
| 23 | 07:02 17:25 | 05:47 18:44 | 04:10 20:08 | 02:40 23:26 | --- | --- | --- | 02:59 23:04 | 05:03 20:42 | 06:28 19:01 | 06:43 16:51 | 07:23 16:37 |
| 24 | 07:00 17:27 | 05:44 18:47 | 04:06 20:11 | 02:33 23:33 | --- | --- | --- | 03:05 22:58 | 05:06 20:38 | 06:31 18:59 | 06:45 16:50 | 07:24 16:38 |
| 25 | 06:58 17:29 | 05:41 18:50 | 04:03 20:15 | 02:25 23:41 | --- | --- | --- | 03:10 22:52 | 05:10 20:34 | 06:34 18:56 | 06:47 16:49 | 07:24 16:38 |
| 26 | 06:57 17:32 | 05:38 18:52 | 03:59 20:18 | 02:17 23:50 | --- | --- | --- | 03:15 22:46 | 05:13 20:30 | 06:36 18:53 | 06:49 16:47 | 07:24 16:39 |
| 27 | 06:55 17:34 | 05:34 18:55 | 03:55 20:21 | 02:07 24:00 | --- | --- | --- | 03:20 22:41 | 05:16 20:27 | 05:39 17:50 | 06:51 16:46 | 07:24 16:40 |
| 28 | 06:53 17:37 | 05:31 18:58 | 03:51 20:25 | 01:57 ... | --- | --- | --- | 03:25 22:35 | 05:19 20:23 | 05:41 17:47 | 06:53 16:45 | 07:24 16:41 |
| 29 | 06:51 17:39 | | 03:46 20:28 | 01:45 00:12 | --- | --- | --- | 03:30 22:30 | 05:22 20:19 | 05:44 17:45 | 06:55 16:44 | 07:24 16:42 |
| 30 | 06:49 17:41 | | 03:42 20:32 | 01:27 00:29 | --- | --- | --- | 03:35 22:25 | 05:25 20:16 | 05:47 17:42 | 06:57 16:42 | 07:24 16:43 |
| 31 | 06:47 17:44 | | 04:38 21:36 | | --- | | --- | 03:39 22:20 | | 05:49 17:39 | | 07:24 16:44 |

Framtagen av André Franke, meteorolog och amatörastronom, www.astroinfo.se

... : Fenomenet inträffar först nästa dag.

--- : Fenomenet utgår därför att solen aldrig når så långt under horisonten.

Två tider/uppgifter samma dag betyder att fenomenet inträffar två gånger samma dag. Detta kan hända vid enstaka fall i hela Sverige.