

Östersund: Månens upp- och nedgångar år 2019

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

Framtagen av André Franke, meteorolog och amatörastronom, 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.