

Söderhamn: Månens upp- och nedgångar år 2019

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