

Stockholm: Månens upp- och nedgångar år 2019

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