# Alba / Tramonto
## 2024

| | Mese | | | | | |
|---|---|---|---|---|---|---|
| | **Gennaio** | **Febbraio** | **Marzo** | **Aprile** | **Maggio** | **Giugno** |
| 1 | 07.56 / 16.35 | 07.36 / 17.15 | 06.50 / 17.58 | 06.51 / 19.40 | 05.57 / 20.20 | 05.23 / 20.56 |
| 2 | 07.56 / 16.36 | 07.35 / 17.16 | 06.49 / 17.59 | 06.49 / 19.42 | 05.56 / 20.22 | 05.23 / 20.57 |
| 3 | 07.56 / 16.37 | 07.34 / 17.18 | 06.47 / 18.01 | 06.47 / 19.43 | 05.54 / 20.23 | 05.22 / 20.58 |
| 4 | 07.55 / 16.38 | 07.32 / 17.19 | 06.45 / 18.02 | 06.45 / 19.44 | 05.53 / 20.24 | 05.22 / 20.59 |
| 5 | 07.55 / 16.39 | 07.31 / 17.21 | 06.43 / 18.03 | 06.43 / 19.46 | 05.51 / 20.26 | 05.21 / 20.59 |
| 6 | 07.55 / 16.40 | 07.30 / 17.22 | 06.41 / 18.05 | 06.41 / 19.47 | 05.50 / 20.27 | 05.21 / 21.00 |
| 7 | 07.55 / 16.41 | 07.28 / 17.24 | 06.39 / 18.06 | 06.39 / 19.48 | 05.49 / 20.28 | 05.21 / 21.01 |
| 8 | 07.55 / 16.42 | 07.27 / 17.25 | 06.37 / 18.08 | 06.37 / 19.50 | 05.47 / 20.29 | 05.20 / 21.02 |
| 9 | 07.54 / 16.43 | 07.25 / 17.27 | 06.35 / 18.09 | 06.35 / 19.51 | 05.46 / 20.31 | 05.20 / 21.02 |
| 10 | 07.54 / 16.44 | 07.24 / 17.28 | 06.34 / 18.10 | 06.34 / 19.52 | 05.44 / 20.32 | 05.20 / 21.03 |
| 11 | 07.54 / 16.45 | 07.22 / 17.30 | 06.32 / 18.12 | 06.32 / 19.54 | 05.43 / 20.33 | 05.20 / 21.03 |
| 12 | 07.53 / 16.47 | 07.21 / 17.31 | 06.30 / 18.13 | 06.30 / 19.55 | 05.42 / 20.34 | 05.20 / 21.04 |
| 13 | 07.53 / 16.48 | 07.19 / 17.33 | 06.28 / 18.15 | 06.28 / 19.56 | 05.41 / 20.36 | 05.20 / 21.05 |
| 14 | 07.52 / 16.49 | 07.18 / 17.34 | 06.26 / 18.16 | 06.26 / 19.58 | 05.39 / 20.37 | 05.19 / 21.05 |
| 15 | 07.52 / 16.50 | 07.16 / 17.36 | 06.24 / 18.17 | 06.24 / 19.59 | 05.38 / 20.38 | 05.19 / 21.05 |
| 16 | 07.51 / 16.52 | 07.15 / 17.37 | 06.22 / 18.19 | 06.23 / 20.00 | 05.37 / 20.39 | 05.19 / 21.06 |
| 17 | 07.50 / 16.53 | 07.13 / 17.39 | 06.20 / 18.20 | 06.21 / 20.02 | 05.36 / 20.41 | 05.20 / 21.06 |
| 18 | 07.50 / 16.54 | 07.11 / 17.40 | 06.18 / 18.21 | 06.19 / 20.03 | 05.35 / 20.42 | 05.20 / 21.07 |
| 19 | 07.49 / 16.56 | 07.10 / 17.42 | 06.16 / 18.23 | 06.17 / 20.04 | 05.34 / 20.43 | 05.20 / 21.07 |
| 20 | 07.48 / 16.57 | 07.08 / 17.43 | 06.14 / 18.24 | 06.15 / 20.06 | 05.33 / 20.44 | 05.20 / 21.07 |
| 21 | 07.47 / 16.59 | 07.06 / 17.45 | 06.12 / 18.26 | 06.14 / 20.07 | 05.32 / 20.45 | 05.20 / 21.07 |
| 22 | 07.47 / 17.00 | 07.05 / 17.46 | 06.10 / 18.27 | 06.12 / 20.08 | 05.31 / 20.46 | 05.20 / 21.08 |
| 23 | 07.46 / 17.01 | 07.03 / 17.48 | 06.08 / 18.28 | 06.10 / 20.10 | 05.30 / 20.47 | 05.21 / 21.08 |
| 24 | 07.45 / 17.03 | 07.01 / 17.49 | 06.06 / 18.30 | 06.09 / 20.11 | 05.29 / 20.48 | 05.21 / 21.08 |
| 25 | 07.44 / 17.04 | 06.59 / 17.50 | 06.04 / 18.31 | 06.07 / 20.12 | 05.28 / 20.49 | 05.21 / 21.08 |
| 26 | 07.43 / 17.06 | 06.58 / 17.52 | 06.02 / 18.32 | 06.05 / 20.14 | 05.27 / 20.50 | 05.22 / 21.08 |
| 27 | 07.42 / 17.07 | 06.56 / 17.53 | 06.00 / 18.34 | 06.04 / 20.15 | 05.27 / 20.51 | 05.22 / 21.08 |
| 28 | 07.41 / 17.09 | 06.54 / 17.55 | 05.58 / 18.35 | 06.02 / 20.16 | 05.26 / 20.52 | 05.23 / 21.08 |
| 29 | 07.40 / 17.10 | 06.52 / 17.56 | 05.57 / 18.36 | 06.00 / 20.18 | 05.25 / 20.53 | 05.23 / 21.08 |
| 30 | 07.38 / 17.12 | | 05.55 / 18.38 | 05.59 / 20.19 | 05.25 / 20.54 | 05.24 / 21.07 |
| 31 | 07.37 / 17.13 | | 06.53 / 19.39 | | 05.24 / 20.55 | |

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## 2024

| | Mese | | | | | |
|---|---|---|---|---|---|---|
| | **Luglio** | **Agosto** | **Settembre** | **Ottobre** | **Novembre** | **Dicembre** |
| 1 | 05.24 / 21.07 | 05.54 / 20.42 | 06.33 / 19.50 | 07.11 / 18.51 | 06.54 / 16.56 | 07.36 / 16.27 |
| 2 | 05.25 / 21.07 | 05.56 / 20.41 | 06.35 / 19.48 | 07.13 / 18.49 | 06.56 / 16.55 | 07.37 / 16.26 |
| 3 | 05.26 / 21.07 | 05.57 / 20.39 | 06.36 / 19.46 | 07.14 / 18.47 | 06.57 / 16.54 | 07.38 / 16.26 |
| 4 | 05.26 / 21.06 | 05.58 / 20.38 | 06.37 / 19.44 | 07.15 / 18.45 | 06.59 / 16.52 | 07.39 / 16.25 |
| 5 | 05.27 / 21.06 | 05.59 / 20.36 | 06.38 / 19.42 | 07.17 / 18.43 | 07.00 / 16.51 | 07.40 / 16.25 |
| 6 | 05.28 / 21.06 | 06.01 / 20.35 | 06.40 / 19.40 | 07.18 / 18.42 | 07.02 / 16.49 | 07.41 / 16.25 |
| 7 | 05.29 / 21.05 | 06.02 / 20.33 | 06.41 / 19.39 | 07.19 / 18.40 | 07.03 / 16.48 | 07.42 / 16.25 |
| 8 | 05.29 / 21.05 | 06.03 / 20.32 | 06.42 / 19.37 | 07.21 / 18.38 | 07.04 / 16.47 | 07.43 / 16.25 |
| 9 | 05.30 / 21.04 | 06.04 / 20.30 | 06.43 / 19.35 | 07.22 / 18.36 | 07.06 / 16.45 | 07.44 / 16.25 |
| 10 | 05.31 / 21.04 | 06.05 / 20.29 | 06.45 / 19.33 | 07.23 / 18.34 | 07.07 / 16.44 | 07.45 / 16.25 |
| 11 | 05.32 / 21.03 | 06.07 / 20.27 | 06.46 / 19.31 | 07.25 / 18.32 | 07.09 / 16.43 | 07.46 / 16.25 |
| 12 | 05.33 / 21.02 | 06.08 / 20.26 | 06.47 / 19.29 | 07.26 / 18.30 | 07.10 / 16.42 | 07.47 / 16.25 |
| 13 | 05.34 / 21.02 | 06.09 / 20.24 | 06.48 / 19.27 | 07.28 / 18.28 | 07.12 / 16.41 | 07.48 / 16.25 |
| 14 | 05.35 / 21.01 | 06.11 / 20.22 | 06.50 / 19.25 | 07.29 / 18.27 | 07.13 / 16.40 | 07.48 / 16.25 |
| 15 | 05.36 / 21.00 | 06.12 / 20.21 | 06.51 / 19.23 | 07.30 / 18.25 | 07.14 / 16.39 | 07.49 / 16.25 |
| 16 | 05.37 / 20.59 | 06.13 / 20.19 | 06.52 / 19.21 | 07.32 / 18.23 | 07.16 / 16.37 | 07.50 / 16.25 |
| 17 | 05.38 / 20.59 | 06.14 / 20.17 | 06.53 / 19.19 | 07.33 / 18.21 | 07.17 / 16.36 | 07.51 / 16.26 |
| 18 | 05.39 / 20.58 | 06.16 / 20.16 | 06.55 / 19.17 | 07.34 / 18.19 | 07.19 / 16.35 | 07.51 / 16.26 |
| 19 | 05.40 / 20.57 | 06.17 / 20.14 | 06.56 / 19.15 | 07.36 / 18.18 | 07.20 / 16.35 | 07.52 / 16.26 |
| 20 | 05.41 / 20.56 | 06.18 / 20.12 | 06.57 / 19.13 | 07.37 / 18.16 | 07.21 / 16.34 | 07.52 / 16.27 |
| 21 | 05.42 / 20.55 | 06.19 / 20.10 | 06.59 / 19.11 | 07.39 / 18.14 | 07.23 / 16.33 | 07.53 / 16.27 |
| 22 | 05.43 / 20.54 | 06.21 / 20.09 | 07.00 / 19.09 | 07.40 / 18.12 | 07.24 / 16.32 | 07.53 / 16.28 |
| 23 | 05.44 / 20.53 | 06.22 / 20.07 | 07.01 / 19.07 | 07.41 / 18.11 | 07.25 / 16.31 | 07.54 / 16.29 |
| 24 | 05.45 / 20.52 | 06.23 / 20.05 | 07.02 / 19.05 | 07.43 / 18.09 | 07.27 / 16.30 | 07.54 / 16.29 |
| 25 | 05.46 / 20.51 | 06.24 / 20.03 | 07.04 / 19.03 | 07.44 / 18.07 | 07.28 / 16.30 | 07.54 / 16.30 |
| 26 | 05.47 / 20.49 | 06.26 / 20.01 | 07.05 / 19.01 | 07.46 / 18.06 | 07.29 / 16.29 | 07.55 / 16.30 |
| 27 | 05.49 / 20.48 | 06.27 / 20.00 | 07.06 / 18.59 | 06.47 / 17.04 | 07.31 / 16.29 | 07.55 / 16.31 |
| 28 | 05.50 / 20.47 | 06.28 / 19.58 | 07.08 / 18.57 | 06.49 / 17.03 | 07.32 / 16.28 | 07.55 / 16.32 |
| 29 | 05.51 / 20.46 | 06.29 / 19.56 | 07.09 / 18.55 | 06.50 / 17.01 | 07.33 / 16.27 | 07.55 / 16.33 |
| 30 | 05.52 / 20.45 | 06.31 / 19.54 | 07.10 / 18.53 | 06.51 / 16.59 | 07.34 / 16.27 | 07.55 / 16.34 |
| 31 | 05.53 / 20.43 | 06.32 / 19.52 | | 06.53 / 16.58 | | 07.56 / 16.34 |