# Alba / Tramonto
## 2024

| | Mese | | | | | |
|---|---|---|---|---|---|---|
| | **Gennaio** | **Febbraio** | **Marzo** | **Aprile** | **Maggio** | **Giugno** |
| 1 | 06.34 / 15.48 | 06.20 / 16.22 | 05.42 / 16.58 | 05.50 / 18.33 | 05.04 / 19.05 | 04.37 / 19.34 |
| 2 | 06.34 / 15.49 | 06.19 / 16.24 | 05.40 / 16.59 | 05.49 / 18.34 | 05.03 / 19.06 | 04.36 / 19.35 |
| 3 | 06.34 / 15.49 | 06.18 / 16.25 | 05.39 / 17.00 | 05.47 / 18.35 | 05.02 / 19.07 | 04.36 / 19.36 |
| 4 | 06.34 / 15.50 | 06.17 / 16.26 | 05.37 / 17.02 | 05.45 / 18.36 | 05.01 / 19.08 | 04.36 / 19.37 |
| 5 | 06.34 / 15.51 | 06.16 / 16.27 | 05.35 / 17.03 | 05.44 / 18.37 | 04.59 / 19.09 | 04.35 / 19.37 |
| 6 | 06.34 / 15.52 | 06.15 / 16.29 | 05.34 / 17.04 | 05.42 / 18.38 | 04.58 / 19.10 | 04.35 / 19.38 |
| 7 | 06.34 / 15.53 | 06.14 / 16.30 | 05.32 / 17.05 | 05.40 / 18.39 | 04.57 / 19.11 | 04.35 / 19.39 |
| 8 | 06.34 / 15.54 | 06.12 / 16.31 | 05.30 / 17.06 | 05.39 / 18.40 | 04.56 / 19.12 | 04.35 / 19.39 |
| 9 | 06.34 / 15.55 | 06.11 / 16.32 | 05.29 / 17.07 | 05.37 / 18.41 | 04.55 / 19.13 | 04.34 / 19.40 |
| 10 | 06.34 / 15.56 | 06.10 / 16.34 | 05.27 / 17.08 | 05.35 / 18.42 | 04.54 / 19.14 | 04.34 / 19.40 |
| 11 | 06.33 / 15.57 | 06.09 / 16.35 | 05.26 / 17.10 | 05.34 / 18.43 | 04.53 / 19.15 | 04.34 / 19.41 |
| 12 | 06.33 / 15.58 | 06.07 / 16.36 | 05.24 / 17.11 | 05.32 / 18.44 | 04.52 / 19.16 | 04.34 / 19.41 |
| 13 | 06.33 / 15.59 | 06.06 / 16.37 | 05.22 / 17.12 | 05.31 / 18.46 | 04.51 / 19.17 | 04.34 / 19.42 |
| 14 | 06.32 / 16.01 | 06.05 / 16.39 | 05.21 / 17.13 | 05.29 / 18.47 | 04.50 / 19.18 | 04.34 / 19.42 |
| 15 | 06.32 / 16.02 | 06.04 / 16.40 | 05.19 / 17.14 | 05.27 / 18.48 | 04.49 / 19.19 | 04.34 / 19.43 |
| 16 | 06.32 / 16.03 | 06.02 / 16.41 | 05.17 / 17.15 | 05.26 / 18.49 | 04.48 / 19.20 | 04.34 / 19.43 |
| 17 | 06.31 / 16.04 | 06.01 / 16.42 | 05.15 / 17.16 | 05.24 / 18.50 | 04.47 / 19.21 | 04.34 / 19.43 |
| 18 | 06.31 / 16.05 | 06.00 / 16.44 | 05.14 / 17.17 | 05.23 / 18.51 | 04.46 / 19.22 | 04.34 / 19.44 |
| 19 | 06.30 / 16.06 | 05.58 / 16.45 | 05.12 / 17.18 | 05.21 / 18.52 | 04.45 / 19.23 | 04.34 / 19.44 |
| 20 | 06.30 / 16.08 | 05.57 / 16.46 | 05.10 / 17.20 | 05.20 / 18.53 | 04.44 / 19.24 | 04.35 / 19.44 |
| 21 | 06.29 / 16.09 | 05.55 / 16.47 | 05.09 / 17.21 | 05.18 / 18.54 | 04.43 / 19.25 | 04.35 / 19.44 |
| 22 | 06.28 / 16.10 | 05.54 / 16.49 | 05.07 / 17.22 | 05.17 / 18.55 | 04.43 / 19.26 | 04.35 / 19.44 |
| 23 | 06.28 / 16.11 | 05.52 / 16.50 | 05.05 / 17.23 | 05.15 / 18.56 | 04.42 / 19.27 | 04.35 / 19.45 |
| 24 | 06.27 / 16.12 | 05.51 / 16.51 | 05.04 / 17.24 | 05.14 / 18.57 | 04.41 / 19.28 | 04.36 / 19.45 |
| 25 | 06.26 / 16.14 | 05.49 / 16.52 | 05.02 / 17.25 | 05.13 / 18.58 | 04.41 / 19.29 | 04.36 / 19.45 |
| 26 | 06.25 / 16.15 | 05.48 / 16.53 | 05.00 / 17.26 | 05.11 / 19.00 | 04.40 / 19.30 | 04.36 / 19.45 |
| 27 | 06.24 / 16.16 | 05.46 / 16.55 | 04.59 / 17.27 | 05.10 / 19.01 | 04.39 / 19.31 | 04.37 / 19.45 |
| 28 | 06.24 / 16.17 | 05.45 / 16.56 | 04.57 / 17.28 | 05.08 / 19.02 | 04.39 / 19.31 | 04.37 / 19.45 |
| 29 | 06.23 / 16.19 | 05.43 / 16.57 | 04.55 / 17.29 | 05.07 / 19.03 | 04.38 / 19.32 | 04.38 / 19.45 |
| 30 | 06.22 / 16.20 | | 04.54 / 17.30 | 05.06 / 19.04 | 04.38 / 19.33 | 04.38 / 19.45 |
| 31 | 06.21 / 16.21 | | 05.52 / 18.32 | | 04.37 / 19.34 | |

# Alba / Tramonto
## 2024

| | Mese | | | | | |
|---|---|---|---|---|---|---|
| | **Luglio** | **Agosto** | **Settembre** | **Ottobre** | **Novembre** | **Dicembre** |
| 1 | 04.39 / 19.45 | 05.04 / 19.24 | 05.35 / 18.40 | 06.05 / 17.49 | 05.40 / 16.02 | 06.15 / 15.38 |
| 2 | 04.39 / 19.44 | 05.05 / 19.23 | 05.36 / 18.39 | 06.06 / 17.47 | 05.41 / 16.01 | 06.16 / 15.38 |
| 3 | 04.40 / 19.44 | 05.06 / 19.22 | 05.37 / 18.37 | 06.07 / 17.46 | 05.43 / 16.00 | 06.17 / 15.38 |
| 4 | 04.40 / 19.44 | 05.07 / 19.21 | 05.38 / 18.35 | 06.09 / 17.44 | 05.44 / 15.59 | 06.18 / 15.38 |
| 5 | 04.41 / 19.44 | 05.08 / 19.20 | 05.39 / 18.34 | 06.10 / 17.42 | 05.45 / 15.57 | 06.19 / 15.38 |
| 6 | 04.42 / 19.43 | 05.09 / 19.18 | 05.40 / 18.32 | 06.11 / 17.41 | 05.46 / 15.56 | 06.20 / 15.38 |
| 7 | 04.42 / 19.43 | 05.10 / 19.17 | 05.41 / 18.30 | 06.12 / 17.39 | 05.47 / 15.55 | 06.21 / 15.38 |
| 8 | 04.43 / 19.43 | 05.11 / 19.16 | 05.42 / 18.28 | 06.13 / 17.37 | 05.49 / 15.54 | 06.22 / 15.38 |
| 9 | 04.44 / 19.42 | 05.12 / 19.15 | 05.43 / 18.27 | 06.14 / 17.36 | 05.50 / 15.53 | 06.23 / 15.38 |
| 10 | 04.44 / 19.42 | 05.13 / 19.13 | 05.44 / 18.25 | 06.15 / 17.34 | 05.51 / 15.52 | 06.24 / 15.38 |
| 11 | 04.45 / 19.41 | 05.14 / 19.12 | 05.45 / 18.23 | 06.16 / 17.32 | 05.52 / 15.51 | 06.24 / 15.38 |
| 12 | 04.46 / 19.41 | 05.15 / 19.11 | 05.46 / 18.22 | 06.17 / 17.31 | 05.54 / 15.50 | 06.25 / 15.38 |
| 13 | 04.47 / 19.40 | 05.16 / 19.09 | 05.47 / 18.20 | 06.18 / 17.29 | 05.55 / 15.49 | 06.26 / 15.38 |
| 14 | 04.47 / 19.40 | 05.17 / 19.08 | 05.48 / 18.18 | 06.19 / 17.28 | 05.56 / 15.48 | 06.27 / 15.38 |
| 15 | 04.48 / 19.39 | 05.18 / 19.06 | 05.49 / 18.16 | 06.21 / 17.26 | 05.57 / 15.48 | 06.27 / 15.39 |
| 16 | 04.49 / 19.39 | 05.19 / 19.05 | 05.50 / 18.15 | 06.22 / 17.25 | 05.58 / 15.47 | 06.28 / 15.39 |
| 17 | 04.50 / 19.38 | 05.20 / 19.04 | 05.51 / 18.13 | 06.23 / 17.23 | 06.00 / 15.46 | 06.29 / 15.39 |
| 18 | 04.51 / 19.37 | 05.21 / 19.02 | 05.52 / 18.11 | 06.24 / 17.22 | 06.01 / 15.45 | 06.29 / 15.40 |
| 19 | 04.52 / 19.37 | 05.22 / 19.01 | 05.53 / 18.10 | 06.25 / 17.20 | 06.02 / 15.44 | 06.30 / 15.40 |
| 20 | 04.52 / 19.36 | 05.23 / 18.59 | 05.54 / 18.08 | 06.26 / 17.19 | 06.03 / 15.44 | 06.31 / 15.40 |
| 21 | 04.53 / 19.35 | 05.24 / 18.58 | 05.55 / 18.06 | 06.27 / 17.17 | 06.04 / 15.43 | 06.31 / 15.41 |
| 22 | 04.54 / 19.34 | 05.25 / 18.56 | 05.56 / 18.04 | 06.28 / 17.16 | 06.05 / 15.42 | 06.32 / 15.41 |
| 23 | 04.55 / 19.33 | 05.26 / 18.55 | 05.57 / 18.03 | 06.30 / 17.14 | 06.07 / 15.42 | 06.32 / 15.42 |
| 24 | 04.56 / 19.32 | 05.27 / 18.53 | 05.58 / 18.01 | 06.31 / 17.13 | 06.08 / 15.41 | 06.32 / 15.43 |
| 25 | 04.57 / 19.31 | 05.28 / 18.51 | 05.59 / 17.59 | 06.32 / 17.11 | 06.09 / 15.41 | 06.33 / 15.43 |
| 26 | 04.58 / 19.31 | 05.29 / 18.50 | 06.00 / 17.57 | 06.33 / 17.10 | 06.10 / 15.40 | 06.33 / 15.44 |
| 27 | 04.59 / 19.30 | 05.30 / 18.48 | 06.01 / 17.56 | 05.34 / 16.09 | 06.11 / 15.40 | 06.33 / 15.44 |
| 28 | 05.00 / 19.29 | 05.31 / 18.47 | 06.02 / 17.54 | 05.35 / 16.07 | 06.12 / 15.39 | 06.34 / 15.45 |
| 29 | 05.01 / 19.28 | 05.32 / 18.45 | 06.03 / 17.52 | 05.37 / 16.06 | 06.13 / 15.39 | 06.34 / 15.46 |
| 30 | 05.02 / 19.27 | 05.33 / 18.43 | 06.04 / 17.51 | 05.38 / 16.05 | 06.14 / 15.39 | 06.34 / 15.47 |
| 31 | 05.03 / 19.25 | 05.34 / 18.42 | | 05.39 / 16.03 | | 06.34 / 15.48 |