

## BØNNETIDER FOR ALSTAHAUG

MAI 2025

Dag	Fajr	Soloppgang	Duhr	Asr	Maghrib	Isha
1	04:07	06:21	13:17	16:29	19:56	22:07
2	04:07	06:36	13:17	16:21	19:41	22:07
3	04:16	06:35	13:17	16:21	19:41	21:57
4	04:26	06:35	13:17	16:21	19:41	21:47
5	04:36	06:34	13:16	16:22	19:42	21:38
6	04:45	06:34	13:16	16:22	19:42	21:28
7	04:55	06:33	13:16	16:22	19:43	21:18
8	05:04	06:33	13:16	16:22	19:43	21:09
9	05:14	06:32	13:16	16:22	19:43	20:59
10	05:13	06:32	13:16	16:23	19:44	21:00
11	05:13	06:31	13:16	16:23	19:44	21:00
12	05:12	06:31	13:16	16:23	19:45	21:01
13	05:11	06:30	13:16	16:23	19:45	21:01
14	05:11	06:30	13:16	16:23	19:46	21:02
15	05:10	06:29	13:16	16:24	19:46	21:03
16	05:09	06:29	13:16	16:24	19:46	21:03
17	05:09	06:29	13:16	16:24	19:47	21:04
18	05:08	06:28	13:16	16:24	19:47	21:05
19	05:08	06:28	13:16	16:25	19:48	21:05
20	05:07	06:28	13:16	16:25	19:48	21:06
21	05:07	06:27	13:16	16:25	19:49	21:06
22	05:06	06:27	13:16	16:25	19:49	21:07
23	05:06	06:27	13:17	16:26	19:49	21:07
24	05:06	06:26	13:17	16:26	19:50	21:08
25	05:05	06:26	13:17	16:26	19:50	21:09
26	05:05	06:26	13:17	16:26	19:51	21:09
27	05:04	06:26	13:17	16:27	19:51	21:10
28	05:04	06:26	13:17	16:27	19:52	21:10
29	05:04	06:25	13:17	16:27	19:52	21:11
30	05:04	06:25	13:17	16:27	19:52	21:11
31	05:03	06:25	13:18	16:28	19:53	21:12

Alnor Senter  
Storgata 132  
9008 Tromsø  
[www.alnorsenter.no](http://www.alnorsenter.no)

I samarbeid med Islamsk Råd Norge og Islamsk senter for Nord-Norge