

# BØNNETIDER FOR RANA KOMMUNE

## MARS 2025

| Dag | Fajr  | Soloppgang | Duhr  | Asr   | Maghrib | Isha  |
|-----|-------|------------|-------|-------|---------|-------|
| 1   | 04:42 | 07:13      | 12:19 | 14:44 | 17:19   | 19:39 |
| 2   | 04:38 | 07:09      | 12:19 | 14:46 | 17:22   | 19:42 |
| 3   | 04:34 | 07:05      | 12:19 | 14:47 | 17:26   | 19:46 |
| 4   | 04:30 | 07:01      | 12:19 | 14:49 | 17:29   | 19:49 |
| 5   | 04:26 | 06:57      | 12:18 | 14:50 | 17:32   | 19:53 |
| 6   | 04:21 | 06:53      | 12:18 | 14:52 | 17:36   | 19:56 |
| 7   | 04:17 | 06:49      | 12:18 | 14:54 | 17:39   | 20:00 |
| 8   | 04:13 | 06:46      | 12:18 | 14:55 | 17:43   | 20:04 |
| 9   | 04:09 | 06:42      | 12:17 | 14:57 | 17:46   | 20:08 |
| 10  | 04:04 | 06:38      | 12:17 | 14:58 | 17:49   | 20:11 |
| 11  | 04:00 | 06:34      | 12:17 | 15:00 | 17:53   | 20:15 |
| 12  | 03:55 | 06:30      | 12:17 | 15:01 | 17:56   | 20:19 |
| 13  | 03:51 | 06:26      | 12:16 | 15:03 | 18:00   | 20:23 |
| 14  | 03:46 | 06:22      | 12:16 | 15:04 | 18:03   | 20:27 |
| 15  | 03:41 | 06:18      | 12:16 | 15:06 | 18:06   | 20:31 |
| 16  | 03:36 | 06:14      | 12:15 | 15:08 | 18:10   | 20:36 |
| 17  | 03:32 | 06:10      | 12:15 | 15:09 | 18:13   | 20:40 |
| 18  | 03:27 | 06:06      | 12:15 | 15:11 | 18:16   | 20:44 |
| 19  | 03:21 | 06:03      | 12:15 | 15:12 | 18:20   | 20:48 |
| 20  | 03:16 | 05:59      | 12:14 | 15:14 | 18:23   | 20:53 |
| 21  | 03:11 | 05:55      | 12:19 | 15:15 | 18:26   | 20:57 |
| 22  | 03:09 | 05:51      | 12:19 | 15:17 | 18:30   | 21:02 |
| 23  | 03:08 | 05:47      | 12:18 | 15:18 | 18:33   | 21:07 |
| 24  | 03:08 | 05:43      | 12:18 | 15:20 | 18:36   | 21:08 |
| 25  | 03:08 | 05:39      | 12:18 | 15:21 | 18:40   | 21:08 |
| 26  | 03:07 | 05:35      | 12:18 | 15:23 | 18:43   | 21:07 |
| 27  | 03:07 | 05:31      | 12:17 | 15:24 | 18:46   | 21:07 |
| 28  | 03:07 | 05:27      | 12:17 | 15:26 | 18:50   | 21:07 |
| 29  | 03:07 | 05:23      | 12:17 | 15:27 | 18:53   | 21:07 |
| 30  | 04:06 | 06:19      | 13:16 | 16:29 | 19:56   | 22:06 |
| 31  | 04:06 | 06:15      | 13:16 | 16:30 | 20:00   | 22:06 |

**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