

# BØNNETIDER FOR ALSTAHAUG

## DESEMBER 2025

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

**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