

# BØNNETIDER FOR ALSTAHAUG

OKTOBER 2025

Dag	Fajr	Soloppgang	Duhr	Asr	Maghrib	Isha
1	04:46	07:19	13:04	15:48	18:42	20:59
2	04:50	07:23	13:04	15:46	18:39	20:54
3	04:54	07:26	13:04	15:44	18:35	20:50
4	04:57	07:29	13:03	15:42	18:31	20:46
5	05:01	07:32	13:03	15:40	18:27	20:42
6	05:05	07:35	13:03	15:38	18:23	20:38
7	05:08	07:38	13:03	15:36	18:20	20:34
8	05:12	07:42	13:02	15:34	18:16	20:30
9	05:15	07:45	13:02	15:32	18:12	20:26
10	05:18	07:48	13:02	15:30	18:08	20:23
11	05:22	07:51	13:01	15:28	18:05	20:19
12	05:25	07:55	13:01	15:26	18:01	20:15
13	05:28	07:58	13:01	15:24	17:57	20:11
14	05:32	08:01	13:01	15:22	17:53	20:08
15	05:35	08:05	13:01	15:20	17:49	20:04
16	05:38	08:08	13:00	15:18	17:46	20:01
17	05:41	08:11	13:00	15:16	17:42	19:57
18	05:44	08:15	13:00	15:14	17:38	19:54
19	05:47	08:18	13:00	15:12	17:35	19:50
20	05:51	08:21	13:00	15:10	17:31	19:47
21	05:54	08:25	12:59	15:08	17:27	19:43
22	05:57	08:28	12:59	15:06	17:23	19:40
23	06:00	08:31	12:59	15:04	17:20	19:37
24	06:03	08:35	12:59	15:02	17:16	19:34
25	06:06	08:38	12:59	15:01	17:12	19:30
26	05:09	07:42	11:59	13:59	16:08	18:27
27	05:12	07:45	11:59	13:57	16:05	18:24
28	05:14	07:49	11:59	13:55	16:01	18:21
29	05:17	07:52	11:58	13:53	15:57	18:18
30	05:20	07:56	11:58	13:51	15:54	18:15
31	05:23	08:00	11:58	13:49	15:50	18:12

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