

## BØNNETIDER FOR NESNA

SEPTEMBER 2025

| Dag | Fajr  | Soloppgang | Duhr  | Asr   | Maghrib | Isha  |
|-----|-------|------------|-------|-------|---------|-------|
| 1   | 04:08 | 05:41      | 13:18 | 16:50 | 20:37   | 22:08 |
| 2   | 04:07 | 05:45      | 13:17 | 16:48 | 20:33   | 22:07 |
| 3   | 04:07 | 05:48      | 13:17 | 16:46 | 20:29   | 22:07 |
| 4   | 04:07 | 05:51      | 13:17 | 16:43 | 20:25   | 22:07 |
| 5   | 04:06 | 05:54      | 13:16 | 16:41 | 20:21   | 22:06 |
| 6   | 04:06 | 05:58      | 13:16 | 16:39 | 20:17   | 22:06 |
| 7   | 04:06 | 06:01      | 13:16 | 16:37 | 20:13   | 22:06 |
| 8   | 04:05 | 06:04      | 13:15 | 16:35 | 20:09   | 22:05 |
| 9   | 04:05 | 06:07      | 13:15 | 16:33 | 20:06   | 22:05 |
| 10  | 04:05 | 06:11      | 13:15 | 16:31 | 20:02   | 22:05 |
| 11  | 04:04 | 06:14      | 13:14 | 16:28 | 19:58   | 22:04 |
| 12  | 04:04 | 06:17      | 13:14 | 16:26 | 19:54   | 22:04 |
| 13  | 04:04 | 06:20      | 13:14 | 16:24 | 19:50   | 22:04 |
| 14  | 04:03 | 06:23      | 13:13 | 16:22 | 19:46   | 22:03 |
| 15  | 04:03 | 06:27      | 13:13 | 16:20 | 19:42   | 22:03 |
| 16  | 04:02 | 06:30      | 13:12 | 16:18 | 19:38   | 22:02 |
| 17  | 04:02 | 06:33      | 13:12 | 16:16 | 19:34   | 22:02 |
| 18  | 04:02 | 06:36      | 13:12 | 16:14 | 19:30   | 22:00 |
| 19  | 04:01 | 06:39      | 13:11 | 16:11 | 19:27   | 21:55 |
| 20  | 04:01 | 06:42      | 13:11 | 16:09 | 19:23   | 21:50 |
| 21  | 04:01 | 06:46      | 13:06 | 16:07 | 19:19   | 21:45 |
| 22  | 04:04 | 06:49      | 13:05 | 16:05 | 19:15   | 21:40 |
| 23  | 04:09 | 06:52      | 13:05 | 16:03 | 19:11   | 21:35 |
| 24  | 04:13 | 06:55      | 13:05 | 16:01 | 19:07   | 21:30 |
| 25  | 04:18 | 06:58      | 13:04 | 15:59 | 19:03   | 21:25 |
| 26  | 04:22 | 07:02      | 13:04 | 15:57 | 18:59   | 21:21 |
| 27  | 04:26 | 07:05      | 13:04 | 15:54 | 18:55   | 21:16 |
| 28  | 04:30 | 07:08      | 13:03 | 15:52 | 18:52   | 21:12 |
| 29  | 04:34 | 07:11      | 13:03 | 15:50 | 18:48   | 21:07 |
| 30  | 04:38 | 07:14      | 13:03 | 15:48 | 18:44   | 21:03 |

**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