

## BØNNETIDER FOR SENJA

OKTOBER 2025

Dag	Fajr	Soloppgang	Duhr	Asr	Maghrib	Isha
1	04:02	07:03	12:44	15:26	18:18	20:59
2	04:07	07:07	12:44	15:23	18:13	20:54
3	04:11	07:11	12:43	15:21	18:09	20:49
4	04:16	07:15	12:43	15:19	18:04	20:44
5	04:21	07:19	12:43	15:16	18:00	20:39
6	04:25	07:23	12:43	15:14	17:55	20:34
7	04:30	07:27	12:42	15:11	17:51	20:29
8	04:34	07:31	12:42	15:09	17:46	20:24
9	04:38	07:35	12:42	15:07	17:42	20:20
10	04:43	07:39	12:41	15:04	17:37	20:15
11	04:47	07:42	12:41	15:02	17:33	20:10
12	04:51	07:46	12:41	15:00	17:28	20:06
13	04:55	07:51	12:41	14:57	17:24	20:01
14	04:59	07:55	12:40	14:55	17:19	19:57
15	05:03	07:59	12:40	14:52	17:15	19:53
16	05:07	08:03	12:40	14:50	17:10	19:49
17	05:11	08:07	12:40	14:48	17:06	19:44
18	05:15	08:11	12:40	14:45	17:01	19:40
19	05:19	08:15	12:39	14:43	16:57	19:36
20	05:22	08:19	12:39	14:41	16:52	19:32
21	05:26	08:24	12:39	14:38	16:47	19:28
22	05:30	08:28	12:39	14:36	16:43	19:24
23	05:34	08:32	12:39	14:33	16:38	19:20
24	05:37	08:36	12:39	14:31	16:34	19:16
25	05:41	08:41	12:38	14:29	16:29	19:13
26	04:44	07:45	11:38	13:26	15:24	18:09
27	04:48	07:50	11:38	13:24	15:20	18:05
28	04:51	07:54	11:38	13:22	15:15	18:02
29	04:55	07:59	11:38	13:19	15:10	17:58
30	04:58	08:04	11:38	13:17	15:06	17:55
31	05:02	08:08	11:38	13:14	15:01	17:51

**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