

## BØNNETIDER FOR TROMSØ

OKTOBER 2025

Dag	Fajr	Soloppgang	Duhr	Asr	Maghrib	Isha
1	03:54	07:00	12:40	15:21	18:13	20:57
2	03:59	07:04	12:39	15:19	18:08	20:52
3	04:04	07:07	12:39	15:16	18:04	20:47
4	04:09	07:11	12:39	15:14	17:59	20:42
5	04:14	07:15	12:38	15:11	17:54	20:36
6	04:18	07:19	12:38	15:09	17:50	20:31
7	04:23	07:23	12:38	15:07	17:45	20:27
8	04:27	07:27	12:38	15:04	17:41	20:22
9	04:32	07:31	12:37	15:02	17:36	20:17
10	04:36	07:35	12:37	14:59	17:32	20:12
11	04:41	07:40	12:37	14:57	17:27	20:08
12	04:45	07:44	12:36	14:54	17:22	20:03
13	04:49	07:48	12:36	14:52	17:18	19:58
14	04:53	07:52	12:36	14:50	17:13	19:54
15	04:57	07:56	12:36	14:47	17:09	19:50
16	05:01	08:00	12:36	14:45	17:04	19:45
17	05:05	08:04	12:35	14:42	16:59	19:41
18	05:09	08:09	12:35	14:40	16:55	19:37
19	05:13	08:13	12:35	14:37	16:50	19:33
20	05:17	08:17	12:35	14:35	16:45	19:28
21	05:21	08:22	12:35	14:33	16:41	19:24
22	05:25	08:26	12:34	14:30	16:36	19:20
23	05:28	08:30	12:34	14:28	16:31	19:16
24	05:32	08:35	12:34	14:25	16:26	19:12
25	05:36	08:39	12:34	14:23	16:22	19:09
26	04:39	07:44	11:34	13:20	15:17	18:05
27	04:43	07:49	11:34	13:18	15:12	18:01
28	04:47	07:53	11:34	13:15	15:07	17:57
29	04:50	07:58	11:34	13:13	15:02	17:54
30	04:54	08:03	11:34	13:11	14:58	17:50
31	04:53	07:59	11:34	13:13	15:02	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