

BØNNETIDER FOR MO I RANA

OKTOBER 2023

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

Alnor Senter
Storgata 132
9008 Tromsø
www.alnorsenter.no

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