

Klokkeslettene fra Oslo, Kr.sand og Stavanger er addert og delt på 3. Soloppgang og nedgang hver for seg.

Soloppgang og solnedgang 2016 NBF

www.timeanddate.no

Klokkeslettene for solnedgang er lørdag kveld og for soloppgang søndag morgen for hver uke.

Sommertid/vintertid er inkludert/justert i tabellen

Pga sommertidjustering er det 1 time mindre nattid i uke 43

Gjennomsnitt Natt-tid				
Uke	Ned	NBF Ned	Opp	N.tid
17	21:18	22:18	05:29	7:10
18	21:35	22:35	05:11	6:36
19	21:51	22:51	04:55	6:04
20	22:06	23:06	04:41	5:35
21	22:19	23:19	04:29	5:09
22	22:31	23:31	04:20	4:49
23	22:39	23:39	04:15	4:36
24	22:44	23:44	04:13	4:29
25	22:45	23:45	04:15	4:30
26	22:41	23:41	04:22	4:41
27	22:34	23:34	04:31	4:57
28	22:23	23:23	04:44	5:20
29	22:10	23:10	04:58	5:47
30	21:55	22:55	05:13	6:17
31	21:38	22:38	05:28	6:50
32	21:20	22:20	05:44	7:24
33	21:01	22:01	06:00	7:58
34	20:41	21:41	06:16	8:34
35	20:21	21:21	06:32	9:11
36	20:01	21:01	06:48	9:46
37	19:40	20:40	07:03	10:23
38	19:20	20:20	07:19	10:59
39	18:59	19:59	07:35	11:35
40	18:39	19:39	07:51	12:12
41	18:19	19:19	08:07	12:48
42	18:00	19:00	08:24	13:24
43	17:42	18:42	07:41	12:59
44	16:25	17:25	07:58	14:33
45	16:09	17:09	08:15	15:06

Nattider østland/sørland/vestland 2016 fra 30.april til 15.nov.

Uke	Oslo				Kristiansand				Stavanger			
	Ned	NBF Ned	Opp	N.tid	Ned	NBF Ned	Opp	N.tid	Ned	NBF Ned	Opp	N.tid
17	21:13	22:13	05:15	07:02	21:15	22:15	05:34	7:19	21:28	22:28	05:39	7:11
18	21:30	22:30	04:56	06:26	21:31	22:31	05:17	6:46	21:45	22:45	05:22	6:37
19	21:47	22:47	04:39	05:52	21:46	22:46	05:02	6:16	22:00	23:00	05:06	6:06
20	22:03	23:03	04:24	05:21	22:00	23:00	04:49	5:49	22:15	23:15	04:52	5:37
21	22:17	23:17	04:11	04:54	22:13	23:13	04:37	5:24	22:29	23:29	04:40	5:11
22	22:29	23:29	04:02	04:33	22:24	23:24	04:29	5:05	22:40	23:40	04:31	4:51
23	22:38	23:38	03:56	04:18	22:31	23:31	04:24	4:53	22:48	23:48	04:25	4:37
24	22:43	23:43	03:54	04:11	22:36	23:36	04:23	4:47	22:53	23:53	04:24	4:31
25	22:44	23:44	03:56	04:12	22:37	23:37	04:25	4:48	22:54	23:54	04:26	4:32
26	22:40	23:40	04:03	04:23	22:34	23:34	04:31	4:57	22:50	23:50	04:33	4:43
27	22:32	23:32	04:13	04:41	22:27	23:27	04:40	5:13	22:43	23:43	04:42	4:59
28	22:21	23:21	04:26	05:05	22:17	23:17	04:52	5:35	22:33	23:33	04:54	5:21
29	22:07	23:07	04:41	05:34	22:05	23:05	05:05	6:00	22:20	23:20	05:08	5:48
30	21:51	22:51	04:57	06:06	21:51	22:51	05:19	6:28	22:05	23:05	05:23	6:18
31	21:33	22:33	05:13	06:40	21:34	22:34	05:34	7:00	21:48	22:48	05:39	6:51
32	21:14	22:14	05:30	07:16	21:17	22:17	05:49	7:32	21:30	22:30	05:55	7:25
33	20:55	21:55	05:47	07:52	20:59	21:59	06:04	8:05	21:11	22:11	06:10	7:59
34	20:34	21:34	06:03	08:29	20:40	21:40	06:20	8:40	20:51	21:51	06:26	8:35
35	20:13	21:13	06:20	09:07	20:20	21:20	06:35	9:15	20:31	21:31	06:42	9:11
36	19:52	20:52	06:36	09:44	20:01	21:01	06:50	9:49	20:11	21:11	06:58	9:47
37	19:31	20:31	06:53	10:22	19:41	20:41	07:05	10:24	19:50	20:50	07:13	10:23
38	19:10	20:10	07:09	10:59	19:21	20:21	07:20	10:59	19:30	20:30	07:29	10:59
39	18:49	19:49	07:26	11:37	19:01	20:01	07:35	11:34	19:09	20:09	07:45	11:36
40	18:28	19:28	07:42	12:14	18:41	19:41	07:51	12:10	18:49	19:49	08:01	12:12
41	18:07	19:07	07:59	12:52	18:22	19:22	08:06	12:44	18:29	19:29	08:17	12:48
42	17:47	18:47	08:17	13:30	18:04	19:04	08:22	13:18	18:10	19:10	08:34	13:24
43	17:28	18:28	07:35	13:07	17:46	18:46	07:39	12:53	17:52	18:52	07:51	12:59
44	16:10	17:10	07:53	14:43	16:30	17:30	07:55	14:25	16:35	17:35	08:08	14:33
45	15:54	16:54	08:10	15:16	16:14	17:14	08:12	14:58	16:19	17:19	08:25	15:06

Sommertid/vintertid er inkludert/justert i tabellen

Klokka stilles en time tilbake mellom lørdag 29.10 og søndag 30.10. Dvs uke 43.

Laget av Roger Olsen

Pga sommertidjustering er det 1 time mindre nattid i uke 43 enn det skulle ha vært.

Det kan kompenseres ved å sette soloppgang til kl.08:41 istedet for kl.07:41 kun søndag 30.10, uke 43. Neste helg brukes de offentlige klokkesletter og etter tabellen