

# Mond- und Dämmerungstabelle 2025

## für die visuelle Deep-Sky-Beobachtung

Annaberg-Buchholz 50.5800° N 13.0022° E

Berechnung: pyEphem  
Textsatz: L<sup>A</sup>T<sub>E</sub>X

### Atmosphären-Einstellungen in pyEphem

Standort.pressure = 1010.0  
Standort.horizon = '0:00:00.0'

Alle Zeitangaben beziehen sich auf den in der jeweiligen Zeile angegeben Kalendertag. Liegt ein Ereignis bereits nach Mitternacht, also schon am Folgetag, ist die Zeitangabe mit einem \* gekennzeichnet, z.B.: 00:20\*.

**Spalte 1** Kalendertag.

**Spalte 2** Bei »MESZ« sind alle Zeitangaben in dieser Zeile in Mitteleuropäischer Sommerzeit, ansonsten standardmäßig in MEZ.

**Spalte 3** Die für Deep-Sky-Beobachtungen nutzbare Zeitspanne: Es ist astronomisch dunkel (Sonne steht tiefer als  $-18^\circ$ ) und kein Mond stört.

**Spalte 4** Dauer der für Deep-Sky-Beobachtungen nutzbaren Zeitspanne.

**Spalte 5** Ereignisse, die die für Deep-Sky-Beobachtungen nutzbare Zeitspanne begrenzen: AN<sub>+</sub> (Einbruch der astronomischen Nacht = Ende der astr. Abenddämmerung), M<sub>v</sub> (Monduntergang), AN<sub>-</sub> (Ende der astronomischen Nacht = Beginn der astr. Morgendämmerung), M<sub>l</sub>

(Mondaufgang), Astr. MD (Astronomische Mitternachtsdämmerung), Naut. MD (Nautische Mitternachtsdämmerung).

**Spalte 6** Mondphase.

**Spalte 7** Mondaufgang.

**Spalte 8** Monduntergang.

**Spalte 9** Beginn der astr. Morgendämmerung (Sonnenhöhe =  $-18^\circ$ ).

**Spalte 10** Dauer der astr. Morgendämmerung.

**Spalte 11** Beginn der naut. Morgendämmerung (Sonnenhöhe =  $-12^\circ$ ).

**Spalte 12** Dauer der naut. Morgendämmerung.

**Spalte 13** Beginn der bürg. Morgendämmerung (Sonnenhöhe =  $-6^\circ$ ).

**Spalte 14** Dauer der bürg. Morgendämmerung.

**Spalte 15** Sonnenaufgang.

**Spalte 16** Taglänge.

**Spalte 17** Sonnenuntergang.

**Spalte 18** Dauer der bürg. Abenddämmerung.

**Spalte 19** Ende der bürg. Abenddämmerung (Sonnenhöhe =  $-6^\circ$ ).

**Spalte 20** Dauer der naut. Abenddämmerung.

**Spalte 21** Ende der naut. Abenddämmerung (Sonnenhöhe =  $-12^\circ$ ).

**Spalte 22** Dauer der astr. Abenddämmerung.

**Spalte 23** Ende der astr. Abenddämmerung (Sonnenhöhe =  $-18^\circ$ ).

**Spalte 24** Länge der Nacht.

**Spalte 25** Länge der astr. Nacht.

**Für Beobachter, die zu Zeiten der Mitternachtsdämmerung während der astr. Dämmerung beobachten möchten:**

**Spalte 26** Nutzbare Zeitspanne: Es ist »nautisch dunkel« (Sonne steht tiefer als  $-12^\circ$ ) und kein Mond stört.

**Spalte 27** Dauer der in Spalte 26 angegebenen Zeitspanne.

**Spalte 28** Ereignisse, die die nutzbare Zeitspanne begrenzen: ND<sub>+</sub> (Beginn der »naut. Dunkelheit« = Ende der naut. Abenddämmerung), M<sub>v</sub> (Monduntergang), ND<sub>-</sub> (Ende der »naut. Dunkelheit« = Beginn der naut. Morgendämmerung), M<sub>l</sub> (Mondaufgang), Naut. MD (Nautische Mitternachtsdämmerung).

**Spalte 29** Identisch zu Spalte 1.

















| 1           | 2             | 3                          | 4          | 5                                   | 6    | 7          | 8          | 9                          | 10         | 11    | 12         | 13    | 14         | 15         | 16         | 17                      | 18         | 19    | 20         | 21    | 22         | 23       | 24                         | 25         | 26 | 27         | 28 | 29 |             |
|-------------|---------------|----------------------------|------------|-------------------------------------|------|------------|------------|----------------------------|------------|-------|------------|-------|------------|------------|------------|-------------------------|------------|-------|------------|-------|------------|----------|----------------------------|------------|----|------------|----|----|-------------|
| 2025/26     | Zeit-<br>zone | Astr. dunkel und kein Mond |            |                                     | Mond |            |            | Beginn der Morgendämmerung |            |       |            |       | Sonne      |            |            | Ende der Abenddämmerung |            |       |            |       | Nacht      | Astr. N. | Naut. dunkel und kein Mond |            |    | 2025/26    |    |    |             |
|             |               |                            | $\Delta t$ |                                     | Ph.  | $\nearrow$ | $\searrow$ | Astr.                      | $\Delta t$ | Naut. | $\Delta t$ | Bürg. | $\Delta t$ | $\nearrow$ | $\Delta t$ | $\searrow$              | $\Delta t$ | Bürg. | $\Delta t$ | Naut. | $\Delta t$ | Astr.    | $\Delta t$                 | $\Delta t$ |    | $\Delta t$ |    |    |             |
| Mi, 17. Dez |               | 18:07–06:01*               | 11h 54m    | AN <sub>+</sub> bis AN <sub>-</sub> |      | 05:53      | 13:46      | 06:01                      | 39m        | 06:41 | 41m        | 07:22 | 41m        | 08:03      | 8h 00m     | 16:04                   | 41m        | 16:45 | 41m        | 17:27 | 39m        | 18:07    | 16h 00m                    | 11h 54m    |    |            |    |    | Mi, 17. Dez |
| Do, 18. Dez |               | 18:07–06:02*               | 11h 55m    | AN <sub>+</sub> bis AN <sub>-</sub> |      | 07:03      | 14:16      | 06:01                      | 39m        | 06:41 | 41m        | 07:23 | 41m        | 08:04      | 8h 00m     | 16:04                   | 41m        | 16:46 | 41m        | 17:27 | 39m        | 18:07    | 16h 00m                    | 11h 55m    |    |            |    |    | Do, 18. Dez |
| Fr, 19. Dez |               | 18:07–06:03*               | 11h 55m    | AN <sub>+</sub> bis AN <sub>-</sub> |      | 08:07      | 14:57      | 06:02                      | 39m        | 06:42 | 41m        | 07:23 | 41m        | 08:05      | 8h 00m     | 16:05                   | 41m        | 16:46 | 41m        | 17:27 | 39m        | 18:07    | 16h 00m                    | 11h 55m    |    |            |    |    | Fr, 19. Dez |
| Sa, 20. Dez |               | 18:08–06:03*               | 11h 55m    | AN <sub>+</sub> bis AN <sub>-</sub> | ●    | 09:01      | 15:51      | 06:03                      | 39m        | 06:42 | 41m        | 07:24 | 41m        | 08:05      | 7h 59m     | 16:05                   | 41m        | 16:47 | 41m        | 17:28 | 39m        | 18:08    | 16h 00m                    | 11h 55m    |    |            |    |    | Sa, 20. Dez |
| So, 21. Dez |               | 18:08–06:04*               | 11h 55m    | AN <sub>+</sub> bis AN <sub>-</sub> |      | 09:43      | 16:57      | 06:03                      | 39m        | 06:43 | 41m        | 07:24 | 41m        | 08:06      | 7h 59m     | 16:06                   | 41m        | 16:47 | 41m        | 17:28 | 39m        | 18:08    | 16h 00m                    | 11h 55m    |    |            |    |    | So, 21. Dez |
| Mo, 22. Dez |               | 18:10–06:04*               | 11h 54m    | M <sub>\</sub> bis AN <sub>-</sub>  |      | 10:14      | 18:10      | 06:04                      | 39m        | 06:43 | 41m        | 07:25 | 41m        | 08:06      | 7h 59m     | 16:06                   | 41m        | 16:48 | 41m        | 17:29 | 39m        | 18:09    | 16h 00m                    | 11h 55m    |    |            |    |    | Mo, 22. Dez |
| Di, 23. Dez |               | 19:26–06:04*               | 10h 38m    | M <sub>\</sub> bis AN <sub>-</sub>  |      | 10:37      | 19:26      | 06:04                      | 39m        | 06:44 | 41m        | 07:25 | 41m        | 08:07      | 7h 59m     | 16:07                   | 41m        | 16:48 | 41m        | 17:29 | 39m        | 18:09    | 16h 00m                    | 11h 55m    |    |            |    |    | Di, 23. Dez |
| Mi, 24. Dez |               | 20:43–06:05*               | 9h 21m     | M <sub>\</sub> bis AN <sub>-</sub>  |      | 10:55      | 20:43      | 06:04                      | 39m        | 06:44 | 41m        | 07:26 | 41m        | 08:07      | 8h 00m     | 16:07                   | 41m        | 16:49 | 41m        | 17:30 | 39m        | 18:10    | 16h 00m                    | 11h 54m    |    |            |    |    | Mi, 24. Dez |
| Do, 25. Dez |               | 22:00–06:05*               | 8h 05m     | M <sub>\</sub> bis AN <sub>-</sub>  |      | 11:10      | 22:00      | 06:05                      | 39m        | 06:45 | 41m        | 07:26 | 41m        | 08:07      | 8h 00m     | 16:08                   | 41m        | 16:49 | 41m        | 17:31 | 39m        | 18:11    | 15h 59m                    | 11h 54m    |    |            |    |    | Do, 25. Dez |
| Fr, 26. Dez |               | 23:17–06:05*               | 6h 48m     | M <sub>\</sub> bis AN <sub>-</sub>  |      | 11:23      | 23:17      | 06:05                      | 39m        | 06:45 | 41m        | 07:26 | 41m        | 08:08      | 8h 00m     | 16:09                   | 41m        | 16:50 | 41m        | 17:31 | 39m        | 18:11    | 15h 59m                    | 11h 54m    |    |            |    |    | Fr, 26. Dez |
| Sa, 27. Dez |               | 00:37*–06:06*              | 5h 29m     | M <sub>\</sub> bis AN <sub>-</sub>  | ◐    | 11:35      | —:—        | 06:05                      | 39m        | 06:45 | 41m        | 07:27 | 41m        | 08:08      | 8h 01m     | 16:09                   | 41m        | 16:51 | 41m        | 17:32 | 39m        | 18:12    | 15h 58m                    | 11h 53m    |    |            |    |    | Sa, 27. Dez |
| So, 28. Dez |               | 01:59*–06:06*              | 4h 06m     | M <sub>\</sub> bis AN <sub>-</sub>  |      | 11:49      | 00:37      | 06:06                      | 39m        | 06:46 | 41m        | 07:27 | 41m        | 08:08      | 8h 02m     | 16:10                   | 41m        | 16:52 | 41m        | 17:33 | 39m        | 18:13    | 15h 57m                    | 11h 53m    |    |            |    |    | So, 28. Dez |
| Mo, 29. Dez |               | 03:27*–06:06*              | 2h 39m     | M <sub>\</sub> bis AN <sub>-</sub>  |      | 12:04      | 01:59      | 06:06                      | 39m        | 06:46 | 41m        | 07:27 | 41m        | 08:08      | 8h 02m     | 16:11                   | 41m        | 16:52 | 41m        | 17:34 | 39m        | 18:13    | 15h 57m                    | 11h 52m    |    |            |    |    | Mo, 29. Dez |
| Di, 30. Dez |               | 04:58*–06:06*              | 1h 08m     | M <sub>\</sub> bis AN <sub>-</sub>  |      | 12:25      | 03:27      | 06:06                      | 39m        | 06:46 | 41m        | 07:27 | 41m        | 08:08      | 8h 03m     | 16:12                   | 41m        | 16:53 | 41m        | 17:34 | 39m        | 18:14    | 15h 56m                    | 11h 52m    |    |            |    |    | Di, 30. Dez |
| Mi, 31. Dez |               | —:—:—:—                    | –          | Mond stört                          |      | 12:54      | 04:58      | 06:06                      | 39m        | 06:46 | 41m        | 07:27 | 41m        | 08:08      | 8h 04m     | 16:13                   | 41m        | 16:54 | 41m        | 17:35 | 39m        | 18:15    | 15h 55m                    | 11h 51m    |    |            |    |    | Mi, 31. Dez |
| Do, 1. Jan  |               | —:—:—:—                    | –          | Mond stört                          |      | 13:37      | 06:27      | 06:06                      | 39m        | 06:46 | 40m        | 07:27 | 41m        | 08:08      | 8h 05m     | 16:14                   | 41m        | 16:55 | 40m        | 17:36 | 39m        | 18:16    | 15h 54m                    | 11h 50m    |    |            |    |    | Do, 1. Jan  |
| Fr, 2. Jan  |               | —:—:—:—                    | –          | Mond stört                          |      | 14:38      | 07:44      | 06:06                      | 39m        | 06:46 | 40m        | 07:27 | 41m        | 08:08      | 8h 06m     | 16:15                   | 41m        | 16:56 | 40m        | 17:37 | 39m        | 18:17    | 15h 52m                    | 11h 49m    |    |            |    |    | Fr, 2. Jan  |
| Sa, 3. Jan  |               | —:~:~:~:~                  | –          | Mond stört                          | ○    | 15:57      | 08:42      | 06:06                      | 39m        | 06:46 | 40m        | 07:27 | 40m        | 08:08      | 8h 08m     | 16:16                   | 41m        | 16:57 | 40m        | 17:38 | 39m        | 18:18    | 15h 51m                    | 11h 48m    |    |            |    |    | Sa, 3. Jan  |
| So, 4. Jan  |               | —:~:~:~:~                  | –          | Mond stört                          |      | 17:26      | 09:22      | 06:06                      | 39m        | 06:46 | 40m        | 07:27 | 40m        | 08:08      | 8h 09m     | 16:17                   | 40m        | 16:58 | 40m        | 17:39 | 39m        | 18:19    | 15h 50m                    | 11h 47m    |    |            |    |    | So, 4. Jan  |
| Mo, 5. Jan  |               | 18:20–18:55                | 34m        | AN <sub>+</sub> bis M <sub>7</sub>  |      | 18:55      | 09:49      | 06:06                      | 39m        | 06:46 | 40m        | 07:27 | 40m        | 08:08      | 8h 10m     | 16:18                   | 40m        | 16:59 | 40m        | 17:40 | 39m        | 18:20    | 15h 48m                    | 11h 46m    |    |            |    |    | Mo, 5. Jan  |
| Di, 6. Jan  |               | 18:21–20:19                | 1h 57m     | AN <sub>+</sub> bis M <sub>7</sub>  |      | 20:19      | 10:08      | 06:06                      | 39m        | 06:46 | 40m        | 07:26 | 40m        | 08:07      | 8h 12m     | 16:20                   | 40m        | 17:00 | 40m        | 17:41 | 39m        | 18:21    | 15h 47m                    | 11h 45m    |    |            |    |    | Di, 6. Jan  |
| Mi, 7. Jan  |               | 18:22–21:37                | 3h 15m     | AN <sub>+</sub> bis M <sub>7</sub>  |      | 21:37      | 10:23      | 06:06                      | 39m        | 06:46 | 40m        | 07:26 | 40m        | 08:07      | 8h 14m     | 16:21                   | 40m        | 17:02 | 40m        | 17:42 | 39m        | 18:22    | 15h 45m                    | 11h 44m    |    |            |    |    | Mi, 7. Jan  |
| Do, 8. Jan  |               | 18:23–22:52                | 4h 29m     | AN <sub>+</sub> bis M <sub>7</sub>  |      | 22:52      | 10:35      | 06:06                      | 39m        | 06:45 | 40m        | 07:26 | 40m        | 08:06      | 8h 15m     | 16:22                   | 40m        | 17:03 | 40m        | 17:43 | 39m        | 18:23    | 15h 43m                    | 11h 42m    |    |            |    |    | Do, 8. Jan  |
| Fr, 9. Jan  |               | 18:24–00:05*               | 5h 40m     | AN <sub>+</sub> bis M <sub>7</sub>  |      | —:—        | 10:47      | 06:06                      | 39m        | 06:45 | 40m        | 07:26 | 40m        | 08:06      | 8h 17m     | 16:24                   | 40m        | 17:04 | 40m        | 17:44 | 39m        | 18:24    | 15h 41m                    | 11h 41m    |    |            |    |    | Fr, 9. Jan  |
| Sa, 10. Jan |               | 18:25–01:16*               | 6h 51m     | AN <sub>+</sub> bis M <sub>7</sub>  | ◑    | 00:05      | 10:59      | 06:05                      | 39m        | 06:45 | 40m        | 07:25 | 40m        | 08:05      | 8h 19m     | 16:25                   | 40m        | 17:05 | 40m        | 17:46 | 39m        | 18:25    | 15h 39m                    | 11h 39m    |    |            |    |    | Sa, 10. Jan |
| So, 11. Jan |               | 18:26–02:28*               | 8h 02m     | AN <sub>+</sub> bis M <sub>7</sub>  |      | 01:16      | 11:12      | 06:05                      | 39m        | 06:44 | 40m        | 07:25 | 40m        | 08:05      | 8h 21m     | 16:26                   | 40m        | 17:06 | 40m        | 17:47 | 39m        | 18:26    | 15h 37m                    | 11h 38m    |    |            |    |    | So, 11. Jan |
| Mo, 12. Jan |               | 18:27–03:40*               | 9h 12m     | AN <sub>+</sub> bis M <sub>7</sub>  |      | 02:28      | 11:28      | 06:05                      | 39m        | 06:44 | 40m        | 07:24 | 40m        | 08:04      | 8h 23m     | 16:28                   | 40m        | 17:08 | 40m        | 17:48 | 39m        | 18:27    | 15h 35m                    | 11h 36m    |    |            |    |    | Mo, 12. Jan |
| Di, 13. Jan |               | 18:29–04:51*               | 10h 22m    | AN <sub>+</sub> bis M <sub>7</sub>  |      | 03:40      | 11:48      | 06:04                      | 39m        | 06:43 | 40m        | 07:24 | 39m        | 08:04      | 8h 25m     | 16:29                   | 40m        | 17:09 | 40m        | 17:49 | 39m        | 18:29    | 15h 33m                    | 11h 35m    |    |            |    |    | Di, 13. Jan |
| Mi, 14. Jan |               | 18:30–05:58*               | 11h 27m    | AN <sub>+</sub> bis M <sub>7</sub>  |      | 04:51      | 12:15      | 06:04                      | 39m        | 06:43 | 40m        | 07:23 | 39m        | 08:03      | 8h 27m     | 16:31                   | 39m        | 17:10 | 40m        | 17:51 | 39m        | 18:30    | 15h 31m                    | 11h 33m    |    |            |    |    | Mi, 14. Jan |
| Do, 15. Jan |               | 18:31–06:03*               | 11h 31m    | AN <sub>+</sub> bis AN <sub>-</sub> |      | 05:58      | 12:52      | 06:03                      | 39m        | 06:42 | 40m        | 07:22 | 39m        | 08:02      | 8h 29m     | 16:32                   | 39m        | 17:12 | 40m        | 17:52 | 39m        | 18:31    | 15h 29m                    | 11h 31m    |    |            |    |    | Do, 15. Jan |
| Fr, 16. Jan |               | 18:32–06:02*               | 11h 29m    | AN <sub>+</sub> bis AN <sub>-</sub> |      | 06:56      | 13:42      | 06:03                      | 39m        | 06:42 | 39m        | 07:22 | 39m        | 08:01      | 8h 32m     | 16:34                   | 39m        | 17:13 | 39m        | 17:53 | 39m        | 18:32    | 15h 26m                    | 11h 29m    |    |            |    |    | Fr, 16. Jan |
| Sa, 17. Jan |               | 18:34–06:01*               | 11h 27m    | AN <sub>+</sub> bis AN <sub>-</sub> |      | 07:42      | 14:45      | 06:02                      | 39m        | 06:41 | 39m        | 07:21 | 39m        | 08:00      | 8h 34m     | 16:35                   | 39m        | 17:15 | 39m        | 17:55 | 39m        | 18:34    | 15h 24m                    | 11h 27m    |    |            |    |    | Sa, 17. Jan |
| So, 18. Jan |               | 18:35–06:01*               | 11h 25m    | AN <sub>+</sub> bis AN <sub>-</sub> | ●    | 08:16      | 15:57      | 06:01                      | 38m        | 06:40 | 39m        | 07:20 | 39m        | 08:00      | 8h 37m     | 16:37                   | 39m        | 17:16 | 39m        | 17:56 | 38m        | 18:35    | 15h 21m                    | 11h 25m    |    |            |    |    | So, 18. Jan |
| Mo, 19. Jan |               | 18:36–06:00*               | 11h 23m    | AN <sub>+</sub> bis AN <sub>-</sub> |      | 08:42      | 17:14      | 06:01                      | 38m        | 06:40 | 39m        | 07:19 | 39m        | 07:59      | 8h 39m     | 16:38                   | 39m        | 17:18 | 39m        | 17:57 | 38m        | 18:36    | 15h 19m                    | 11h 23m    |    |            |    |    | Mo, 19. Jan |
| Di, 20. Jan |               | 18:37–05:59*               | 11h 21m    | AN <sub>+</sub> bis AN <sub>-</sub> |      | 09:02      | 18:32      | 06:00                      | 38m        | 06:39 | 39m        | 07:18 | 39m        | 07:58      | 8h 42m     | 16:40                   | 39m        | 17:19 | 39m        | 17:59 | 38m        | 18:37    | 15h 16m                    | 11h 21m    |    |            |    |    | Di, 20. Jan |
| Mi, 21. Jan |               | 19:50–05:58*               | 10h 08m    | M <sub>\</sub> bis AN <sub>-</sub>  |      | 09:17      | 19:50      | 05:59                      | 38m        | 06:38 | 39m        | 07:18 | 38m        | 07:57      | 8h 44m     | 16:42                   | 38m        | 17:20 | 39m        | 18:00 | 38m        | 18:39    | 15h 13m                    | 11h 19m    |    |            |    |    | Mi, 21. Jan |
| Do, 22. Jan |               | 21:07–05:58*               | 8h 50m     | M <sub>\</sub> bis AN <sub>-</sub>  |      | 09:30      | 21:07      | 05:58                      | 38m        | 06:37 | 39m        | 07:17 | 38m        | 07:55      | 8h 47m     | 16:43                   | 38m        | 17:22 | 39m        | 18:01 | 38m        | 18:40    | 15h 11m                    | 11h 17m    |    |            |    |    | Do, 22. Jan |
| Fr, 23. Jan |               | 22:26–05:57*               | 7h 31m     | M <sub>\</sub> bis AN <sub>-</sub>  |      | 09:43      | 22:26      | 05:58                      | 38m        | 06:36 | 39m        | 07:16 | 38m        | 07:54      | 8h 50m     | 16:45                   | 38m        | 17:24 | 39m        | 18:03 | 38m        | 18:42    | 15h 08m                    | 11h 15m    |    |            |    |    | Fr, 23. Jan |
| Sa, 24. Jan |               | 23:46–05:56*               | 6h 09m     | M <sub>\</sub> bis AN <sub>-</sub>  |      | 09:56      | 23:46      | 05:57                      | 38m        | 06:35 | 39m        | 07:15 | 38m        | 07:53      | 8h 53m     | 16:46                   | 38m        | 17:25 | 39m        | 18:04 | 38m        | 18:43    | 15h 05m                    | 11h 12m    |    |            |    |    | Sa, 24. Jan |
| So, 25. Jan |               | 01:10*–05:55*              | 4h 44m     | M <sub>\</sub> bis AN <sub>-</sub>  |      | 10:10      | —:—        | 05:56                      | 38m        | 06:34 | 39m        | 07:14 | 38m        | 07:52      | 8h 56m     | 16:48                   | 38m        | 17:27 | 39m        | 18:06 | 38m        | 18:44    | 15h 02m                    | 11h 10m    |    |            |    |    | So, 25. Jan |
| Mo, 26. Jan |               | 02:38*–05:54*              | 3h 16m     | M <sub>\</sub> bis AN <sub>-</sub>  | ◒    | 10:28      | 01:10      | 05:55                      | 38m        | 06:33 | 39m        | 07:12 | 38m        | 07:51      | 8h 59m     | 16:50                   | 38m        | 17:28 | 39m        | 18:07 | 38m        | 18:46    | 14h 59m                    | 11h 08m    |    |            |    |    | Mo, 26. Jan |
| Di, 27. Jan |               | 04:05*–05:53*              | 1h 48m     | M <sub>\</sub> bis AN <sub>-</sub>  |      | 10:53      | 02:38      | 05:54                      | 38m        | 06:32 | 38m        | 07:11 | 38m        | 07:49      |            |                         |            |       |            |       |            |          |                            |            |    |            |    |    |             |