

TORINO

GENNAIO

| Giorno del mese | Alba | Tallèd - Tefillin | Sorgere del sole | Termine lettura Shemà (M.A.) | Termine lettura Shemà (G.R.A.) | Termine lettura ben. Shemà M.A. | Termine lettura ben. Shemà G.R.A. | Mezzogiorno | Minchà Ghedolà | Minchà Ketanà | Pelàg haminchà | accensione dei lumi | Tramonto | Uscita delle stelle 42 minuti | Uscita delle stelle 72 minuti | Giorno del mese |
|-----------------|------|----------------------|---------------------|---------------------------------|-----------------------------------|------------------------------------|--------------------------------------|-------------|----------------|---------------|----------------|---------------------|----------|----------------------------------|----------------------------------|-----------------|
| 1 | 6:32 | 7:08 | 8:08 | 9:33 | 10:20 | 10:33 | 11:04 | 12:33 | 12:55 | 15:07 | 16:02 | 16:40 | 16:58 | 17:40 | 18:10 | 1 |
| 2 | 6:33 | 7:08 | 8:08 | 9:33 | 10:21 | 10:33 | 11:05 | 12:33 | 12:55 | 15:08 | 16:03 | 16:41 | 16:59 | 17:41 | 18:11 | 2 |
| 3 | 6:33 | 7:08 | 8:08 | 9:33 | 10:21 | 10:33 | 11:05 | 12:34 | 12:56 | 15:09 | 16:04 | 16:42 | 17:00 | 17:42 | 18:12 | 3 |
| 4 | 6:33 | 7:08 | 8:08 | 9:33 | 10:21 | 10:34 | 11:05 | 12:34 | 12:56 | 15:10 | 16:05 | 16:42 | 17:00 | 17:42 | 18:12 | 4 |
| 5 | 6:33 | 7:08 | 8:08 | 9:34 | 10:21 | 10:34 | 11:06 | 12:35 | 12:57 | 15:10 | 16:06 | 16:43 | 17:01 | 17:43 | 18:13 | 5 |
| 6 | 6:33 | 7:08 | 8:08 | 9:34 | 10:21 | 10:34 | 11:06 | 12:35 | 12:57 | 15:11 | 16:07 | 16:45 | 17:03 | 17:45 | 18:15 | 6 |
| 7 | 6:33 | 7:08 | 8:07 | 9:34 | 10:21 | 10:35 | 11:06 | 12:35 | 12:58 | 15:12 | 16:08 | 16:46 | 17:04 | 17:46 | 18:16 | 7 |
| 8 | 6:33 | 7:08 | 8:07 | 9:34 | 10:22 | 10:35 | 11:06 | 12:36 | 12:58 | 15:13 | 16:09 | 16:47 | 17:05 | 17:47 | 18:17 | 8 |
| 9 | 6:33 | 7:08 | 8:07 | 9:34 | 10:22 | 10:35 | 11:07 | 12:36 | 12:59 | 15:14 | 16:10 | 16:48 | 17:06 | 17:48 | 18:18 | 9 |
| 10 | 6:32 | 7:08 | 8:07 | 9:35 | 10:22 | 10:35 | 11:07 | 12:37 | 12:59 | 15:14 | 16:11 | 16:49 | 17:07 | 17:49 | 18:19 | 10 |
| 11 | 6:32 | 7:07 | 8:06 | 9:35 | 10:22 | 10:36 | 11:07 | 12:37 | 13:00 | 15:15 | 16:12 | 16:50 | 17:08 | 17:50 | 18:20 | 11 |
| 12 | 6:32 | 7:07 | 8:06 | 9:35 | 10:22 | 10:36 | 11:07 | 12:38 | 13:00 | 15:16 | 16:13 | 16:51 | 17:09 | 17:51 | 18:21 | 12 |
| 13 | 6:32 | 7:07 | 8:05 | 9:35 | 10:22 | 10:36 | 11:07 | 12:38 | 13:01 | 15:17 | 16:14 | 16:52 | 17:10 | 17:52 | 18:22 | 13 |
| 14 | 6:31 | 7:06 | 8:05 | 9:35 | 10:22 | 10:36 | 11:07 | 12:38 | 13:01 | 15:18 | 16:15 | 16:54 | 17:12 | 17:54 | 18:24 | 14 |
| 15 | 6:31 | 7:06 | 8:05 | 9:35 | 10:22 | 10:36 | 11:07 | 12:39 | 13:02 | 15:19 | 16:16 | 16:55 | 17:13 | 17:55 | 18:25 | 15 |
| 16 | 6:31 | 7:06 | 8:04 | 9:35 | 10:22 | 10:36 | 11:07 | 12:39 | 13:02 | 15:20 | 16:17 | 16:56 | 17:14 | 17:56 | 18:26 | 16 |
| 17 | 6:30 | 7:05 | 8:03 | 9:35 | 10:21 | 10:36 | 11:07 | 12:39 | 13:02 | 15:20 | 16:18 | 16:57 | 17:15 | 17:57 | 18:27 | 17 |
| 18 | 6:30 | 7:05 | 8:03 | 9:35 | 10:21 | 10:36 | 11:07 | 12:40 | 13:03 | 15:21 | 16:19 | 16:59 | 17:17 | 17:59 | 18:29 | 18 |
| 19 | 6:29 | 7:04 | 8:02 | 9:35 | 10:21 | 10:37 | 11:07 | 12:40 | 13:03 | 15:22 | 16:20 | 17:00 | 17:18 | 18:00 | 18:30 | 19 |
| 20 | 6:29 | 7:04 | 8:01 | 9:35 | 10:21 | 10:37 | 11:07 | 12:40 | 13:04 | 15:23 | 16:21 | 17:01 | 17:19 | 18:01 | 18:31 | 20 |
| 21 | 6:28 | 7:03 | 8:01 | 9:35 | 10:21 | 10:37 | 11:07 | 12:41 | 13:04 | 15:24 | 16:22 | 17:03 | 17:21 | 18:03 | 18:33 | 21 |
| 22 | 6:28 | 7:02 | 8:00 | 9:34 | 10:20 | 10:37 | 11:07 | 12:41 | 13:04 | 15:25 | 16:24 | 17:04 | 17:22 | 18:04 | 18:34 | 22 |
| 23 | 6:27 | 7:02 | 7:59 | 9:34 | 10:20 | 10:37 | 11:07 | 12:41 | 13:05 | 15:26 | 16:25 | 17:05 | 17:23 | 18:05 | 18:35 | 23 |
| 24 | 6:26 | 7:01 | 7:58 | 9:34 | 10:20 | 10:37 | 11:07 | 12:42 | 13:05 | 15:27 | 16:26 | 17:07 | 17:25 | 18:07 | 18:37 | 24 |
| 25 | 6:26 | 7:00 | 7:57 | 9:34 | 10:20 | 10:36 | 11:07 | 12:42 | 13:05 | 15:28 | 16:27 | 17:08 | 17:26 | 18:08 | 18:38 | 25 |
| 26 | 6:25 | 6:59 | 7:56 | 9:34 | 10:19 | 10:36 | 11:07 | 12:42 | 13:06 | 15:29 | 16:28 | 17:10 | 17:28 | 18:10 | 18:40 | 26 |
| 27 | 6:24 | 6:59 | 7:55 | 9:33 | 10:19 | 10:36 | 11:07 | 12:42 | 13:06 | 15:30 | 16:29 | 17:11 | 17:29 | 18:11 | 18:41 | 27 |
| 28 | 6:23 | 6:58 | 7:54 | 9:33 | 10:18 | 10:36 | 11:06 | 12:42 | 13:06 | 15:30 | 16:30 | 17:12 | 17:30 | 18:12 | 18:42 | 28 |
| 29 | 6:23 | 6:57 | 7:53 | 9:33 | 10:18 | 10:36 | 11:06 | 12:43 | 13:07 | 15:31 | 16:32 | 17:14 | 17:32 | 18:14 | 18:44 | 29 |
| 30 | 6:22 | 6:56 | 7:52 | 9:32 | 10:18 | 10:36 | 11:06 | 12:43 | 13:07 | 15:32 | 16:33 | 17:15 | 17:33 | 18:15 | 18:45 | 30 |
| 31 | 6:21 | 6:55 | 7:51 | 9:32 | 10:17 | 10:36 | 11:06 | 12:43 | 13:07 | 15:33 | 16:34 | 17:17 | 17:35 | 18:17 | 18:47 | 31 |

TORINO

FEBBRAIO

| Giorno del mese | Alba | Tallèd - Tefillin | Sorgere del sole | Termine lettura Shemà (M.A.) | Termine lettura Shemà (G.R.A.) | Termine lettura ben. Shemà M.A. | Termine lettura ben. Shemà G.R.A. | Mezzogiorno | Minchà Ghedolà | Minchà Ketanà | Pelàg haminchà | accensione dei lumi | Tramonto | Uscita delle stelle 42 minuti | Uscita delle stelle 72 minuti | Giorno del mese |
|-----------------|------|----------------------|---------------------|---------------------------------|-----------------------------------|------------------------------------|--------------------------------------|-------------|----------------|---------------|----------------|---------------------|----------|----------------------------------|----------------------------------|-----------------|
| 1 | 6:20 | 6:54 | 7:50 | 9:32 | 10:17 | 10:35 | 11:05 | 12:43 | 13:08 | 15:34 | 16:35 | 17:18 | 17:36 | 18:18 | 18:48 | 1 |
| 2 | 6:19 | 6:53 | 7:49 | 9:31 | 10:16 | 10:35 | 11:05 | 12:43 | 13:08 | 15:35 | 16:36 | 17:20 | 17:38 | 18:20 | 18:50 | 2 |
| 3 | 6:18 | 6:52 | 7:48 | 9:31 | 10:16 | 10:35 | 11:05 | 12:43 | 13:08 | 15:36 | 16:37 | 17:21 | 17:39 | 18:21 | 18:51 | 3 |
| 4 | 6:17 | 6:51 | 7:47 | 9:30 | 10:15 | 10:35 | 11:04 | 12:43 | 13:08 | 15:37 | 16:39 | 17:22 | 17:40 | 18:22 | 18:52 | 4 |
| 5 | 6:16 | 6:50 | 7:45 | 9:30 | 10:14 | 10:34 | 11:04 | 12:44 | 13:08 | 15:38 | 16:40 | 17:24 | 17:42 | 18:24 | 18:54 | 5 |
| 6 | 6:15 | 6:49 | 7:44 | 9:29 | 10:14 | 10:34 | 11:04 | 12:44 | 13:09 | 15:38 | 16:41 | 17:25 | 17:43 | 18:25 | 18:55 | 6 |
| 7 | 6:14 | 6:47 | 7:43 | 9:29 | 10:13 | 10:34 | 11:03 | 12:44 | 13:09 | 15:39 | 16:42 | 17:27 | 17:45 | 18:27 | 18:57 | 7 |
| 8 | 6:12 | 6:46 | 7:41 | 9:28 | 10:13 | 10:33 | 11:03 | 12:44 | 13:09 | 15:40 | 16:43 | 17:28 | 17:46 | 18:28 | 18:58 | 8 |
| 9 | 6:11 | 6:45 | 7:40 | 9:28 | 10:12 | 10:33 | 11:03 | 12:44 | 13:09 | 15:41 | 16:44 | 17:30 | 17:48 | 18:30 | 19:00 | 9 |
| 10 | 6:10 | 6:44 | 7:39 | 9:27 | 10:11 | 10:33 | 11:02 | 12:44 | 13:09 | 15:42 | 16:46 | 17:31 | 17:49 | 18:31 | 19:01 | 10 |
| 11 | 6:09 | 6:42 | 7:37 | 9:26 | 10:11 | 10:32 | 11:02 | 12:44 | 13:09 | 15:43 | 16:47 | 17:33 | 17:51 | 18:33 | 19:03 | 11 |
| 12 | 6:07 | 6:41 | 7:36 | 9:26 | 10:10 | 10:32 | 11:01 | 12:44 | 13:10 | 15:44 | 16:48 | 17:34 | 17:52 | 18:34 | 19:04 | 12 |
| 13 | 6:06 | 6:40 | 7:34 | 9:25 | 10:09 | 10:31 | 11:01 | 12:44 | 13:10 | 15:44 | 16:49 | 17:35 | 17:53 | 18:35 | 19:05 | 13 |
| 14 | 6:05 | 6:38 | 7:33 | 9:24 | 10:08 | 10:31 | 11:00 | 12:44 | 13:10 | 15:45 | 16:50 | 17:37 | 17:55 | 18:37 | 19:07 | 14 |
| 15 | 6:03 | 6:37 | 7:31 | 9:24 | 10:08 | 10:30 | 11:00 | 12:44 | 13:10 | 15:46 | 16:51 | 17:38 | 17:56 | 18:38 | 19:08 | 15 |
| 16 | 6:02 | 6:36 | 7:30 | 9:23 | 10:07 | 10:30 | 10:59 | 12:44 | 13:10 | 15:47 | 16:52 | 17:40 | 17:58 | 18:40 | 19:10 | 16 |
| 17 | 6:01 | 6:34 | 7:28 | 9:22 | 10:06 | 10:29 | 10:59 | 12:44 | 13:10 | 15:48 | 16:53 | 17:41 | 17:59 | 18:41 | 19:11 | 17 |
| 18 | 5:59 | 6:33 | 7:27 | 9:21 | 10:05 | 10:29 | 10:58 | 12:44 | 13:10 | 15:48 | 16:54 | 17:42 | 18:00 | 18:42 | 19:12 | 18 |
| 19 | 5:58 | 6:31 | 7:25 | 9:21 | 10:04 | 10:28 | 10:57 | 12:44 | 13:10 | 15:49 | 16:56 | 17:44 | 18:02 | 18:44 | 19:14 | 19 |
| 20 | 5:56 | 6:30 | 7:24 | 9:20 | 10:04 | 10:28 | 10:57 | 12:43 | 13:10 | 15:50 | 16:57 | 17:45 | 18:03 | 18:45 | 19:15 | 20 |
| 21 | 5:55 | 6:28 | 7:22 | 9:19 | 10:03 | 10:27 | 10:56 | 12:43 | 13:10 | 15:51 | 16:58 | 17:47 | 18:05 | 18:47 | 19:17 | 21 |
| 22 | 5:53 | 6:27 | 7:20 | 9:18 | 10:02 | 10:27 | 10:56 | 12:43 | 13:10 | 15:52 | 16:59 | 17:48 | 18:06 | 18:48 | 19:18 | 22 |
| 23 | 5:52 | 6:25 | 7:19 | 9:17 | 10:01 | 10:26 | 10:55 | 12:43 | 13:10 | 15:52 | 17:00 | 17:50 | 18:08 | 18:50 | 19:20 | 23 |
| 24 | 5:50 | 6:23 | 7:17 | 9:17 | 10:00 | 10:25 | 10:54 | 12:43 | 13:10 | 15:53 | 17:01 | 17:51 | 18:09 | 18:51 | 19:21 | 24 |
| 25 | 5:48 | 6:22 | 7:15 | 9:16 | 9:59 | 10:25 | 10:54 | 12:43 | 13:10 | 15:54 | 17:02 | 17:52 | 18:10 | 18:52 | 19:22 | 25 |
| 26 | 5:47 | 6:20 | 7:14 | 9:15 | 9:58 | 10:24 | 10:53 | 12:43 | 13:10 | 15:55 | 17:03 | 17:54 | 18:12 | 18:54 | 19:24 | 26 |
| 27 | 5:45 | 6:19 | 7:12 | 9:14 | 9:57 | 10:23 | 10:52 | 12:42 | 13:10 | 15:55 | 17:04 | 17:55 | 18:13 | 18:55 | 19:25 | 27 |
| 28 | 5:44 | 6:17 | 7:10 | 9:13 | 9:56 | 10:23 | 10:52 | 12:42 | 13:10 | 15:56 | 17:05 | 17:56 | 18:14 | 18:56 | 19:26 | 28 |
| 29 | 5:42 | 6:15 | 7:09 | 9:12 | 9:55 | 10:22 | 10:51 | 12:42 | 13:10 | 15:57 | 17:06 | 17:58 | 18:16 | 18:58 | 19:28 | 29 |

TORINO

MARZO

| Giorno del mese | Alba | Tallèd - Tefillin | Sorgere del sole | Termine lettura Shemà (M.A.) | Termine lettura Shemà (G.R.A.) | Termine lettura ben. Shemà M.A. | Termine lettura ben. Shemà G.R.A. | Mezzogiorno | Minchà Ghedolà | Minchà Ketanà | Pelàg haminchà | accensione dei lumi | Tramonto | Uscita delle stelle 42 minuti | Uscita delle stelle 72 minuti | Giorno del mese |
|-----------------|------|----------------------|---------------------|---------------------------------|-----------------------------------|------------------------------------|--------------------------------------|-------------|----------------|---------------|----------------|---------------------|----------|----------------------------------|----------------------------------|-----------------|
| 1 | 5:40 | 6:14 | 7:07 | 9:11 | 9:54 | 10:21 | 10:50 | 12:42 | 13:10 | 15:57 | 17:07 | 17:59 | 18:17 | 18:59 | 19:29 | 1 |
| 2 | 5:38 | 6:12 | 7:05 | 9:10 | 9:53 | 10:21 | 10:49 | 12:42 | 13:10 | 15:58 | 17:08 | 18:00 | 18:18 | 19:00 | 19:30 | 2 |
| 3 | 5:37 | 6:10 | 7:03 | 9:09 | 9:52 | 10:20 | 10:49 | 12:42 | 13:10 | 15:59 | 17:09 | 18:02 | 18:20 | 19:02 | 19:32 | 3 |
| 4 | 5:35 | 6:08 | 7:01 | 9:08 | 9:51 | 10:19 | 10:48 | 12:41 | 13:10 | 16:00 | 17:10 | 18:03 | 18:21 | 19:03 | 19:33 | 4 |
| 5 | 5:33 | 6:07 | 7:00 | 9:07 | 9:50 | 10:18 | 10:47 | 12:41 | 13:10 | 16:00 | 17:11 | 18:05 | 18:23 | 19:05 | 19:35 | 5 |
| 6 | 5:31 | 6:05 | 6:58 | 9:06 | 9:49 | 10:18 | 10:47 | 12:41 | 13:09 | 16:01 | 17:12 | 18:06 | 18:24 | 19:06 | 19:36 | 6 |
| 7 | 5:29 | 6:03 | 6:56 | 9:05 | 9:48 | 10:17 | 10:46 | 12:41 | 13:09 | 16:02 | 17:13 | 18:07 | 18:25 | 19:07 | 19:37 | 7 |
| 8 | 5:28 | 6:01 | 6:54 | 9:04 | 9:47 | 10:16 | 10:45 | 12:40 | 13:09 | 16:02 | 17:14 | 18:09 | 18:27 | 19:09 | 19:39 | 8 |
| 9 | 5:26 | 5:59 | 6:52 | 9:03 | 9:46 | 10:15 | 10:44 | 12:40 | 13:09 | 16:03 | 17:15 | 18:10 | 18:28 | 19:10 | 19:40 | 9 |
| 10 | 5:24 | 5:58 | 6:51 | 9:02 | 9:45 | 10:15 | 10:43 | 12:40 | 13:09 | 16:04 | 17:16 | 18:11 | 18:29 | 19:11 | 19:41 | 10 |
| 11 | 5:22 | 5:56 | 6:49 | 9:01 | 9:44 | 10:14 | 10:43 | 12:40 | 13:09 | 16:04 | 17:17 | 18:12 | 18:30 | 19:12 | 19:42 | 11 |
| 12 | 5:20 | 5:54 | 6:47 | 9:00 | 9:43 | 10:13 | 10:42 | 12:39 | 13:09 | 16:05 | 17:18 | 18:14 | 18:32 | 19:14 | 19:44 | 12 |
| 13 | 5:18 | 5:52 | 6:45 | 8:59 | 9:42 | 10:12 | 10:41 | 12:39 | 13:09 | 16:06 | 17:19 | 18:15 | 18:33 | 19:15 | 19:45 | 13 |
| 14 | 5:16 | 5:50 | 6:43 | 8:58 | 9:41 | 10:11 | 10:40 | 12:39 | 13:08 | 16:06 | 17:20 | 18:16 | 18:34 | 19:16 | 19:46 | 14 |
| 15 | 5:14 | 5:48 | 6:41 | 8:56 | 9:40 | 10:11 | 10:39 | 12:39 | 13:08 | 16:07 | 17:21 | 18:18 | 18:36 | 19:18 | 19:48 | 15 |
| 16 | 5:12 | 5:46 | 6:39 | 8:55 | 9:39 | 10:10 | 10:39 | 12:38 | 13:08 | 16:08 | 17:22 | 18:19 | 18:37 | 19:19 | 19:49 | 16 |
| 17 | 5:10 | 5:44 | 6:38 | 8:54 | 9:38 | 10:09 | 10:38 | 12:38 | 13:08 | 16:08 | 17:23 | 18:20 | 18:38 | 19:20 | 19:50 | 17 |
| 18 | 5:08 | 5:43 | 6:36 | 8:53 | 9:37 | 10:08 | 10:37 | 12:38 | 13:08 | 16:09 | 17:24 | 18:22 | 18:40 | 19:22 | 19:52 | 18 |
| 19 | 5:06 | 5:41 | 6:34 | 8:52 | 9:36 | 10:07 | 10:36 | 12:37 | 13:08 | 16:09 | 17:25 | 18:23 | 18:41 | 19:23 | 19:53 | 19 |
| 20 | 5:04 | 5:39 | 6:32 | 8:51 | 9:34 | 10:06 | 10:35 | 12:37 | 13:07 | 16:10 | 17:26 | 18:24 | 18:42 | 19:24 | 19:54 | 20 |
| 21 | 5:02 | 5:37 | 6:30 | 8:50 | 9:33 | 10:05 | 10:35 | 12:37 | 13:07 | 16:11 | 17:27 | 18:25 | 18:43 | 19:25 | 19:55 | 21 |
| 22 | 5:00 | 5:35 | 6:28 | 8:48 | 9:32 | 10:04 | 10:34 | 12:36 | 13:07 | 16:11 | 17:28 | 18:27 | 18:45 | 19:27 | 19:57 | 22 |
| 23 | 4:58 | 5:33 | 6:26 | 8:47 | 9:31 | 10:04 | 10:33 | 12:36 | 13:07 | 16:12 | 17:29 | 18:28 | 18:46 | 19:28 | 19:58 | 23 |
| 24 | 4:56 | 5:31 | 6:24 | 8:46 | 9:30 | 10:03 | 10:32 | 12:36 | 13:07 | 16:13 | 17:30 | 18:29 | 18:47 | 19:29 | 19:59 | 24 |
| 25 | 4:54 | 5:29 | 6:23 | 8:45 | 9:29 | 10:02 | 10:31 | 12:36 | 13:07 | 16:13 | 17:31 | 18:31 | 18:49 | 19:31 | 20:01 | 25 |
| 26 | 4:52 | 5:27 | 6:21 | 8:44 | 9:28 | 10:01 | 10:30 | 12:35 | 13:06 | 16:14 | 17:32 | 18:32 | 18:50 | 19:32 | 20:02 | 26 |
| 27 | 4:50 | 5:25 | 6:19 | 8:43 | 9:27 | 10:00 | 10:30 | 12:35 | 13:06 | 16:14 | 17:33 | 18:33 | 18:51 | 19:33 | 20:03 | 27 |
| 28 | 4:48 | 5:23 | 6:17 | 8:41 | 9:26 | 9:59 | 10:29 | 12:35 | 13:06 | 16:15 | 17:34 | 18:34 | 18:52 | 19:34 | 20:04 | 28 |
| 29 | 4:46 | 5:21 | 6:15 | 8:40 | 9:25 | 9:58 | 10:28 | 12:34 | 13:06 | 16:16 | 17:35 | 18:36 | 18:54 | 19:36 | 20:06 | 29 |
| 30 | 4:44 | 5:19 | 6:13 | 8:39 | 9:24 | 9:57 | 10:27 | 12:34 | 13:06 | 16:16 | 17:36 | 18:37 | 18:55 | 19:37 | 20:07 | 30 |
| 31 | 4:42 | 5:17 | 6:11 | 8:38 | 9:23 | 9:56 | 10:26 | 12:34 | 13:06 | 16:17 | 17:37 | 18:38 | 18:56 | 19:38 | 20:08 | 31 |

TORINO

APRILE

| Giorno del mese | Alba | Tallèd - Tefillin | Sorgere del sole | Termine lettura Shemà (M.A.) | Termine lettura Shemà (G.R.A.) | Termine lettura ben. Shemà M.A. | Termine lettura ben. Shemà G.R.A. | Mezzogiorno | Minchà Ghedolà | Minchà Ketanà | Pelàg haminchà | accensione dei lumi | Tramonto | Uscita delle stelle 42 minuti | Uscita delle stelle 72 minuti | Giorno del mese |
|-----------------|------|----------------------|---------------------|---------------------------------|-----------------------------------|------------------------------------|--------------------------------------|-------------|----------------|---------------|----------------|---------------------|----------|----------------------------------|----------------------------------|-----------------|
| 1 | 4:39 | 5:15 | 6:09 | 8:37 | 9:21 | 9:56 | 10:25 | 12:33 | 13:05 | 16:17 | 17:37 | 18:39 | 18:57 | 19:39 | 20:09 | 1 |
| 2 | 4:37 | 5:13 | 6:08 | 8:35 | 9:20 | 9:55 | 10:25 | 12:33 | 13:05 | 16:18 | 17:38 | 18:41 | 18:59 | 19:41 | 20:11 | 2 |
| 3 | 4:35 | 5:11 | 6:06 | 8:34 | 9:19 | 9:54 | 10:24 | 12:33 | 13:05 | 16:19 | 17:39 | 18:42 | 19:00 | 19:42 | 20:12 | 3 |
| 4 | 4:33 | 5:09 | 6:04 | 8:33 | 9:18 | 9:53 | 10:23 | 12:33 | 13:05 | 16:19 | 17:40 | 18:43 | 19:01 | 19:43 | 20:13 | 4 |
| 5 | 4:31 | 5:07 | 6:02 | 8:32 | 9:17 | 9:52 | 10:22 | 12:32 | 13:05 | 16:20 | 17:41 | 18:45 | 19:03 | 19:45 | 20:15 | 5 |
| 6 | 4:29 | 5:05 | 6:00 | 8:31 | 9:16 | 9:51 | 10:21 | 12:32 | 13:05 | 16:21 | 17:42 | 18:46 | 19:04 | 19:46 | 20:16 | 6 |
| 7 | 4:27 | 5:03 | 5:58 | 8:29 | 9:15 | 9:50 | 10:21 | 12:32 | 13:05 | 16:21 | 17:43 | 18:47 | 19:05 | 19:47 | 20:17 | 7 |
| 8 | 4:25 | 5:01 | 5:57 | 8:28 | 9:14 | 9:49 | 10:20 | 12:31 | 13:04 | 16:22 | 17:44 | 18:48 | 19:06 | 19:48 | 20:18 | 8 |
| 9 | 4:22 | 4:59 | 5:55 | 8:27 | 9:13 | 9:48 | 10:19 | 12:31 | 13:04 | 16:22 | 17:45 | 18:50 | 19:08 | 19:50 | 20:20 | 9 |
| 10 | 4:20 | 4:57 | 5:53 | 8:26 | 9:12 | 9:48 | 10:18 | 12:31 | 13:04 | 16:23 | 17:46 | 18:51 | 19:09 | 19:51 | 20:21 | 10 |
| 11 | 4:18 | 4:55 | 5:51 | 8:24 | 9:11 | 9:47 | 10:18 | 12:31 | 13:04 | 16:24 | 17:47 | 18:52 | 19:10 | 19:52 | 20:22 | 11 |
| 12 | 4:16 | 4:53 | 5:49 | 8:23 | 9:10 | 9:46 | 10:17 | 12:30 | 13:04 | 16:24 | 17:48 | 18:53 | 19:11 | 19:53 | 20:23 | 12 |
| 13 | 4:14 | 4:52 | 5:48 | 8:22 | 9:09 | 9:45 | 10:16 | 12:30 | 13:04 | 16:25 | 17:49 | 18:55 | 19:13 | 19:55 | 20:25 | 13 |
| 14 | 4:12 | 4:50 | 5:46 | 8:21 | 9:08 | 9:44 | 10:15 | 12:30 | 13:04 | 16:26 | 17:50 | 18:56 | 19:14 | 19:56 | 20:26 | 14 |
| 15 | 4:09 | 4:48 | 5:44 | 8:20 | 9:07 | 9:43 | 10:14 | 12:30 | 13:03 | 16:26 | 17:51 | 18:57 | 19:15 | 19:57 | 20:27 | 15 |
| 16 | 4:07 | 4:46 | 5:42 | 8:19 | 9:06 | 9:42 | 10:14 | 12:29 | 13:03 | 16:27 | 17:52 | 18:59 | 19:17 | 19:59 | 20:29 | 16 |
| 17 | 4:05 | 4:44 | 5:41 | 8:17 | 9:05 | 9:41 | 10:13 | 12:29 | 13:03 | 16:28 | 17:53 | 19:00 | 19:18 | 20:00 | 20:30 | 17 |
| 18 | 4:03 | 4:42 | 5:39 | 8:16 | 9:04 | 9:41 | 10:12 | 12:29 | 13:03 | 16:28 | 17:54 | 19:01 | 19:19 | 20:01 | 20:31 | 18 |
| 19 | 4:01 | 4:40 | 5:37 | 8:15 | 9:03 | 9:40 | 10:12 | 12:29 | 13:03 | 16:29 | 17:55 | 19:02 | 19:20 | 20:02 | 20:32 | 19 |
| 20 | 3:59 | 4:38 | 5:36 | 8:14 | 9:02 | 9:39 | 10:11 | 12:29 | 13:03 | 16:29 | 17:56 | 19:04 | 19:22 | 20:04 | 20:34 | 20 |
| 21 | 3:57 | 4:36 | 5:34 | 8:13 | 9:01 | 9:38 | 10:10 | 12:28 | 13:03 | 16:30 | 17:56 | 19:05 | 19:23 | 20:05 | 20:35 | 21 |
| 22 | 3:54 | 4:34 | 5:32 | 8:11 | 9:00 | 9:37 | 10:10 | 12:28 | 13:03 | 16:31 | 17:57 | 19:06 | 19:24 | 20:06 | 20:36 | 22 |
| 23 | 3:52 | 4:32 | 5:31 | 8:10 | 8:59 | 9:36 | 10:09 | 12:28 | 13:03 | 16:31 | 17:58 | 19:07 | 19:25 | 20:07 | 20:37 | 23 |
| 24 | 3:50 | 4:31 | 5:29 | 8:09 | 8:58 | 9:35 | 10:08 | 12:28 | 13:03 | 16:32 | 17:59 | 19:09 | 19:27 | 20:09 | 20:39 | 24 |
| 25 | 3:48 | 4:29 | 5:27 | 8:08 | 8:58 | 9:35 | 10:08 | 12:28 | 13:03 | 16:33 | 18:00 | 19:10 | 19:28 | 20:10 | 20:40 | 25 |
| 26 | 3:46 | 4:27 | 5:26 | 8:07 | 8:57 | 9:34 | 10:07 | 12:27 | 13:03 | 16:33 | 18:01 | 19:11 | 19:29 | 20:11 | 20:41 | 26 |
| 27 | 3:44 | 4:25 | 5:24 | 8:06 | 8:56 | 9:33 | 10:06 | 12:27 | 13:03 | 16:34 | 18:02 | 19:12 | 19:30 | 20:12 | 20:42 | 27 |
| 28 | 3:42 | 4:23 | 5:23 | 8:05 | 8:55 | 9:32 | 10:06 | 12:27 | 13:03 | 16:35 | 18:03 | 19:14 | 19:32 | 20:14 | 20:44 | 28 |
| 29 | 3:40 | 4:21 | 5:21 | 8:04 | 8:54 | 9:31 | 10:05 | 12:27 | 13:03 | 16:35 | 18:04 | 19:15 | 19:33 | 20:15 | 20:45 | 29 |
| 30 | 3:38 | 4:20 | 5:20 | 8:02 | 8:53 | 9:31 | 10:04 | 12:27 | 13:03 | 16:36 | 18:05 | 19:16 | 19:34 | 20:16 | 20:46 | 30 |

TORINO

MAGGIO

| Giorno del mese | Alba | Tallèd - Tefillin | Sorgere del sole | Termine lettura Shemà (M.A.) | Termine lettura Shemà (G.R.A.) | Termine lettura ben. Shemà M.A. | Termine lettura ben. Shemà G.R.A. | Mezzogiorno | Minchà Ghedolà | Minchà Ketanà | Pelàg haminchà | accensione dei lumi | Tramonto | Uscita delle stelle 42 minuti | Uscita delle stelle 72 minuti | Giorno del mese |
|-----------------|------|----------------------|---------------------|---------------------------------|-----------------------------------|------------------------------------|--------------------------------------|-------------|----------------|---------------|----------------|---------------------|----------|----------------------------------|----------------------------------|-----------------|
| 1 | 3:36 | 4:18 | 5:18 | 8:01 | 8:52 | 9:30 | 10:04 | 12:27 | 13:03 | 16:37 | 18:06 | 19:17 | 19:35 | 20:17 | 20:47 | 1 |
| 2 | 3:34 | 4:16 | 5:17 | 8:00 | 8:52 | 9:29 | 10:03 | 12:27 | 13:03 | 16:37 | 18:07 | 19:19 | 19:37 | 20:19 | 20:49 | 2 |
| 3 | 3:31 | 4:15 | 5:15 | 7:59 | 8:51 | 9:28 | 10:03 | 12:27 | 13:03 | 16:38 | 18:08 | 19:20 | 19:38 | 20:20 | 20:50 | 3 |
| 4 | 3:29 | 4:13 | 5:14 | 7:58 | 8:50 | 9:28 | 10:02 | 12:26 | 13:03 | 16:39 | 18:09 | 19:21 | 19:39 | 20:21 | 20:51 | 4 |
| 5 | 3:27 | 4:11 | 5:12 | 7:57 | 8:49 | 9:27 | 10:02 | 12:26 | 13:03 | 16:40 | 18:10 | 19:22 | 19:40 | 20:22 | 20:52 | 5 |
| 6 | 3:25 | 4:09 | 5:11 | 7:56 | 8:49 | 9:26 | 10:01 | 12:26 | 13:03 | 16:40 | 18:11 | 19:24 | 19:42 | 20:24 | 20:54 | 6 |
| 7 | 3:23 | 4:08 | 5:10 | 7:55 | 8:48 | 9:26 | 10:01 | 12:26 | 13:03 | 16:41 | 18:12 | 19:25 | 19:43 | 20:25 | 20:55 | 7 |
| 8 | 3:21 | 4:06 | 5:08 | 7:54 | 8:47 | 9:25 | 10:00 | 12:26 | 13:03 | 16:42 | 18:13 | 19:26 | 19:44 | 20:26 | 20:56 | 8 |
| 9 | 3:20 | 4:05 | 5:07 | 7:53 | 8:47 | 9:24 | 10:00 | 12:26 | 13:03 | 16:42 | 18:14 | 19:27 | 19:45 | 20:27 | 20:57 | 9 |
| 10 | 3:18 | 4:03 | 5:06 | 7:52 | 8:46 | 9:24 | 9:59 | 12:26 | 13:03 | 16:43 | 18:15 | 19:28 | 19:46 | 20:28 | 20:58 | 10 |
| 11 | 3:16 | 4:02 | 5:05 | 7:51 | 8:45 | 9:23 | 9:59 | 12:26 | 13:03 | 16:44 | 18:16 | 19:30 | 19:48 | 20:30 | 21:00 | 11 |
| 12 | 3:14 | 4:00 | 5:03 | 7:50 | 8:45 | 9:22 | 9:58 | 12:26 | 13:03 | 16:44 | 18:17 | 19:31 | 19:49 | 20:31 | 21:01 | 12 |
| 13 | 3:12 | 3:59 | 5:02 | 7:49 | 8:44 | 9:22 | 9:58 | 12:26 | 13:03 | 16:45 | 18:17 | 19:32 | 19:50 | 20:32 | 21:02 | 13 |
| 14 | 3:10 | 3:57 | 5:01 | 7:48 | 8:44 | 9:21 | 9:58 | 12:26 | 13:03 | 16:46 | 18:18 | 19:33 | 19:51 | 20:33 | 21:03 | 14 |
| 15 | 3:08 | 3:56 | 5:00 | 7:47 | 8:43 | 9:20 | 9:57 | 12:26 | 13:03 | 16:46 | 18:19 | 19:34 | 19:52 | 20:34 | 21:04 | 15 |
| 16 | 3:07 | 3:54 | 4:59 | 7:46 | 8:42 | 9:20 | 9:57 | 12:26 | 13:03 | 16:47 | 18:20 | 19:35 | 19:53 | 20:35 | 21:05 | 16 |
| 17 | 3:05 | 3:53 | 4:58 | 7:46 | 8:42 | 9:19 | 9:57 | 12:26 | 13:03 | 16:48 | 18:21 | 19:36 | 19:54 | 20:36 | 21:06 | 17 |
| 18 | 3:03 | 3:52 | 4:57 | 7:45 | 8:41 | 9:19 | 9:56 | 12:26 | 13:04 | 16:48 | 18:22 | 19:38 | 19:56 | 20:38 | 21:08 | 18 |
| 19 | 3:01 | 3:50 | 4:56 | 7:44 | 8:41 | 9:18 | 9:56 | 12:26 | 13:04 | 16:49 | 18:23 | 19:39 | 19:57 | 20:39 | 21:09 | 19 |
| 20 | 3:00 | 3:49 | 4:55 | 7:43 | 8:40 | 9:18 | 9:56 | 12:26 | 13:04 | 16:50 | 18:24 | 19:40 | 19:58 | 20:40 | 21:10 | 20 |
| 21 | 2:58 | 3:48 | 4:54 | 7:42 | 8:40 | 9:17 | 9:55 | 12:26 | 13:04 | 16:50 | 18:25 | 19:41 | 19:59 | 20:41 | 21:11 | 21 |
| 22 | 2:56 | 3:47 | 4:53 | 7:42 | 8:40 | 9:17 | 9:55 | 12:26 | 13:04 | 16:51 | 18:25 | 19:42 | 20:00 | 20:42 | 21:12 | 22 |
| 23 | 2:55 | 3:45 | 4:52 | 7:41 | 8:39 | 9:16 | 9:55 | 12:26 | 13:04 | 16:52 | 18:26 | 19:43 | 20:01 | 20:43 | 21:13 | 23 |
| 24 | 2:53 | 3:44 | 4:51 | 7:40 | 8:39 | 9:16 | 9:55 | 12:27 | 13:04 | 16:52 | 18:27 | 19:44 | 20:02 | 20:44 | 21:14 | 24 |
| 25 | 2:52 | 3:43 | 4:50 | 7:39 | 8:38 | 9:15 | 9:54 | 12:27 | 13:05 | 16:53 | 18:28 | 19:45 | 20:03 | 20:45 | 21:15 | 25 |
| 26 | 2:50 | 3:42 | 4:49 | 7:39 | 8:38 | 9:15 | 9:54 | 12:27 | 13:05 | 16:53 | 18:29 | 19:46 | 20:04 | 20:46 | 21:16 | 26 |
| 27 | 2:49 | 3:41 | 4:49 | 7:38 | 8:38 | 9:14 | 9:54 | 12:27 | 13:05 | 16:54 | 18:29 | 19:47 | 20:05 | 20:47 | 21:17 | 27 |
| 28 | 2:48 | 3:40 | 4:48 | 7:37 | 8:37 | 9:14 | 9:54 | 12:27 | 13:05 | 16:55 | 18:30 | 19:48 | 20:06 | 20:48 | 21:18 | 28 |
| 29 | 2:46 | 3:39 | 4:47 | 7:37 | 8:37 | 9:14 | 9:54 | 12:27 | 13:05 | 16:55 | 18:31 | 19:49 | 20:07 | 20:49 | 21:19 | 29 |
| 30 | 2:45 | 3:38 | 4:47 | 7:36 | 8:37 | 9:13 | 9:54 | 12:27 | 13:06 | 16:56 | 18:32 | 19:50 | 20:08 | 20:50 | 21:20 | 30 |
| 31 | 2:44 | 3:37 | 4:46 | 7:36 | 8:37 | 9:13 | 9:54 | 12:27 | 13:06 | 16:56 | 18:32 | 19:51 | 20:09 | 20:51 | 21:21 | 31 |

TORINO

GIUGNO

| Giorno del mese | Alba | Tallèd - Tefillin | Sorgere del sole | Termine lettura Shemà (M.A.) | Termine lettura Shemà (G.R.A.) | Termine lettura ben. Shemà M.A. | Termine lettura ben. Shemà G.R.A. | Mezzogiorno | Minchà Ghedolà | Minchà Ketanà | Pelàg haminchà | accensione dei lumi | Tramonto | Uscita delle stelle 42 minuti | Uscita delle stelle 72 minuti | Giorno del mese |
|-----------------|------|----------------------|---------------------|---------------------------------|-----------------------------------|------------------------------------|--------------------------------------|-------------|----------------|---------------|----------------|---------------------|----------|----------------------------------|----------------------------------|-----------------|
| 1 | 2:43 | 3:37 | 4:46 | 7:35 | 8:37 | 9:13 | 9:54 | 12:27 | 13:06 | 16:57 | 18:33 | 19:51 | 20:09 | 20:51 | 21:21 | 1 |
| 2 | 2:42 | 3:36 | 4:45 | 7:35 | 8:36 | 9:12 | 9:53 | 12:28 | 13:06 | 16:57 | 18:34 | 19:52 | 20:10 | 20:52 | 21:22 | 2 |
| 3 | 2:41 | 3:35 | 4:45 | 7:34 | 8:36 | 9:12 | 9:53 | 12:28 | 13:06 | 16:58 | 18:34 | 19:53 | 20:11 | 20:53 | 21:23 | 3 |
| 4 | 2:40 | 3:35 | 4:44 | 7:34 | 8:36 | 9:12 | 9:53 | 12:28 | 13:07 | 16:58 | 18:35 | 19:54 | 20:12 | 20:54 | 21:24 | 4 |
| 5 | 2:39 | 3:34 | 4:44 | 7:33 | 8:36 | 9:12 | 9:53 | 12:28 | 13:07 | 16:59 | 18:36 | 19:54 | 20:12 | 20:54 | 21:24 | 5 |
| 6 | 2:38 | 3:33 | 4:43 | 7:33 | 8:36 | 9:12 | 9:53 | 12:28 | 13:07 | 16:59 | 18:36 | 19:55 | 20:13 | 20:55 | 21:25 | 6 |
| 7 | 2:37 | 3:33 | 4:43 | 7:33 | 8:36 | 9:11 | 9:53 | 12:28 | 13:07 | 17:00 | 18:37 | 19:56 | 20:14 | 20:56 | 21:26 | 7 |
| 8 | 2:36 | 3:32 | 4:43 | 7:33 | 8:36 | 9:11 | 9:53 | 12:29 | 13:07 | 17:00 | 18:37 | 19:57 | 20:15 | 20:57 | 21:27 | 8 |
| 9 | 2:36 | 3:32 | 4:42 | 7:32 | 8:36 | 9:11 | 9:53 | 12:29 | 13:08 | 17:01 | 18:38 | 19:57 | 20:15 | 20:57 | 21:27 | 9 |
| 10 | 2:35 | 3:32 | 4:42 | 7:32 | 8:36 | 9:11 | 9:53 | 12:29 | 13:08 | 17:01 | 18:38 | 19:58 | 20:16 | 20:58 | 21:28 | 10 |
| 11 | 2:34 | 3:31 | 4:42 | 7:32 | 8:36 | 9:11 | 9:53 | 12:29 | 13:08 | 17:02 | 18:39 | 19:58 | 20:16 | 20:58 | 21:28 | 11 |
| 12 | 2:34 | 3:31 | 4:42 | 7:32 | 8:36 | 9:11 | 9:54 | 12:29 | 13:08 | 17:02 | 18:39 | 19:59 | 20:17 | 20:59 | 21:29 | 12 |
| 13 | 2:34 | 3:31 | 4:42 | 7:32 | 8:36 | 9:11 | 9:54 | 12:30 | 13:09 | 17:02 | 18:40 | 19:59 | 20:17 | 20:59 | 21:29 | 13 |
| 14 | 2:33 | 3:31 | 4:42 | 7:32 | 8:36 | 9:11 | 9:54 | 12:30 | 13:09 | 17:03 | 18:40 | 20:00 | 20:18 | 21:00 | 21:30 | 14 |
| 15 | 2:33 | 3:31 | 4:42 | 7:32 | 8:36 | 9:11 | 9:54 | 12:30 | 13:09 | 17:03 | 18:41 | 20:00 | 20:18 | 21:00 | 21:30 | 15 |
| 16 | 2:33 | 3:31 | 4:42 | 7:32 | 8:36 | 9:11 | 9:54 | 12:30 | 13:09 | 17:03 | 18:41 | 20:01 | 20:19 | 21:01 | 21:31 | 16 |
| 17 | 2:33 | 3:31 | 4:42 | 7:32 | 8:36 | 9:11 | 9:54 | 12:30 | 13:09 | 17:04 | 18:41 | 20:01 | 20:19 | 21:01 | 21:31 | 17 |
| 18 | 2:33 | 3:31 | 4:42 | 7:32 | 8:36 | 9:11 | 9:54 | 12:31 | 13:10 | 17:04 | 18:42 | 20:01 | 20:19 | 21:01 | 21:31 | 18 |
| 19 | 2:33 | 3:31 | 4:42 | 7:32 | 8:36 | 9:11 | 9:55 | 12:31 | 13:10 | 17:04 | 18:42 | 20:02 | 20:20 | 21:02 | 21:32 | 19 |
| 20 | 2:33 | 3:31 | 4:42 | 7:32 | 8:37 | 9:12 | 9:55 | 12:31 | 13:10 | 17:04 | 18:42 | 20:02 | 20:20 | 21:02 | 21:32 | 20 |
| 21 | 2:33 | 3:31 | 4:42 | 7:32 | 8:37 | 9:12 | 9:55 | 12:31 | 13:10 | 17:05 | 18:42 | 20:02 | 20:20 | 21:02 | 21:32 | 21 |
| 22 | 2:33 | 3:31 | 4:43 | 7:32 | 8:37 | 9:12 | 9:55 | 12:31 | 13:10 | 17:05 | 18:42 | 20:02 | 20:20 | 21:02 | 21:32 | 22 |
| 23 | 2:34 | 3:32 | 4:43 | 7:33 | 8:37 | 9:12 | 9:55 | 12:32 | 13:11 | 17:05 | 18:43 | 20:02 | 20:20 | 21:02 | 21:32 | 23 |
| 24 | 2:34 | 3:32 | 4:43 | 7:33 | 8:38 | 9:12 | 9:56 | 12:32 | 13:11 | 17:05 | 18:43 | 20:02 | 20:20 | 21:02 | 21:32 | 24 |
| 25 | 2:34 | 3:32 | 4:44 | 7:33 | 8:38 | 9:13 | 9:56 | 12:32 | 13:11 | 17:05 | 18:43 | 20:02 | 20:20 | 21:02 | 21:32 | 25 |
| 26 | 2:35 | 3:33 | 4:44 | 7:34 | 8:38 | 9:13 | 9:56 | 12:32 | 13:11 | 17:05 | 18:43 | 20:02 | 20:20 | 21:02 | 21:32 | 26 |
| 27 | 2:36 | 3:33 | 4:44 | 7:34 | 8:38 | 9:13 | 9:56 | 12:32 | 13:11 | 17:05 | 18:43 | 20:02 | 20:20 | 21:02 | 21:32 | 27 |
| 28 | 2:36 | 3:34 | 4:45 | 7:34 | 8:39 | 9:14 | 9:57 | 12:33 | 13:12 | 17:05 | 18:43 | 20:02 | 20:20 | 21:02 | 21:32 | 28 |
| 29 | 2:37 | 3:34 | 4:45 | 7:35 | 8:39 | 9:14 | 9:57 | 12:33 | 13:12 | 17:05 | 18:43 | 20:02 | 20:20 | 21:02 | 21:32 | 29 |
| 30 | 2:38 | 3:35 | 4:46 | 7:35 | 8:39 | 9:15 | 9:57 | 12:33 | 13:12 | 17:05 | 18:43 | 20:02 | 20:20 | 21:02 | 21:32 | 30 |

TORINO

LUGLIO

| Giorno del mese | Alba | Tallèd - Tefillin | Sorgere del sole | Termine lettura Shemà (M.A.) | Termine lettura Shemà (G.R.A.) | Termine lettura ben. Shemà M.A. | Termine lettura ben. Shemà G.R.A. | Mezzogiorno | Minchà Ghedolà | Minchà Ketanà | Pelàg haminchà | accensione dei lumi | Tramonto | Uscita delle stelle 42 minuti | Uscita delle stelle 72 minuti | Giorno del mese |
|-----------------|------|-------------------|------------------|------------------------------|--------------------------------|---------------------------------|-----------------------------------|-------------|----------------|---------------|----------------|---------------------|----------|-------------------------------|-------------------------------|-----------------|
| 1 | 2:39 | 3:36 | 4:46 | 7:36 | 8:40 | 9:15 | 9:58 | 12:33 | 13:12 | 17:05 | 18:43 | 20:02 | 20:20 | 21:02 | 21:32 | 1 |
| 2 | 2:40 | 3:36 | 4:47 | 7:36 | 8:40 | 9:15 | 9:58 | 12:33 | 13:12 | 17:05 | 18:42 | 20:02 | 20:20 | 21:02 | 21:32 | 2 |
| 3 | 2:41 | 3:37 | 4:48 | 7:37 | 8:41 | 9:16 | 9:58 | 12:34 | 13:12 | 17:05 | 18:42 | 20:01 | 20:19 | 21:01 | 21:31 | 3 |
| 4 | 2:42 | 3:38 | 4:48 | 7:38 | 8:41 | 9:16 | 9:59 | 12:34 | 13:12 | 17:05 | 18:42 | 20:01 | 20:19 | 21:01 | 21:31 | 4 |
| 5 | 2:43 | 3:39 | 4:49 | 7:38 | 8:41 | 9:17 | 9:59 | 12:34 | 13:13 | 17:05 | 18:42 | 20:01 | 20:19 | 21:01 | 21:31 | 5 |
| 6 | 2:44 | 3:40 | 4:50 | 7:39 | 8:42 | 9:17 | 9:59 | 12:34 | 13:13 | 17:05 | 18:42 | 20:00 | 20:18 | 21:00 | 21:30 | 6 |
| 7 | 2:45 | 3:41 | 4:50 | 7:40 | 8:42 | 9:18 | 10:00 | 12:34 | 13:13 | 17:05 | 18:41 | 20:00 | 20:18 | 21:00 | 21:30 | 7 |
| 8 | 2:47 | 3:42 | 4:51 | 7:40 | 8:43 | 9:18 | 10:00 | 12:34 | 13:13 | 17:04 | 18:41 | 19:59 | 20:17 | 20:59 | 21:29 | 8 |
| 9 | 2:48 | 3:43 | 4:52 | 7:41 | 8:43 | 9:19 | 10:00 | 12:34 | 13:13 | 17:04 | 18:41 | 19:59 | 20:17 | 20:59 | 21:29 | 9 |
| 10 | 2:49 | 3:44 | 4:53 | 7:42 | 8:44 | 9:19 | 10:01 | 12:35 | 13:13 | 17:04 | 18:40 | 19:58 | 20:16 | 20:58 | 21:28 | 10 |
| 11 | 2:51 | 3:45 | 4:54 | 7:43 | 8:44 | 9:20 | 10:01 | 12:35 | 13:13 | 17:04 | 18:40 | 19:58 | 20:16 | 20:58 | 21:28 | 11 |
| 12 | 2:52 | 3:46 | 4:54 | 7:43 | 8:45 | 9:20 | 10:01 | 12:35 | 13:13 | 17:03 | 18:39 | 19:57 | 20:15 | 20:57 | 21:27 | 12 |
| 13 | 2:54 | 3:47 | 4:55 | 7:44 | 8:45 | 9:21 | 10:02 | 12:35 | 13:13 | 17:03 | 18:39 | 19:57 | 20:15 | 20:57 | 21:27 | 13 |
| 14 | 2:55 | 3:48 | 4:56 | 7:45 | 8:46 | 9:21 | 10:02 | 12:35 | 13:13 | 17:03 | 18:38 | 19:56 | 20:14 | 20:56 | 21:26 | 14 |
| 15 | 2:57 | 3:49 | 4:57 | 7:46 | 8:46 | 9:22 | 10:02 | 12:35 | 13:13 | 17:02 | 18:38 | 19:55 | 20:13 | 20:55 | 21:25 | 15 |
| 16 | 2:58 | 3:50 | 4:58 | 7:47 | 8:47 | 9:23 | 10:03 | 12:35 | 13:13 | 17:02 | 18:37 | 19:54 | 20:12 | 20:54 | 21:24 | 16 |
| 17 | 3:00 | 3:52 | 4:59 | 7:47 | 8:47 | 9:23 | 10:03 | 12:35 | 13:13 | 17:01 | 18:37 | 19:54 | 20:12 | 20:54 | 21:24 | 17 |
| 18 | 3:01 | 3:53 | 5:00 | 7:48 | 8:48 | 9:24 | 10:04 | 12:35 | 13:13 | 17:01 | 18:36 | 19:53 | 20:11 | 20:53 | 21:23 | 18 |
| 19 | 3:03 | 3:54 | 5:01 | 7:49 | 8:48 | 9:24 | 10:04 | 12:35 | 13:13 | 17:01 | 18:35 | 19:52 | 20:10 | 20:52 | 21:22 | 19 |
| 20 | 3:05 | 3:55 | 5:02 | 7:50 | 8:49 | 9:25 | 10:04 | 12:35 | 13:13 | 17:00 | 18:35 | 19:51 | 20:09 | 20:51 | 21:21 | 20 |
| 21 | 3:06 | 3:57 | 5:03 | 7:51 | 8:49 | 9:26 | 10:05 | 12:35 | 13:13 | 16:59 | 18:34 | 19:50 | 20:08 | 20:50 | 21:20 | 21 |
| 22 | 3:08 | 3:58 | 5:04 | 7:52 | 8:50 | 9:26 | 10:05 | 12:36 | 13:13 | 16:59 | 18:33 | 19:49 | 20:07 | 20:49 | 21:19 | 22 |
| 23 | 3:10 | 3:59 | 5:05 | 7:53 | 8:50 | 9:27 | 10:05 | 12:36 | 13:13 | 16:58 | 18:32 | 19:48 | 20:06 | 20:48 | 21:18 | 23 |
| 24 | 3:12 | 4:01 | 5:06 | 7:53 | 8:51 | 9:27 | 10:06 | 12:36 | 13:13 | 16:58 | 18:31 | 19:47 | 20:05 | 20:47 | 21:17 | 24 |
| 25 | 3:13 | 4:02 | 5:07 | 7:54 | 8:51 | 9:28 | 10:06 | 12:36 | 13:13 | 16:57 | 18:31 | 19:46 | 20:04 | 20:46 | 21:16 | 25 |
| 26 | 3:15 | 4:03 | 5:08 | 7:55 | 8:52 | 9:29 | 10:06 | 12:36 | 13:13 | 16:56 | 18:30 | 19:45 | 20:03 | 20:45 | 21:15 | 26 |
| 27 | 3:17 | 4:05 | 5:09 | 7:56 | 8:52 | 9:29 | 10:07 | 12:36 | 13:13 | 16:56 | 18:29 | 19:44 | 20:02 | 20:44 | 21:14 | 27 |
| 28 | 3:19 | 4:06 | 5:10 | 7:57 | 8:53 | 9:30 | 10:07 | 12:35 | 13:13 | 16:55 | 18:28 | 19:43 | 20:01 | 20:43 | 21:13 | 28 |
| 29 | 3:20 | 4:08 | 5:11 | 7:58 | 8:53 | 9:30 | 10:07 | 12:35 | 13:12 | 16:54 | 18:27 | 19:41 | 19:59 | 20:41 | 21:11 | 29 |
| 30 | 3:22 | 4:09 | 5:13 | 7:59 | 8:54 | 9:31 | 10:08 | 12:35 | 13:12 | 16:54 | 18:26 | 19:40 | 19:58 | 20:40 | 21:10 | 30 |
| 31 | 3:24 | 4:10 | 5:14 | 8:00 | 8:55 | 9:31 | 10:08 | 12:35 | 13:12 | 16:53 | 18:25 | 19:39 | 19:57 | 20:39 | 21:09 | 31 |

TORINO

AGOSTO

| Giorno del mese | Alba | Tallèd - Tefillin | Sorgere del sole | Termine lettura Shemà (M.A.) | Termine lettura Shemà (G.R.A.) | Termine lettura ben. Shemà M.A. | Termine lettura ben. Shemà G.R.A. | Mezzogiorno | Minchà Ghedolà | Minchà Ketanà | Pelàg haminchà | accensione dei lumi | Tramonto | Uscita delle stelle 42 minuti | Uscita delle stelle 72 minuti | Giorno del mese |
|-----------------|------|----------------------|---------------------|---------------------------------|-----------------------------------|------------------------------------|--------------------------------------|-------------|----------------|---------------|----------------|---------------------|----------|----------------------------------|----------------------------------|-----------------|
| 1 | 3:26 | 4:12 | 5:15 | 8:00 | 8:55 | 9:32 | 10:08 | 12:35 | 13:12 | 16:52 | 18:24 | 19:38 | 19:56 | 20:38 | 21:08 | 1 |
| 2 | 3:28 | 4:13 | 5:16 | 8:01 | 8:56 | 9:32 | 10:09 | 12:35 | 13:12 | 16:51 | 18:23 | 19:36 | 19:54 | 20:36 | 21:06 | 2 |
| 3 | 3:29 | 4:15 | 5:17 | 8:02 | 8:56 | 9:33 | 10:09 | 12:35 | 13:12 | 16:51 | 18:22 | 19:35 | 19:53 | 20:35 | 21:05 | 3 |
| 4 | 3:31 | 4:16 | 5:18 | 8:03 | 8:57 | 9:34 | 10:09 | 12:35 | 13:11 | 16:50 | 18:21 | 19:34 | 19:52 | 20:34 | 21:04 | 4 |
| 5 | 3:33 | 4:18 | 5:19 | 8:04 | 8:57 | 9:34 | 10:10 | 12:35 | 13:11 | 16:49 | 18:20 | 19:32 | 19:50 | 20:32 | 21:02 | 5 |
| 6 | 3:35 | 4:19 | 5:21 | 8:05 | 8:58 | 9:35 | 10:10 | 12:35 | 13:11 | 16:48 | 18:19 | 19:31 | 19:49 | 20:31 | 21:01 | 6 |
| 7 | 3:37 | 4:20 | 5:22 | 8:05 | 8:58 | 9:35 | 10:10 | 12:35 | 13:11 | 16:47 | 18:17 | 19:30 | 19:48 | 20:30 | 21:00 | 7 |
| 8 | 3:38 | 4:22 | 5:23 | 8:06 | 8:59 | 9:36 | 10:11 | 12:35 | 13:10 | 16:46 | 18:16 | 19:28 | 19:46 | 20:28 | 20:58 | 8 |
| 9 | 3:40 | 4:23 | 5:24 | 8:07 | 8:59 | 9:36 | 10:11 | 12:34 | 13:10 | 16:45 | 18:15 | 19:27 | 19:45 | 20:27 | 20:57 | 9 |
| 10 | 3:42 | 4:25 | 5:25 | 8:08 | 9:00 | 9:37 | 10:11 | 12:34 | 13:10 | 16:44 | 18:14 | 19:25 | 19:43 | 20:25 | 20:55 | 10 |
| 11 | 3:44 | 4:26 | 5:27 | 8:09 | 9:00 | 9:37 | 10:12 | 12:34 | 13:10 | 16:43 | 18:13 | 19:24 | 19:42 | 20:24 | 20:54 | 11 |
| 12 | 3:45 | 4:28 | 5:28 | 8:10 | 9:01 | 9:38 | 10:12 | 12:34 | 13:09 | 16:43 | 18:11 | 19:22 | 19:40 | 20:22 | 20:52 | 12 |
| 13 | 3:47 | 4:29 | 5:29 | 8:10 | 9:01 | 9:38 | 10:12 | 12:34 | 13:09 | 16:42 | 18:10 | 19:21 | 19:39 | 20:21 | 20:51 | 13 |
| 14 | 3:49 | 4:31 | 5:30 | 8:11 | 9:02 | 9:38 | 10:12 | 12:34 | 13:09 | 16:41 | 18:09 | 19:19 | 19:37 | 20:19 | 20:49 | 14 |
| 15 | 3:51 | 4:32 | 5:31 | 8:12 | 9:02 | 9:39 | 10:13 | 12:33 | 13:08 | 16:40 | 18:07 | 19:17 | 19:35 | 20:17 | 20:47 | 15 |
| 16 | 3:52 | 4:33 | 5:32 | 8:13 | 9:03 | 9:39 | 10:13 | 12:33 | 13:08 | 16:38 | 18:06 | 19:16 | 19:34 | 20:16 | 20:46 | 16 |
| 17 | 3:54 | 4:35 | 5:34 | 8:13 | 9:03 | 9:40 | 10:13 | 12:33 | 13:08 | 16:37 | 18:05 | 19:14 | 19:32 | 20:14 | 20:44 | 17 |
| 18 | 3:56 | 4:36 | 5:35 | 8:14 | 9:04 | 9:40 | 10:13 | 12:33 | 13:07 | 16:36 | 18:03 | 19:12 | 19:30 | 20:12 | 20:42 | 18 |
| 19 | 3:58 | 4:38 | 5:36 | 8:15 | 9:04 | 9:41 | 10:14 | 12:32 | 13:07 | 16:35 | 18:02 | 19:11 | 19:29 | 20:11 | 20:41 | 19 |
| 20 | 3:59 | 4:39 | 5:37 | 8:16 | 9:05 | 9:41 | 10:14 | 12:32 | 13:07 | 16:34 | 18:01 | 19:09 | 19:27 | 20:09 | 20:39 | 20 |
| 21 | 4:01 | 4:41 | 5:38 | 8:16 | 9:05 | 9:41 | 10:14 | 12:32 | 13:06 | 16:33 | 17:59 | 19:07 | 19:25 | 20:07 | 20:37 | 21 |
| 22 | 4:03 | 4:42 | 5:40 | 8:17 | 9:06 | 9:42 | 10:14 | 12:32 | 13:06 | 16:32 | 17:58 | 19:06 | 19:24 | 20:06 | 20:36 | 22 |
| 23 | 4:04 | 4:43 | 5:41 | 8:18 | 9:06 | 9:42 | 10:15 | 12:31 | 13:06 | 16:31 | 17:56 | 19:04 | 19:22 | 20:04 | 20:34 | 23 |
| 24 | 4:06 | 4:45 | 5:42 | 8:18 | 9:07 | 9:43 | 10:15 | 12:31 | 13:05 | 16:30 | 17:55 | 19:02 | 19:20 | 20:02 | 20:32 | 24 |
| 25 | 4:08 | 4:46 | 5:43 | 8:19 | 9:07 | 9:43 | 10:15 | 12:31 | 13:05 | 16:29 | 17:54 | 19:01 | 19:19 | 20:01 | 20:31 | 25 |
| 26 | 4:09 | 4:48 | 5:44 | 8:20 | 9:08 | 9:43 | 10:15 | 12:31 | 13:04 | 16:28 | 17:52 | 18:59 | 19:17 | 19:59 | 20:29 | 26 |
| 27 | 4:11 | 4:49 | 5:46 | 8:20 | 9:08 | 9:44 | 10:15 | 12:30 | 13:04 | 16:26 | 17:51 | 18:57 | 19:15 | 19:57 | 20:27 | 27 |
| 28 | 4:12 | 4:50 | 5:47 | 8:21 | 9:08 | 9:44 | 10:16 | 12:30 | 13:04 | 16:25 | 17:49 | 18:55 | 19:13 | 19:55 | 20:25 | 28 |
| 29 | 4:14 | 4:52 | 5:48 | 8:22 | 9:09 | 9:44 | 10:16 | 12:30 | 13:03 | 16:24 | 17:48 | 18:53 | 19:11 | 19:53 | 20:23 | 29 |
| 30 | 4:15 | 4:53 | 5:49 | 8:22 | 9:09 | 9:45 | 10:16 | 12:29 | 13:03 | 16:23 | 17:46 | 18:52 | 19:10 | 19:52 | 20:22 | 30 |
| 31 | 4:17 | 4:55 | 5:50 | 8:23 | 9:10 | 9:45 | 10:16 | 12:29 | 13:02 | 16:22 | 17:45 | 18:50 | 19:08 | 19:50 | 20:20 | 31 |

TORINO

SETTEMBRE

| Giorno del mese | Alba | Tallèd - Tefillin | Sorgere del sole | Termine lettura Shemà (M.A.) | Termine lettura Shemà (G.R.A.) | Termine lettura ben. Shemà M.A. | Termine lettura ben. Shemà G.R.A. | Mezzogiorno | Minchà Ghedolà | Minchà Ketanà | Pelàg haminchà | accensione dei lumi | Tramonto | Uscita delle stelle 42 minuti | Uscita delle stelle 72 minuti | Giorno del mese |
|-----------------|------|----------------------|---------------------|---------------------------------|-----------------------------------|------------------------------------|--------------------------------------|-------------|----------------|---------------|----------------|---------------------|----------|----------------------------------|----------------------------------|-----------------|
| 1 | 4:19 | 4:56 | 5:52 | 8:24 | 9:10 | 9:45 | 10:16 | 12:29 | 13:02 | 16:20 | 17:43 | 18:48 | 19:06 | 19:48 | 20:18 | 1 |
| 2 | 4:20 | 4:57 | 5:53 | 8:24 | 9:11 | 9:46 | 10:17 | 12:28 | 13:01 | 16:19 | 17:42 | 18:46 | 19:04 | 19:46 | 20:16 | 2 |
| 3 | 4:22 | 4:59 | 5:54 | 8:25 | 9:11 | 9:46 | 10:17 | 12:28 | 13:01 | 16:18 | 17:40 | 18:44 | 19:02 | 19:44 | 20:14 | 3 |
| 4 | 4:23 | 5:00 | 5:55 | 8:25 | 9:11 | 9:46 | 10:17 | 12:28 | 13:01 | 16:17 | 17:39 | 18:42 | 19:00 | 19:42 | 20:12 | 4 |
| 5 | 4:25 | 5:01 | 5:56 | 8:26 | 9:12 | 9:46 | 10:17 | 12:27 | 13:00 | 16:16 | 17:37 | 18:41 | 18:59 | 19:41 | 20:11 | 5 |
| 6 | 4:26 | 5:03 | 5:58 | 8:27 | 9:12 | 9:47 | 10:17 | 12:27 | 13:00 | 16:14 | 17:36 | 18:39 | 18:57 | 19:39 | 20:09 | 6 |
| 7 | 4:28 | 5:04 | 5:59 | 8:27 | 9:13 | 9:47 | 10:17 | 12:27 | 12:59 | 16:13 | 17:34 | 18:37 | 18:55 | 19:37 | 20:07 | 7 |
| 8 | 4:29 | 5:05 | 6:00 | 8:28 | 9:13 | 9:47 | 10:18 | 12:26 | 12:59 | 16:12 | 17:32 | 18:35 | 18:53 | 19:35 | 20:05 | 8 |
| 9 | 4:31 | 5:07 | 6:01 | 8:28 | 9:14 | 9:48 | 10:18 | 12:26 | 12:58 | 16:11 | 17:31 | 18:33 | 18:51 | 19:33 | 20:03 | 9 |
| 10 | 4:32 | 5:08 | 6:02 | 8:29 | 9:14 | 9:48 | 10:18 | 12:26 | 12:58 | 16:09 | 17:29 | 18:31 | 18:49 | 19:31 | 20:01 | 10 |
| 11 | 4:34 | 5:09 | 6:04 | 8:29 | 9:14 | 9:48 | 10:18 | 12:25 | 12:57 | 16:08 | 17:28 | 18:29 | 18:47 | 19:29 | 19:59 | 11 |
| 12 | 4:35 | 5:11 | 6:05 | 8:30 | 9:15 | 9:48 | 10:18 | 12:25 | 12:57 | 16:07 | 17:26 | 18:27 | 18:45 | 19:27 | 19:57 | 12 |
| 13 | 4:36 | 5:12 | 6:06 | 8:30 | 9:15 | 9:49 | 10:18 | 12:25 | 12:56 | 16:06 | 17:25 | 18:26 | 18:44 | 19:26 | 19:56 | 13 |
| 14 | 4:38 | 5:13 | 6:07 | 8:31 | 9:16 | 9:49 | 10:19 | 12:24 | 12:56 | 16:04 | 17:23 | 18:24 | 18:42 | 19:24 | 19:54 | 14 |
| 15 | 4:39 | 5:14 | 6:08 | 8:32 | 9:16 | 9:49 | 10:19 | 12:24 | 12:55 | 16:03 | 17:21 | 18:22 | 18:40 | 19:22 | 19:52 | 15 |
| 16 | 4:41 | 5:16 | 6:10 | 8:32 | 9:17 | 9:49 | 10:19 | 12:24 | 12:55 | 16:02 | 17:20 | 18:20 | 18:38 | 19:20 | 19:50 | 16 |
| 17 | 4:42 | 5:17 | 6:11 | 8:33 | 9:17 | 9:49 | 10:19 | 12:23 | 12:54 | 16:01 | 17:18 | 18:18 | 18:36 | 19:18 | 19:48 | 17 |
| 18 | 4:43 | 5:18 | 6:12 | 8:33 | 9:17 | 9:50 | 10:19 | 12:23 | 12:54 | 15:59 | 17:17 | 18:16 | 18:34 | 19:16 | 19:46 | 18 |
| 19 | 4:45 | 5:20 | 6:13 | 8:34 | 9:18 | 9:50 | 10:19 | 12:23 | 12:53 | 15:58 | 17:15 | 18:14 | 18:32 | 19:14 | 19:44 | 19 |
| 20 | 4:46 | 5:21 | 6:14 | 8:34 | 9:18 | 9:50 | 10:20 | 12:22 | 12:53 | 15:57 | 17:14 | 18:12 | 18:30 | 19:12 | 19:42 | 20 |
| 21 | 4:48 | 5:22 | 6:16 | 8:35 | 9:19 | 9:50 | 10:20 | 12:22 | 12:52 | 15:56 | 17:12 | 18:10 | 18:28 | 19:10 | 19:40 | 21 |
| 22 | 4:49 | 5:23 | 6:17 | 8:35 | 9:19 | 9:51 | 10:20 | 12:22 | 12:52 | 15:54 | 17:10 | 18:08 | 18:26 | 19:08 | 19:38 | 22 |
| 23 | 4:50 | 5:25 | 6:18 | 8:36 | 9:20 | 9:51 | 10:20 | 12:21 | 12:51 | 15:53 | 17:09 | 18:06 | 18:24 | 19:06 | 19:36 | 23 |
| 24 | 4:52 | 5:26 | 6:19 | 8:36 | 9:20 | 9:51 | 10:20 | 12:21 | 12:51 | 15:52 | 17:07 | 18:05 | 18:23 | 19:05 | 19:35 | 24 |
| 25 | 4:53 | 5:27 | 6:20 | 8:37 | 9:20 | 9:51 | 10:20 | 12:20 | 12:51 | 15:51 | 17:06 | 18:03 | 18:21 | 19:03 | 19:33 | 25 |
| 26 | 4:54 | 5:28 | 6:22 | 8:37 | 9:21 | 9:51 | 10:21 | 12:20 | 12:50 | 15:49 | 17:04 | 18:01 | 18:19 | 19:01 | 19:31 | 26 |
| 27 | 4:56 | 5:30 | 6:23 | 8:38 | 9:21 | 9:52 | 10:21 | 12:20 | 12:50 | 15:48 | 17:02 | 17:59 | 18:17 | 18:59 | 19:29 | 27 |
| 28 | 4:57 | 5:31 | 6:24 | 8:38 | 9:22 | 9:52 | 10:21 | 12:19 | 12:49 | 15:47 | 17:01 | 17:57 | 18:15 | 18:57 | 19:27 | 28 |
| 29 | 4:58 | 5:32 | 6:25 | 8:39 | 9:22 | 9:52 | 10:21 | 12:19 | 12:49 | 15:46 | 16:59 | 17:55 | 18:13 | 18:55 | 19:25 | 29 |
| 30 | 4:59 | 5:33 | 6:26 | 8:39 | 9:23 | 9:52 | 10:21 | 12:19 | 12:48 | 15:44 | 16:58 | 17:53 | 18:11 | 18:53 | 19:23 | 30 |

TORINO

OTTOBRE

| Giorno del mese | Alba | Tallèd - Tefillin | Sorgere del sole | Termine lettura Shemà (M.A.) | Termine lettura Shemà (G.R.A.) | Termine lettura ben. Shemà M.A. | Termine lettura ben. Shemà G.R.A. | Mezzogiorno | Minchà Ghedolà | Minchà Ketanà | Pelàg haminchà | accensione dei lumi | Tramonto | Uscita delle stelle 42 minuti | Uscita delle stelle 72 minuti | Giorno del mese |
|-----------------|------|----------------------|---------------------|---------------------------------|-----------------------------------|------------------------------------|--------------------------------------|-------------|----------------|---------------|----------------|---------------------|----------|----------------------------------|----------------------------------|-----------------|
| 1 | 5:01 | 5:35 | 6:28 | 8:40 | 9:23 | 9:53 | 10:22 | 12:18 | 12:48 | 15:43 | 16:56 | 17:51 | 18:09 | 18:51 | 19:21 | 1 |
| 2 | 5:02 | 5:36 | 6:29 | 8:40 | 9:24 | 9:53 | 10:22 | 12:18 | 12:47 | 15:42 | 16:55 | 17:49 | 18:07 | 18:49 | 19:19 | 2 |
| 3 | 5:03 | 5:37 | 6:30 | 8:41 | 9:24 | 9:53 | 10:22 | 12:18 | 12:47 | 15:41 | 16:53 | 17:48 | 18:06 | 18:48 | 19:18 | 3 |
| 4 | 5:05 | 5:38 | 6:31 | 8:41 | 9:24 | 9:53 | 10:22 | 12:18 | 12:46 | 15:39 | 16:52 | 17:46 | 18:04 | 18:46 | 19:16 | 4 |
| 5 | 5:06 | 5:40 | 6:33 | 8:42 | 9:25 | 9:53 | 10:22 | 12:17 | 12:46 | 15:38 | 16:50 | 17:44 | 18:02 | 18:44 | 19:14 | 5 |
| 6 | 5:07 | 5:41 | 6:34 | 8:42 | 9:25 | 9:54 | 10:23 | 12:17 | 12:46 | 15:37 | 16:49 | 17:42 | 18:00 | 18:42 | 19:12 | 6 |
| 7 | 5:08 | 5:42 | 6:35 | 8:42 | 9:26 | 9:54 | 10:23 | 12:17 | 12:45 | 15:36 | 16:47 | 17:40 | 17:58 | 18:40 | 19:10 | 7 |
| 8 | 5:10 | 5:43 | 6:36 | 8:43 | 9:26 | 9:54 | 10:23 | 12:16 | 12:45 | 15:35 | 16:46 | 17:38 | 17:56 | 18:38 | 19:08 | 8 |
| 9 | 5:11 | 5:44 | 6:38 | 8:43 | 9:27 | 9:54 | 10:23 | 12:16 | 12:44 | 15:34 | 16:44 | 17:37 | 17:55 | 18:37 | 19:07 | 9 |
| 10 | 5:12 | 5:46 | 6:39 | 8:44 | 9:27 | 9:55 | 10:24 | 12:16 | 12:44 | 15:32 | 16:43 | 17:35 | 17:53 | 18:35 | 19:05 | 10 |
| 11 | 5:13 | 5:47 | 6:40 | 8:44 | 9:28 | 9:55 | 10:24 | 12:16 | 12:44 | 15:31 | 16:41 | 17:33 | 17:51 | 18:33 | 19:03 | 11 |
| 12 | 5:15 | 5:48 | 6:42 | 8:45 | 9:28 | 9:55 | 10:24 | 12:15 | 12:43 | 15:30 | 16:40 | 17:31 | 17:49 | 18:31 | 19:01 | 12 |
| 13 | 5:16 | 5:49 | 6:43 | 8:45 | 9:29 | 9:55 | 10:24 | 12:15 | 12:43 | 15:29 | 16:38 | 17:29 | 17:47 | 18:29 | 18:59 | 13 |
| 14 | 5:17 | 5:51 | 6:44 | 8:46 | 9:30 | 9:56 | 10:25 | 12:15 | 12:42 | 15:28 | 16:37 | 17:28 | 17:46 | 18:28 | 18:58 | 14 |
| 15 | 5:18 | 5:52 | 6:45 | 8:47 | 9:30 | 9:56 | 10:25 | 12:15 | 12:42 | 15:27 | 16:35 | 17:26 | 17:44 | 18:26 | 18:56 | 15 |
| 16 | 5:20 | 5:53 | 6:47 | 8:47 | 9:31 | 9:56 | 10:25 | 12:14 | 12:42 | 15:26 | 16:34 | 17:24 | 17:42 | 18:24 | 18:54 | 16 |
| 17 | 5:21 | 5:54 | 6:48 | 8:48 | 9:31 | 9:56 | 10:26 | 12:14 | 12:41 | 15:25 | 16:32 | 17:22 | 17:40 | 18:22 | 18:52 | 17 |
| 18 | 5:22 | 5:56 | 6:49 | 8:48 | 9:32 | 9:57 | 10:26 | 12:14 | 12:41 | 15:23 | 16:31 | 17:21 | 17:39 | 18:21 | 18:51 | 18 |
| 19 | 5:23 | 5:57 | 6:51 | 8:49 | 9:32 | 9:57 | 10:26 | 12:14 | 12:41 | 15:22 | 16:30 | 17:19 | 17:37 | 18:19 | 18:49 | 19 |
| 20 | 5:25 | 5:58 | 6:52 | 8:49 | 9:33 | 9:57 | 10:26 | 12:14 | 12:41 | 15:21 | 16:28 | 17:17 | 17:35 | 18:17 | 18:47 | 20 |
| 21 | 5:26 | 5:59 | 6:53 | 8:50 | 9:33 | 9:58 | 10:27 | 12:14 | 12:40 | 15:20 | 16:27 | 17:16 | 17:34 | 18:16 | 18:46 | 21 |
| 22 | 5:27 | 6:01 | 6:55 | 8:50 | 9:34 | 9:58 | 10:27 | 12:13 | 12:40 | 15:19 | 16:26 | 17:14 | 17:32 | 18:14 | 18:44 | 22 |
| 23 | 5:28 | 6:02 | 6:56 | 8:51 | 9:35 | 9:58 | 10:27 | 12:13 | 12:40 | 15:18 | 16:24 | 17:13 | 17:31 | 18:13 | 18:43 | 23 |
| 24 | 5:30 | 6:03 | 6:57 | 8:51 | 9:35 | 9:59 | 10:28 | 12:13 | 12:39 | 15:17 | 16:23 | 17:11 | 17:29 | 18:11 | 18:41 | 24 |
| 25 | 5:31 | 6:04 | 6:59 | 8:52 | 9:36 | 9:59 | 10:28 | 12:13 | 12:39 | 15:16 | 16:22 | 17:09 | 17:27 | 18:09 | 18:39 | 25 |
| 26 | 5:32 | 6:06 | 7:00 | 8:52 | 9:36 | 9:59 | 10:29 | 12:13 | 12:39 | 15:15 | 16:21 | 17:08 | 17:26 | 18:08 | 18:38 | 26 |
| 27 | 5:33 | 6:07 | 7:01 | 8:53 | 9:37 | 10:00 | 10:29 | 12:13 | 12:39 | 15:14 | 16:19 | 17:06 | 17:24 | 18:06 | 18:36 | 27 |
| 28 | 5:35 | 6:08 | 7:03 | 8:54 | 9:38 | 10:00 | 10:29 | 12:13 | 12:39 | 15:14 | 16:18 | 17:05 | 17:23 | 18:05 | 18:35 | 28 |
| 29 | 5:36 | 6:09 | 7:04 | 8:54 | 9:38 | 10:00 | 10:30 | 12:13 | 12:38 | 15:13 | 16:17 | 17:03 | 17:21 | 18:03 | 18:33 | 29 |
| 30 | 5:37 | 6:11 | 7:05 | 8:55 | 9:39 | 10:01 | 10:30 | 12:13 | 12:38 | 15:12 | 16:16 | 17:02 | 17:20 | 18:02 | 18:32 | 30 |
| 31 | 5:38 | 6:12 | 7:07 | 8:55 | 9:40 | 10:01 | 10:31 | 12:13 | 12:38 | 15:11 | 16:15 | 17:00 | 17:18 | 18:00 | 18:30 | 31 |

TORINO

NOVEMBRE

| Giorno del mese | Alba | Tallèd - Tefillin | Sorgere del sole | Termine lettura Shemà (M.A.) | Termine lettura Shemà (G.R.A.) | Termine lettura ben. Shemà M.A. | Termine lettura ben. Shemà G.R.A. | Mezzogiorno | Minchà Ghedolà | Minchà Ketanà | Pelàg haminchà | accensione dei lumi | Tramonto | Uscita delle stelle 42 minuti | Uscita delle stelle 72 minuti | Giorno del mese |
|-----------------|------|----------------------|---------------------|---------------------------------|-----------------------------------|------------------------------------|--------------------------------------|-------------|----------------|---------------|----------------|---------------------|----------|----------------------------------|----------------------------------|-----------------|
| 1 | 5:39 | 6:13 | 7:08 | 8:56 | 9:40 | 10:01 | 10:31 | 12:13 | 12:38 | 15:10 | 16:14 | 16:59 | 17:17 | 17:59 | 18:29 | 1 |
| 2 | 5:41 | 6:14 | 7:10 | 8:57 | 9:41 | 10:02 | 10:32 | 12:13 | 12:38 | 15:09 | 16:12 | 16:58 | 17:16 | 17:58 | 18:28 | 2 |
| 3 | 5:42 | 6:16 | 7:11 | 8:57 | 9:42 | 10:02 | 10:32 | 12:13 | 12:38 | 15:08 | 16:11 | 16:56 | 17:14 | 17:56 | 18:26 | 3 |
| 4 | 5:43 | 6:17 | 7:12 | 8:58 | 9:42 | 10:03 | 10:33 | 12:13 | 12:38 | 15:08 | 16:10 | 16:55 | 17:13 | 17:55 | 18:25 | 4 |
| 5 | 5:44 | 6:18 | 7:14 | 8:58 | 9:43 | 10:03 | 10:33 | 12:13 | 12:38 | 15:07 | 16:09 | 16:53 | 17:11 | 17:53 | 18:23 | 5 |
| 6 | 5:45 | 6:19 | 7:15 | 8:59 | 9:44 | 10:04 | 10:33 | 12:13 | 12:37 | 15:06 | 16:08 | 16:52 | 17:10 | 17:52 | 18:22 | 6 |
| 7 | 5:47 | 6:21 | 7:17 | 9:00 | 9:45 | 10:04 | 10:34 | 12:13 | 12:37 | 15:06 | 16:07 | 16:51 | 17:09 | 17:51 | 18:21 | 7 |
| 8 | 5:48 | 6:22 | 7:18 | 9:00 | 9:45 | 10:04 | 10:34 | 12:13 | 12:37 | 15:05 | 16:06 | 16:50 | 17:08 | 17:50 | 18:20 | 8 |
| 9 | 5:49 | 6:23 | 7:19 | 9:01 | 9:46 | 10:05 | 10:35 | 12:13 | 12:37 | 15:04 | 16:05 | 16:49 | 17:07 | 17:49 | 18:19 | 9 |
| 10 | 5:50 | 6:24 | 7:21 | 9:02 | 9:47 | 10:05 | 10:36 | 12:13 | 12:37 | 15:04 | 16:04 | 16:47 | 17:05 | 17:47 | 18:17 | 10 |
| 11 | 5:51 | 6:26 | 7:22 | 9:02 | 9:48 | 10:06 | 10:36 | 12:13 | 12:37 | 15:03 | 16:04 | 16:46 | 17:04 | 17:46 | 18:16 | 11 |
| 12 | 5:53 | 6:27 | 7:23 | 9:03 | 9:48 | 10:06 | 10:37 | 12:13 | 12:37 | 15:02 | 16:03 | 16:45 | 17:03 | 17:45 | 18:15 | 12 |
| 13 | 5:54 | 6:28 | 7:25 | 9:04 | 9:49 | 10:07 | 10:37 | 12:13 | 12:37 | 15:02 | 16:02 | 16:44 | 17:02 | 17:44 | 18:14 | 13 |
| 14 | 5:55 | 6:29 | 7:26 | 9:04 | 9:50 | 10:07 | 10:38 | 12:14 | 12:38 | 15:01 | 16:01 | 16:43 | 17:01 | 17:43 | 18:13 | 14 |
| 15 | 5:56 | 6:31 | 7:27 | 9:05 | 9:51 | 10:08 | 10:38 | 12:14 | 12:38 | 15:01 | 16:00 | 16:42 | 17:00 | 17:42 | 18:12 | 15 |
| 16 | 5:57 | 6:32 | 7:29 | 9:06 | 9:51 | 10:08 | 10:39 | 12:14 | 12:38 | 15:00 | 16:00 | 16:41 | 16:59 | 17:41 | 18:11 | 16 |
| 17 | 5:59 | 6:33 | 7:30 | 9:06 | 9:52 | 10:09 | 10:39 | 12:14 | 12:38 | 15:00 | 15:59 | 16:40 | 16:58 | 17:40 | 18:10 | 17 |
| 18 | 6:00 | 6:34 | 7:32 | 9:07 | 9:53 | 10:09 | 10:40 | 12:14 | 12:38 | 14:59 | 15:58 | 16:39 | 16:57 | 17:39 | 18:09 | 18 |
| 19 | 6:01 | 6:35 | 7:33 | 9:08 | 9:54 | 10:10 | 10:41 | 12:15 | 12:38 | 14:59 | 15:58 | 16:38 | 16:56 | 17:38 | 18:08 | 19 |
| 20 | 6:02 | 6:37 | 7:34 | 9:08 | 9:55 | 10:11 | 10:41 | 12:15 | 12:38 | 14:59 | 15:57 | 16:37 | 16:55 | 17:37 | 18:07 | 20 |
| 21 | 6:03 | 6:38 | 7:35 | 9:09 | 9:55 | 10:11 | 10:42 | 12:15 | 12:38 | 14:58 | 15:56 | 16:37 | 16:55 | 17:37 | 18:07 | 21 |
| 22 | 6:04 | 6:39 | 7:37 | 9:10 | 9:56 | 10:12 | 10:43 | 12:15 | 12:39 | 14:58 | 15:56 | 16:36 | 16:54 | 17:36 | 18:06 | 22 |
| 23 | 6:05 | 6:40 | 7:38 | 9:10 | 9:57 | 10:12 | 10:43 | 12:16 | 12:39 | 14:58 | 15:55 | 16:35 | 16:53 | 17:35 | 18:05 | 23 |
| 24 | 6:06 | 6:41 | 7:39 | 9:11 | 9:58 | 10:13 | 10:44 | 12:16 | 12:39 | 14:57 | 15:55 | 16:35 | 16:53 | 17:35 | 18:05 | 24 |
| 25 | 6:07 | 6:42 | 7:41 | 9:12 | 9:58 | 10:13 | 10:44 | 12:16 | 12:39 | 14:57 | 15:55 | 16:34 | 16:52 | 17:34 | 18:04 | 25 |
| 26 | 6:09 | 6:43 | 7:42 | 9:13 | 9:59 | 10:14 | 10:45 | 12:17 | 12:39 | 14:57 | 15:54 | 16:33 | 16:51 | 17:33 | 18:03 | 26 |
| 27 | 6:10 | 6:45 | 7:43 | 9:13 | 10:00 | 10:14 | 10:46 | 12:17 | 12:40 | 14:57 | 15:54 | 16:33 | 16:51 | 17:33 | 18:03 | 27 |
| 28 | 6:11 | 6:46 | 7:44 | 9:14 | 10:01 | 10:15 | 10:46 | 12:17 | 12:40 | 14:57 | 15:53 | 16:32 | 16:50 | 17:32 | 18:02 | 28 |
| 29 | 6:12 | 6:47 | 7:45 | 9:15 | 10:02 | 10:16 | 10:47 | 12:18 | 12:40 | 14:56 | 15:53 | 16:32 | 16:50 | 17:32 | 18:02 | 29 |
| 30 | 6:13 | 6:48 | 7:47 | 9:15 | 10:02 | 10:16 | 10:48 | 12:18 | 12:41 | 14:56 | 15:53 | 16:31 | 16:49 | 17:31 | 18:01 | 30 |

TORINO

DICEMBRE

| Giorno del mese | Alba | Tallèd - Tefillin | Sorgere del sole | Termine lettura Shemà (M.A.) | Termine lettura Shemà (G.R.A.) | Termine lettura ben. Shemà M.A. | Termine lettura ben. Shemà G.R.A. | Mezzogiorno | Minchà Ghedolà | Minchà Ketanà | Pelàg haminchà | accensione dei lumi | Tramonto | Uscita delle stelle 42 minuti | Uscita delle stelle 72 minuti | Giorno del mese |
|-----------------|------|----------------------|---------------------|---------------------------------|-----------------------------------|------------------------------------|--------------------------------------|-------------|----------------|---------------|----------------|---------------------|----------|----------------------------------|----------------------------------|-----------------|
| 1 | 6:14 | 6:49 | 7:48 | 9:16 | 10:03 | 10:17 | 10:48 | 12:18 | 12:41 | 14:56 | 15:53 | 16:31 | 16:49 | 17:31 | 18:01 | 1 |
| 2 | 6:15 | 6:50 | 7:49 | 9:17 | 10:04 | 10:17 | 10:49 | 12:19 | 12:41 | 14:56 | 15:52 | 16:31 | 16:49 | 17:31 | 18:01 | 2 |
| 3 | 6:16 | 6:51 | 7:50 | 9:17 | 10:05 | 10:18 | 10:49 | 12:19 | 12:42 | 14:56 | 15:52 | 16:30 | 16:48 | 17:30 | 18:00 | 3 |
| 4 | 6:16 | 6:52 | 7:51 | 9:18 | 10:05 | 10:19 | 10:50 | 12:20 | 12:42 | 14:56 | 15:52 | 16:30 | 16:48 | 17:30 | 18:00 | 4 |
| 5 | 6:17 | 6:53 | 7:52 | 9:19 | 10:06 | 10:19 | 10:51 | 12:20 | 12:42 | 14:56 | 15:52 | 16:30 | 16:48 | 17:30 | 18:00 | 5 |
| 6 | 6:18 | 6:54 | 7:53 | 9:19 | 10:07 | 10:20 | 10:51 | 12:20 | 12:43 | 14:56 | 15:52 | 16:30 | 16:48 | 17:30 | 18:00 | 6 |
| 7 | 6:19 | 6:55 | 7:54 | 9:20 | 10:08 | 10:20 | 10:52 | 12:21 | 12:43 | 14:56 | 15:52 | 16:30 | 16:48 | 17:30 | 18:00 | 7 |
| 8 | 6:20 | 6:55 | 7:55 | 9:21 | 10:08 | 10:21 | 10:53 | 12:21 | 12:44 | 14:57 | 15:52 | 16:30 | 16:48 | 17:30 | 18:00 | 8 |
| 9 | 6:21 | 6:56 | 7:56 | 9:21 | 10:09 | 10:21 | 10:53 | 12:22 | 12:44 | 14:57 | 15:52 | 16:29 | 16:47 | 17:29 | 17:59 | 9 |
| 10 | 6:22 | 6:57 | 7:57 | 9:22 | 10:10 | 10:22 | 10:54 | 12:22 | 12:44 | 14:57 | 15:52 | 16:29 | 16:47 | 17:29 | 17:59 | 10 |
| 11 | 6:23 | 6:58 | 7:58 | 9:23 | 10:10 | 10:23 | 10:54 | 12:23 | 12:45 | 14:57 | 15:52 | 16:30 | 16:48 | 17:30 | 18:00 | 11 |
| 12 | 6:23 | 6:59 | 7:59 | 9:23 | 10:11 | 10:23 | 10:55 | 12:23 | 12:45 | 14:57 | 15:53 | 16:30 | 16:48 | 17:30 | 18:00 | 12 |
| 13 | 6:24 | 7:00 | 8:00 | 9:24 | 10:12 | 10:24 | 10:56 | 12:24 | 12:46 | 14:58 | 15:53 | 16:30 | 16:48 | 17:30 | 18:00 | 13 |
| 14 | 6:25 | 7:00 | 8:00 | 9:24 | 10:12 | 10:24 | 10:56 | 12:24 | 12:46 | 14:58 | 15:53 | 16:30 | 16:48 | 17:30 | 18:00 | 14 |
| 15 | 6:25 | 7:01 | 8:01 | 9:25 | 10:13 | 10:25 | 10:57 | 12:25 | 12:47 | 14:58 | 15:53 | 16:30 | 16:48 | 17:30 | 18:00 | 15 |
| 16 | 6:26 | 7:02 | 8:02 | 9:26 | 10:13 | 10:25 | 10:57 | 12:25 | 12:47 | 14:59 | 15:54 | 16:30 | 16:48 | 17:30 | 18:00 | 16 |
| 17 | 6:27 | 7:02 | 8:02 | 9:26 | 10:14 | 10:26 | 10:58 | 12:26 | 12:48 | 14:59 | 15:54 | 16:31 | 16:49 | 17:31 | 18:01 | 17 |
| 18 | 6:27 | 7:03 | 8:03 | 9:27 | 10:15 | 10:27 | 10:58 | 12:26 | 12:48 | 15:00 | 15:54 | 16:31 | 16:49 | 17:31 | 18:01 | 18 |
| 19 | 6:28 | 7:04 | 8:04 | 9:27 | 10:15 | 10:27 | 10:59 | 12:27 | 12:49 | 15:00 | 15:55 | 16:32 | 16:50 | 17:32 | 18:02 | 19 |
| 20 | 6:28 | 7:04 | 8:04 | 9:28 | 10:16 | 10:28 | 11:00 | 12:27 | 12:49 | 15:00 | 15:55 | 16:32 | 16:50 | 17:32 | 18:02 | 20 |
| 21 | 6:29 | 7:05 | 8:05 | 9:28 | 10:16 | 10:28 | 11:00 | 12:28 | 12:50 | 15:01 | 15:56 | 16:32 | 16:50 | 17:32 | 18:02 | 21 |
| 22 | 6:29 | 7:05 | 8:05 | 9:29 | 10:17 | 10:29 | 11:01 | 12:28 | 12:50 | 15:01 | 15:56 | 16:33 | 16:51 | 17:33 | 18:03 | 22 |
| 23 | 6:30 | 7:06 | 8:06 | 9:29 | 10:17 | 10:29 | 11:01 | 12:29 | 12:51 | 15:02 | 15:57 | 16:34 | 16:52 | 17:34 | 18:04 | 23 |
| 24 | 6:30 | 7:06 | 8:06 | 9:30 | 10:18 | 10:30 | 11:01 | 12:29 | 12:51 | 15:03 | 15:57 | 16:34 | 16:52 | 17:34 | 18:04 | 24 |
| 25 | 6:31 | 7:06 | 8:06 | 9:30 | 10:18 | 10:30 | 11:02 | 12:30 | 12:52 | 15:03 | 15:58 | 16:35 | 16:53 | 17:35 | 18:05 | 25 |
| 26 | 6:31 | 7:07 | 8:07 | 9:31 | 10:18 | 10:30 | 11:02 | 12:30 | 12:52 | 15:04 | 15:59 | 16:35 | 16:53 | 17:35 | 18:05 | 26 |
| 27 | 6:31 | 7:07 | 8:07 | 9:31 | 10:19 | 10:31 | 11:03 | 12:31 | 12:53 | 15:04 | 15:59 | 16:36 | 16:54 | 17:36 | 18:06 | 27 |
| 28 | 6:32 | 7:07 | 8:07 | 9:31 | 10:19 | 10:31 | 11:03 | 12:31 | 12:53 | 15:05 | 16:00 | 16:37 | 16:55 | 17:37 | 18:07 | 28 |
| 29 | 6:32 | 7:07 | 8:08 | 9:32 | 10:20 | 10:32 | 11:04 | 12:32 | 12:54 | 15:06 | 16:01 | 16:38 | 16:56 | 17:38 | 18:08 | 29 |
| 30 | 6:32 | 7:08 | 8:08 | 9:32 | 10:20 | 10:32 | 11:04 | 12:32 | 12:54 | 15:06 | 16:01 | 16:39 | 16:57 | 17:39 | 18:09 | 30 |
| 31 | 6:32 | 7:08 | 8:08 | 9:32 | 10:20 | 10:33 | 11:04 | 12:33 | 12:55 | 15:07 | 16:02 | 16:39 | 16:57 | 17:39 | 18:09 | 31 |