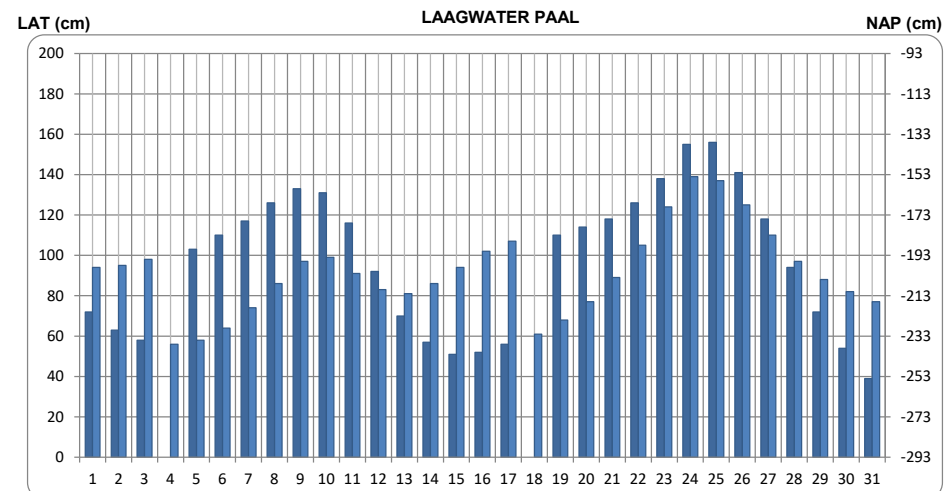
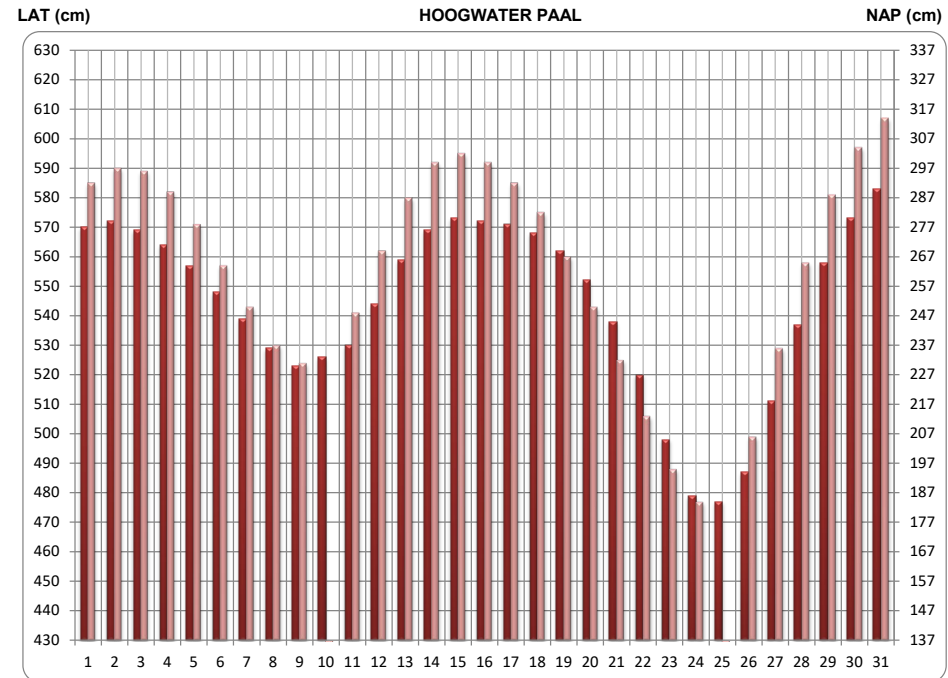


januari

januari

2025

| week | HW | | | | LW | |
|------|-------|-------|----|----|-------|-------|
| | vm | nm | | | vm | nm |
| 1 | 3:57 | 16:16 | 1 | WO | 10:23 | 22:36 |
| 1 | 4:36 | 16:55 | 2 | DO | 11:06 | 23:16 |
| 1 | 5:16 | 17:36 | 3 | VR | 11:50 | 23:58 |
| 1 | 5:57 | 18:21 | 4 | ZA | | 12:33 |
| 1 | 6:42 | 19:09 | 5 | ZO | 0:40 | 13:18 |
| 2 | 7:31 | 20:03 | 6 | MA | 1:25 | 14:04 |
| 2 | 8:25 | 21:02 | 7 | DI | 2:13 | 14:54 |
| 2 | 9:26 | 22:06 | 8 | WO | 3:07 | 15:51 |
| 2 | 10:33 | 23:16 | 9 | DO | 4:13 | 16:59 |
| 2 | 11:43 | | 10 | VR | 5:31 | 18:16 |
| 2 | 0:25 | 12:51 | 11 | ZA | 6:49 | 19:25 |
| 2 | 1:30 | 13:55 | 12 | ZO | 7:56 | 20:22 |
| 3 | 2:30 | 14:53 | 13 | MA | 8:53 | 21:13 |
| 3 | 3:22 | 15:43 | 14 | DI | 9:44 | 21:58 |
| 3 | 4:07 | 16:27 | 15 | WO | 10:30 | 22:39 |
| 3 | 4:46 | 17:06 | 16 | DO | 11:11 | 23:15 |
| 3 | 5:23 | 17:42 | 17 | VR | 11:48 | 23:50 |
| 3 | 5:57 | 18:19 | 18 | ZA | | 12:23 |
| 3 | 6:32 | 18:55 | 19 | ZO | 0:24 | 12:56 |
| 4 | 7:08 | 19:32 | 20 | MA | 0:57 | 13:29 |
| 4 | 7:46 | 20:12 | 21 | DI | 1:29 | 14:03 |
| 4 | 8:29 | 20:58 | 22 | WO | 2:05 | 14:42 |
| 4 | 9:20 | 21:53 | 23 | DO | 2:48 | 15:35 |
| 4 | 10:25 | 23:03 | 24 | VR | 3:53 | 16:53 |
| 4 | 11:45 | | 25 | ZA | 5:31 | 18:09 |
| 4 | 0:22 | 12:57 | 26 | ZO | 6:43 | 19:14 |
| 5 | 1:27 | 13:54 | 27 | MA | 7:45 | 20:09 |
| 5 | 2:18 | 14:42 | 28 | DI | 8:38 | 20:56 |
| 5 | 3:03 | 15:24 | 29 | WO | 9:26 | 21:39 |
| 5 | 3:44 | 16:04 | 30 | DO | 10:10 | 22:21 |
| 5 | 4:23 | 16:43 | 31 | VR | 10:54 | 23:03 |

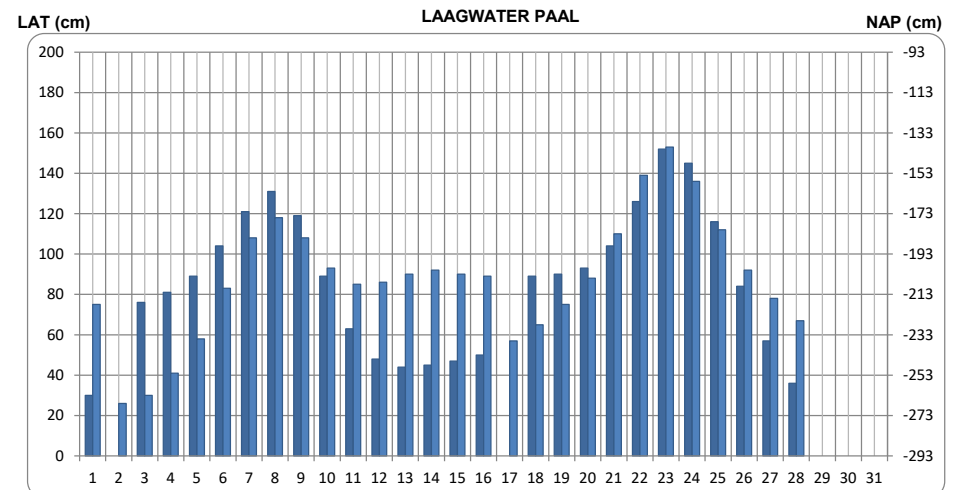
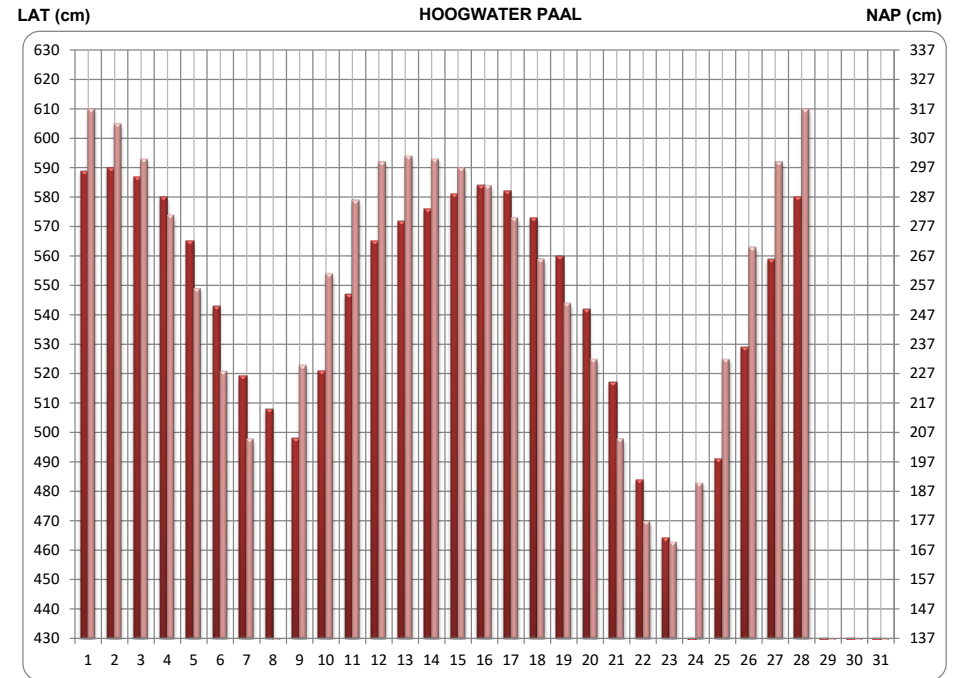


alle uren: wintertijd

februari

februari 2025

| week | HW | | | | LW | |
|------|-------|-------|----|----|-------|-------|
| | vm | nm | | | vm | nm |
| 5 | 5:02 | 17:24 | 1 | ZA | 11:36 | 23:44 |
| 5 | 5:42 | 18:06 | 2 | ZO | | 12:18 |
| 6 | 6:24 | 18:51 | 3 | MA | 0:25 | 13:00 |
| 6 | 7:09 | 19:39 | 4 | DI | 1:07 | 13:42 |
| 6 | 7:58 | 20:34 | 5 | WO | 1:51 | 14:27 |
| 6 | 8:55 | 21:36 | 6 | DO | 2:41 | 15:20 |
| 6 | 10:04 | 22:50 | 7 | VR | 3:45 | 16:28 |
| 6 | 11:25 | | 8 | ZA | 5:06 | 17:56 |
| 6 | 0:11 | 12:45 | 9 | ZO | 6:37 | 19:13 |
| 7 | 1:24 | 13:55 | 10 | MA | 7:49 | 20:13 |
| 7 | 2:24 | 14:50 | 11 | DI | 8:46 | 21:02 |
| 7 | 3:13 | 15:35 | 12 | WO | 9:33 | 21:44 |
| 7 | 3:53 | 16:12 | 13 | DO | 10:15 | 22:20 |
| 7 | 4:26 | 16:45 | 14 | VR | 10:51 | 22:53 |
| 7 | 4:57 | 17:16 | 15 | ZA | 11:23 | 23:24 |
| 7 | 5:28 | 17:48 | 16 | ZO | 11:54 | 23:55 |
| 8 | 6:00 | 18:20 | 17 | MA | | 12:23 |
| 8 | 6:32 | 18:51 | 18 | DI | 0:23 | 12:51 |
| 8 | 7:04 | 19:25 | 19 | WO | 0:50 | 13:18 |
| 8 | 7:39 | 20:03 | 20 | DO | 1:21 | 13:50 |
| 8 | 8:22 | 20:55 | 21 | VR | 2:00 | 14:33 |
| 8 | 9:24 | 22:04 | 22 | ZA | 2:50 | 15:33 |
| 8 | 10:52 | 23:35 | 23 | ZO | 4:09 | 17:25 |
| 9 | | 12:27 | 24 | MA | 6:06 | 18:46 |
| 9 | 1:00 | 13:33 | 25 | DI | 7:20 | 19:46 |
| 9 | 1:57 | 14:23 | 26 | WO | 8:18 | 20:36 |
| 9 | 2:43 | 15:05 | 27 | DO | 9:07 | 21:20 |
| 9 | 3:23 | 15:44 | 28 | VR | 9:51 | 22:02 |
| 9 | | | | | | |
| 9 | | | | | | |
| 10 | | | | | | |



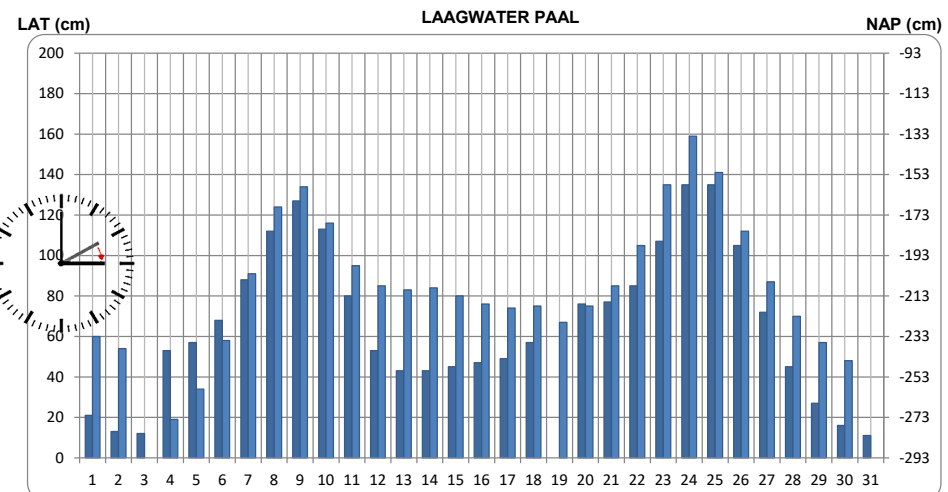
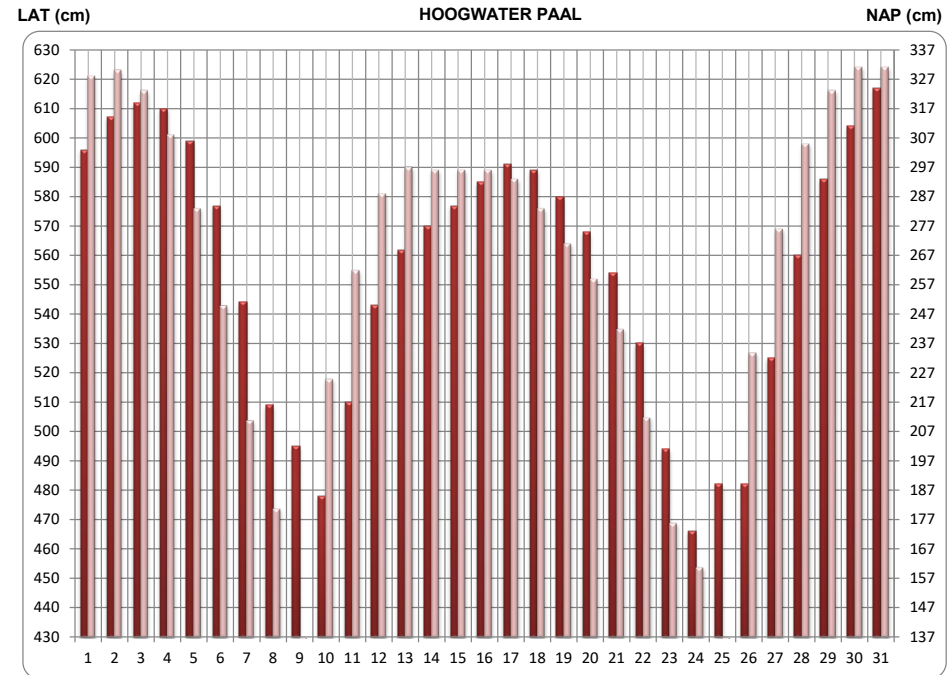
De W.V. Saeftinghe is niet verantwoordelijk voor schade, voortvloeiend uit onjuistheden in de gegevens

maart

maart

2025

| week | HW | | | | LW | |
|------|-------|-------|----|------|-------|-------|
| | vm | nm | | | vm | nm |
| 9 | 4:01 | 16:23 | 1 | ZA | 10:33 | 22:43 |
| 9 | 4:40 | 17:03 | 2 | ZO | 11:15 | 23:24 |
| 10 | 5:19 | 17:44 | 3 | MA | 11:56 | |
| 10 | 6:01 | 18:28 | 4 | DI | 0:05 | 12:36 |
| 10 | 6:45 | 19:15 | 5 | WO | 0:47 | 13:17 |
| 10 | 7:33 | 20:08 | 6 | ☾ DO | 1:30 | 14:01 |
| 10 | 8:31 | 21:10 | 7 | VR | 2:20 | 14:54 |
| 10 | 9:44 | 22:31 | 8 | ZA | 3:24 | 16:05 |
| 10 | 11:15 | | 9 | ZO | 4:50 | 17:43 |
| 11 | 0:01 | 12:40 | 10 | MA | 6:28 | 19:03 |
| 11 | 1:14 | 13:46 | 11 | DI | 7:39 | 20:01 |
| 11 | 2:10 | 14:36 | 12 | WO | 8:32 | 20:47 |
| 11 | 2:54 | 15:17 | 13 | DO | 9:15 | 21:24 |
| 11 | 3:30 | 15:50 | 14 | ☺ VR | 9:52 | 21:57 |
| 11 | 4:00 | 16:19 | 15 | ZA | 10:24 | 22:28 |
| 11 | 4:28 | 16:47 | 16 | ZO | 10:54 | 22:58 |
| 12 | 4:58 | 17:16 | 17 | MA | 11:23 | 23:27 |
| 12 | 5:28 | 17:46 | 18 | DI | 11:51 | 23:54 |
| 12 | 5:58 | 18:15 | 19 | WO | | 12:17 |
| 12 | 6:28 | 18:45 | 20 | DO | 0:20 | 12:43 |
| 12 | 6:59 | 19:20 | 21 | VR | 0:50 | 13:14 |
| 12 | 7:39 | 20:07 | 22 | ☾ ZA | 1:29 | 13:56 |
| 12 | 8:36 | 21:19 | 23 | ZO | 2:18 | 14:54 |
| 13 | 10:12 | 22:56 | 24 | MA | 3:29 | 16:32 |
| 13 | 11:53 | | 25 | DI | 5:30 | 18:15 |
| 13 | 0:28 | 13:04 | 26 | WO | 6:50 | 19:18 |
| 13 | 1:27 | 13:54 | 27 | DO | 7:51 | 20:09 |
| 13 | 2:13 | 14:37 | 28 | VR | 8:40 | 20:54 |
| 13 | 2:54 | 15:17 | 29 | ☹ ZA | 9:25 | 21:37 |
| 13 | 4:33 | 16:57 | 30 | ZO | 11:08 | 23:20 |
| 14 | 5:13 | 17:38 | 31 | MA | 11:49 | |

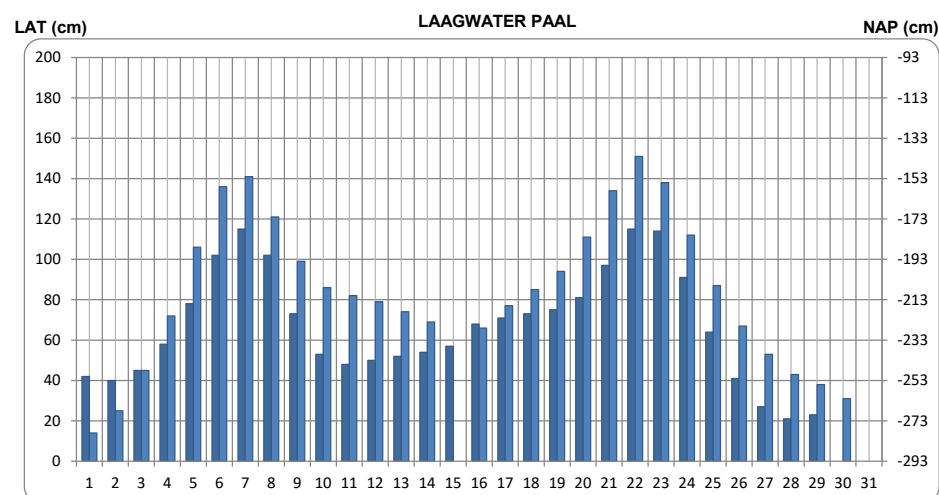
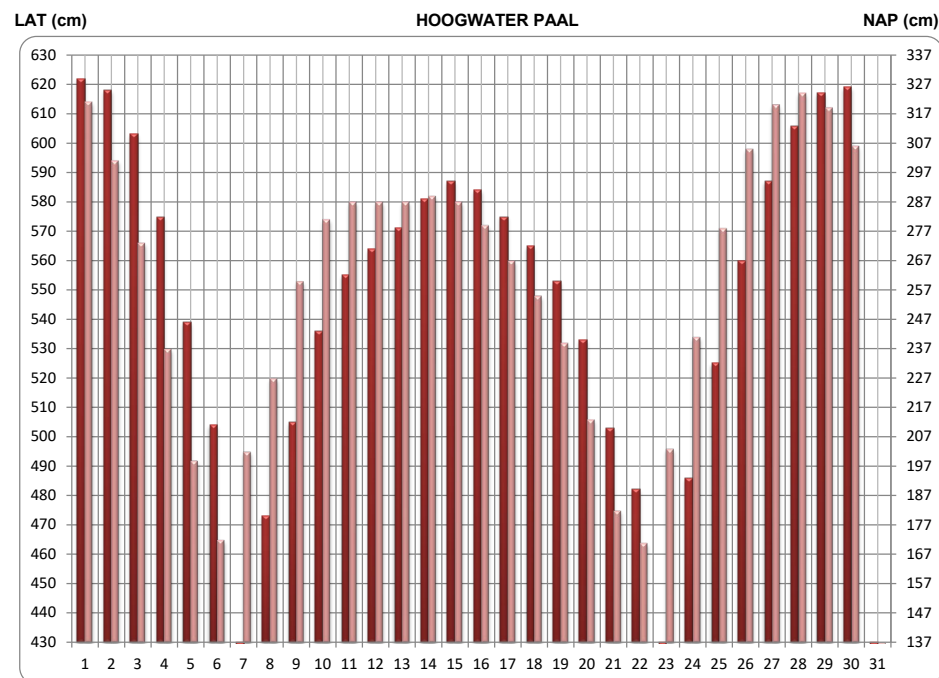


april

april

2025

| week | HW | | | LW | |
|------|-------|-------|------|----|-------------|
| | vm | nm | | vm | nm |
| 14 | 5:54 | 18:21 | 1 | DI | 0:02 12:31 |
| 14 | 6:37 | 19:05 | 2 | WO | 0:44 13:12 |
| 14 | 7:23 | 19:53 | 3 | DO | 1:27 13:53 |
| 14 | 8:13 | 20:47 | 4 | VR | 2:12 14:38 |
| 14 | 9:14 | 21:51 | 5 🌙 | ZA | 3:04 15:32 |
| 14 | 10:30 | 23:14 | 6 | ZO | 4:10 16:46 |
| 15 | | 12:02 | 7 | MA | 5:34 18:25 |
| 15 | 0:42 | 13:21 | 8 | DI | 7:10 19:43 |
| 15 | 1:50 | 14:22 | 9 | WO | 8:17 20:39 |
| 15 | 2:43 | 15:10 | 10 | DO | 9:07 21:22 |
| 15 | 3:25 | 15:49 | 11 | VR | 9:47 21:57 |
| 15 | 4:00 | 16:21 | 12 | ZA | 10:21 22:29 |
| 15 | 4:30 | 16:49 | 13 😊 | ZO | 10:52 23:00 |
| 16 | 4:58 | 17:17 | 14 | MA | 11:22 23:31 |
| 16 | 5:28 | 17:46 | 15 | DI | 11:53 |
| 16 | 5:59 | 18:16 | 16 | WO | 0:02 12:22 |
| 16 | 6:29 | 18:45 | 17 | DO | 0:31 12:50 |
| 16 | 7:00 | 19:16 | 18 | VR | 0:59 13:17 |
| 16 | 7:33 | 19:53 | 19 | ZA | 1:31 13:51 |
| 16 | 8:16 | 20:41 | 20 | ZO | 2:11 14:35 |
| 17 | 9:15 | 21:53 | 21 🌙 | MA | 3:03 15:33 |
| 17 | 10:44 | 23:23 | 22 | DI | 4:13 16:56 |
| 17 | | 12:14 | 23 | WO | 5:53 18:35 |
| 17 | 0:47 | 13:26 | 24 | DO | 7:12 19:42 |
| 17 | 1:49 | 14:19 | 25 | VR | 8:16 20:37 |
| 17 | 2:38 | 15:05 | 26 | ZA | 9:09 21:26 |
| 17 | 3:23 | 15:49 | 27 😞 | ZO | 9:56 22:12 |
| 18 | 4:05 | 16:32 | 28 | MA | 10:41 22:57 |
| 18 | 4:48 | 17:15 | 29 | DI | 11:25 23:42 |
| 18 | 5:32 | 18:00 | 30 | WO | |
| 18 | | | | | |



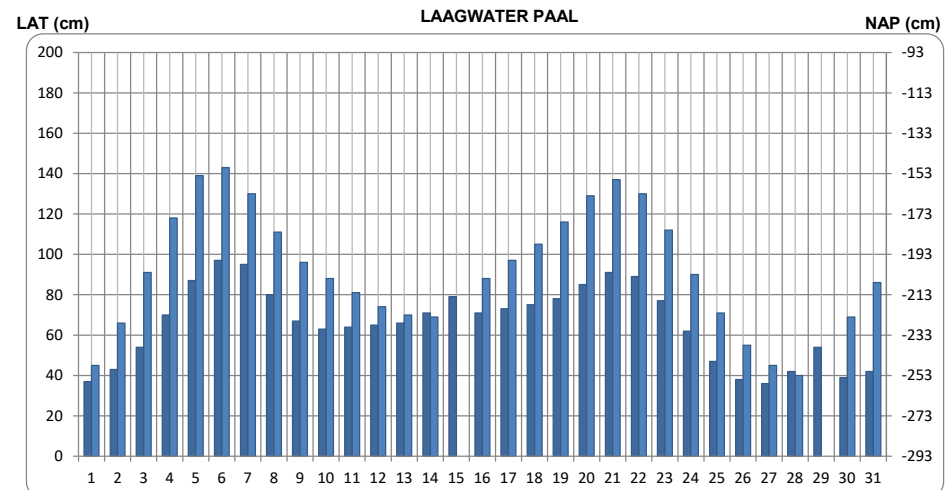
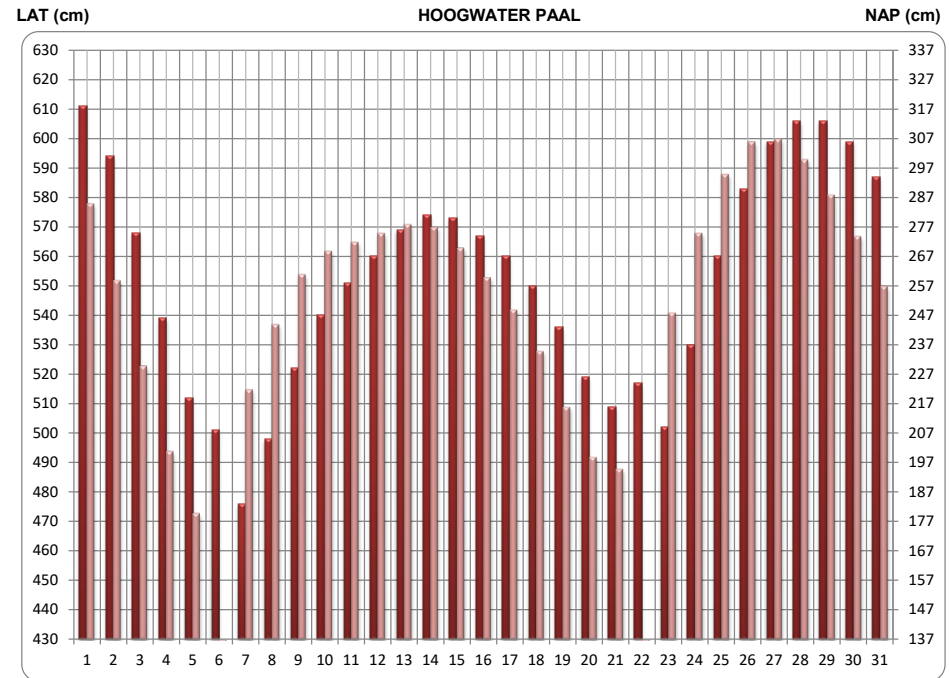
alle uren: zomertijd

mei

mei

2025

| week | HW | | | LW | |
|------|-------|-------|------|----|-------------|
| | vm | nm | | vm | nm |
| 18 | 6:18 | 18:47 | 1 | DO | 0:27 12:50 |
| 18 | 7:07 | 19:37 | 2 | VR | 1:13 13:33 |
| 18 | 8:01 | 20:32 | 3 | ZA | 2:00 14:19 |
| 18 | 9:03 | 21:33 | 4 🌙 | ZO | 2:53 15:13 |
| 19 | 10:12 | 22:46 | 5 | MA | 3:55 16:23 |
| 19 | 11:32 | | 6 | DI | 5:07 17:45 |
| 19 | 0:06 | 12:47 | 7 | WO | 6:29 19:04 |
| 19 | 1:12 | 13:46 | 8 | DO | 7:40 20:02 |
| 19 | 2:04 | 14:34 | 9 | VR | 8:30 20:47 |
| 19 | 2:48 | 15:14 | 10 | ZA | 9:11 21:24 |
| 19 | 3:25 | 15:48 | 11 | ZO | 9:45 21:58 |
| 20 | 3:58 | 16:18 | 12 😊 | MA | 10:18 22:32 |
| 20 | 4:30 | 16:49 | 13 | DI | 10:51 23:07 |
| 20 | 5:02 | 17:20 | 14 | WO | 11:25 23:41 |
| 20 | 5:35 | 17:52 | 15 | DO | 11:57 |
| 20 | 6:08 | 18:24 | 16 | VR | 0:14 12:29 |
| 20 | 6:41 | 18:59 | 17 | ZA | 0:47 13:01 |
| 20 | 7:19 | 19:40 | 18 | ZO | 1:23 13:38 |
| 21 | 8:06 | 20:31 | 19 | MA | 2:06 14:24 |
| 21 | 9:06 | 21:37 | 20 🌙 | DI | 2:58 15:20 |
| 21 | 10:21 | 22:52 | 21 | WO | 4:03 16:29 |
| 21 | 11:36 | | 22 | DO | 5:18 17:48 |
| 21 | 0:06 | 12:45 | 23 | VR | 6:31 18:59 |
| 21 | 1:10 | 13:44 | 24 | ZA | 7:38 20:02 |
| 21 | 2:04 | 14:35 | 25 | ZO | 8:37 20:58 |
| 22 | 2:54 | 15:24 | 26 | MA | 9:29 21:50 |
| 22 | 3:42 | 16:12 | 27 😞 | DI | 10:17 22:39 |
| 22 | 4:29 | 16:59 | 28 | WO | 11:04 23:28 |
| 22 | 5:18 | 17:48 | 29 | DO | 11:49 |
| 22 | 6:07 | 18:37 | 30 | VR | 0:16 12:33 |
| 22 | 6:59 | 19:26 | 31 | ZA | 1:03 13:17 |



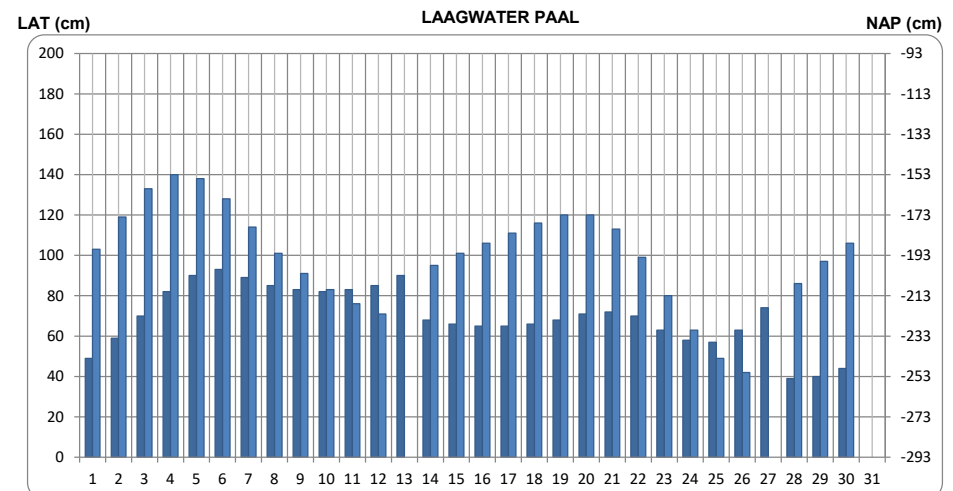
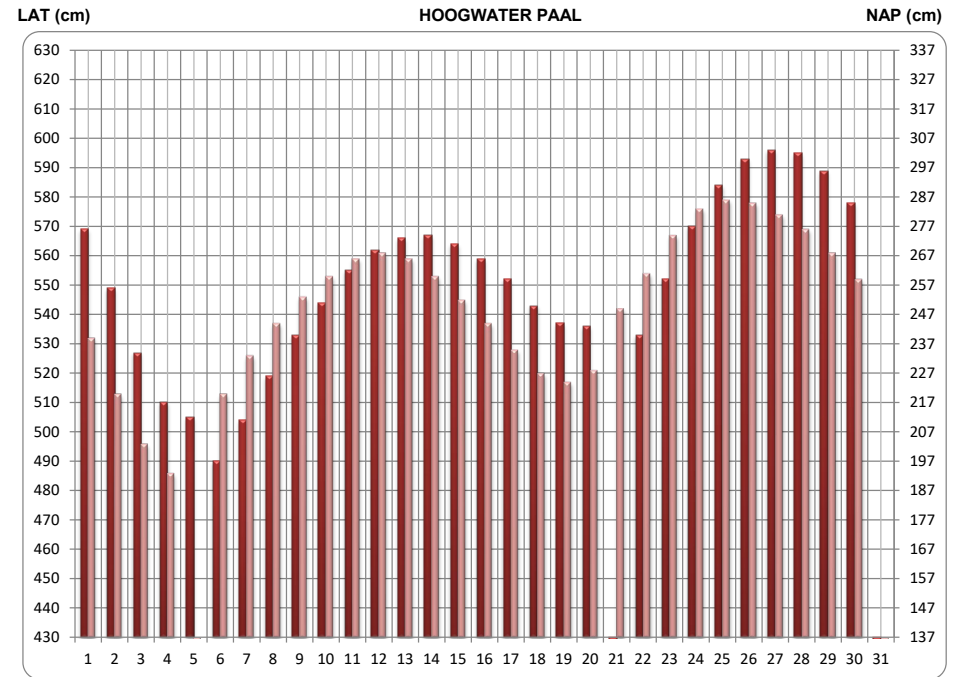
alle uren: zomertijd

juni

juni

2025

| week | HW | | | LW | |
|------|-------|-------|------|----|-------------|
| | vm | nm | | vm | nm |
| 22 | 7:52 | 20:16 | 1 | ZO | 1:50 14:02 |
| 23 | 8:45 | 21:08 | 2 | MA | 2:39 14:51 |
| 23 | 9:41 | 22:04 | 3 ☾ | DI | 3:31 15:48 |
| 23 | 10:45 | 23:10 | 4 | WO | 4:27 16:52 |
| 23 | 11:55 | | 5 | DO | 5:28 17:58 |
| 23 | 0:19 | 12:57 | 6 | VR | 6:34 19:04 |
| 23 | 1:16 | 13:49 | 7 | ZA | 7:36 19:59 |
| 23 | 2:06 | 14:34 | 8 | ZO | 8:25 20:46 |
| 24 | 2:49 | 15:14 | 9 | MA | 9:07 21:27 |
| 24 | 3:29 | 15:50 | 10 | DI | 9:46 22:07 |
| 24 | 4:06 | 16:26 | 11 😊 | WO | 10:24 22:46 |
| 24 | 4:42 | 17:01 | 12 | DO | 11:01 23:25 |
| 24 | 5:19 | 17:37 | 13 | VR | 11:38 |
| 24 | 5:54 | 18:13 | 14 | ZA | 0:03 12:14 |
| 24 | 6:32 | 18:51 | 15 | ZO | 0:42 12:51 |
| 25 | 7:12 | 19:33 | 16 | MA | 1:23 13:31 |
| 25 | 7:59 | 20:21 | 17 | DI | 2:06 14:15 |
| 25 | 8:53 | 21:17 | 18 ☾ | WO | 2:53 15:05 |
| 25 | 9:55 | 22:21 | 19 | DO | 3:46 16:01 |
| 25 | 11:01 | 23:27 | 20 | VR | 4:46 17:07 |
| 25 | | 12:08 | 21 | ZA | 5:51 18:18 |
| 25 | 0:34 | 13:12 | 22 | ZO | 7:00 19:30 |
| 26 | 1:36 | 14:11 | 23 | MA | 8:08 20:36 |
| 26 | 2:33 | 15:07 | 24 | DI | 9:07 21:35 |
| 26 | 3:28 | 16:01 | 25 ☹ | WO | 10:00 22:28 |
| 26 | 4:22 | 16:52 | 26 | DO | 10:49 23:19 |
| 26 | 5:13 | 17:41 | 27 | VR | 11:35 |
| 26 | 6:02 | 18:26 | 28 | ZA | 0:07 12:18 |
| 26 | 6:48 | 19:09 | 29 | ZO | 0:52 13:00 |
| 27 | 7:33 | 19:52 | 30 | MA | 1:35 13:41 |
| 27 | | | | | |



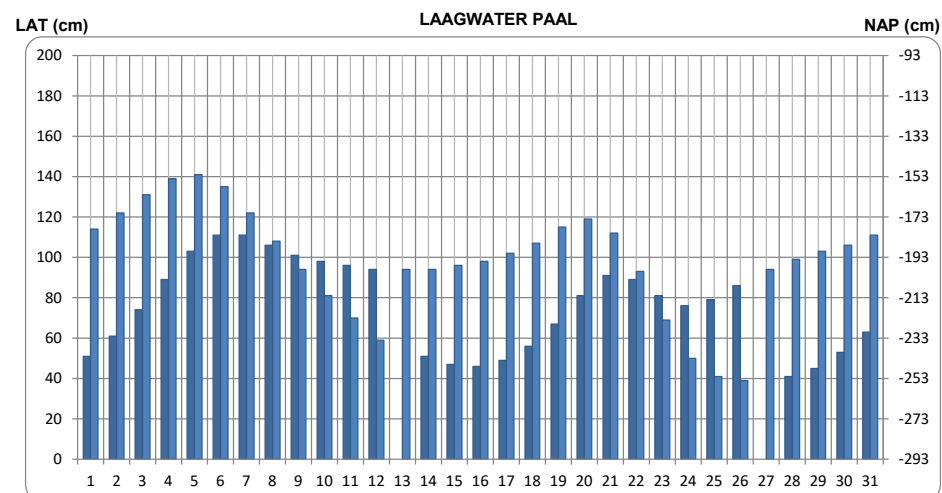
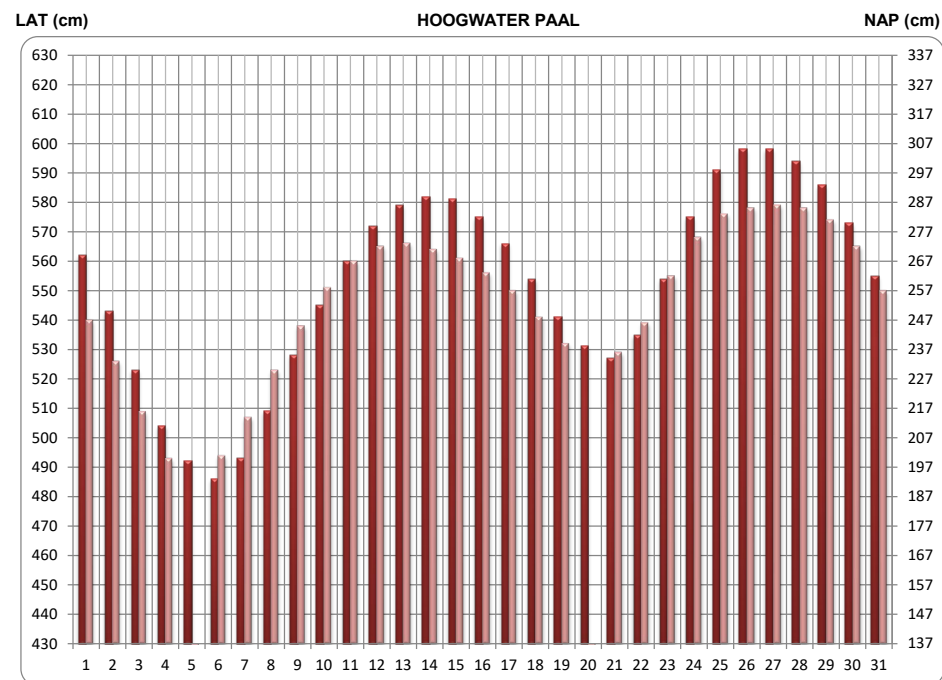
De W.V. Saeftinghe is niet verantwoordelijk voor schade, voortvloeiend uit onjuistheden in de gegevens

juli

juli

2025

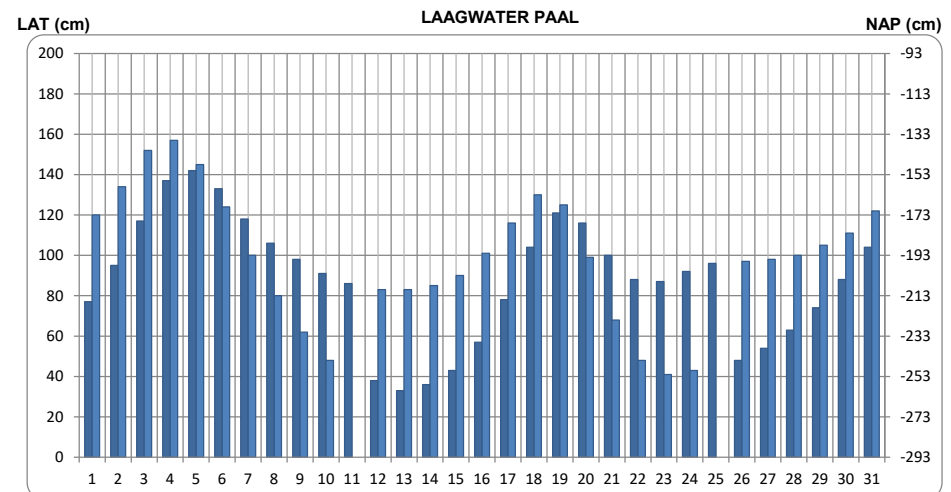
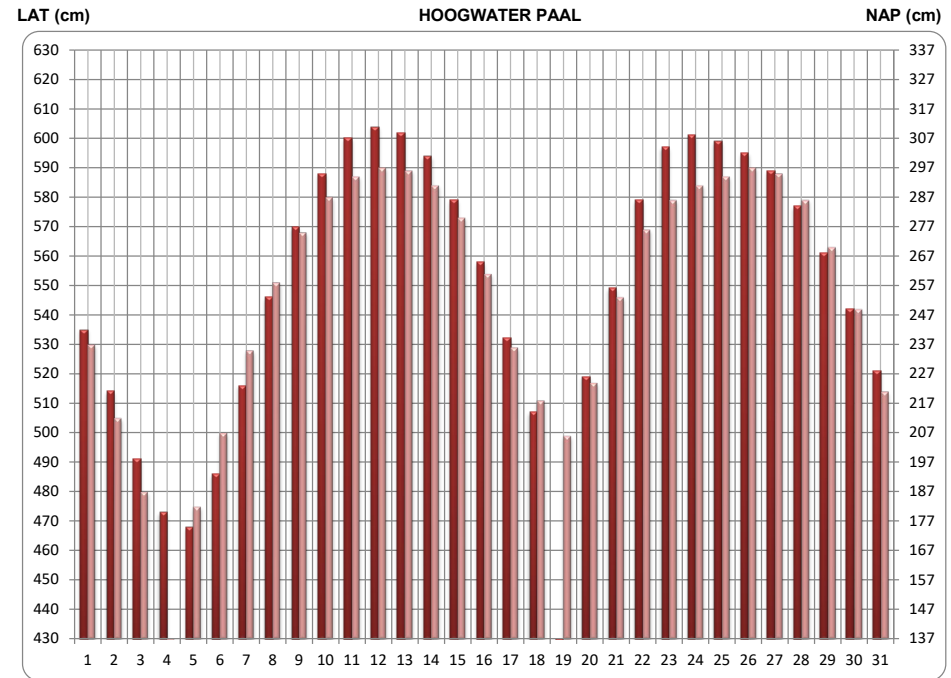
| week | HW | | | LW | | |
|------|-------|-------|------|----|-------|-------|
| | vm | nm | | vm | nm | |
| 27 | 8:17 | 20:34 | 1 | DI | 2:16 | 14:22 |
| 27 | 9:02 | 21:18 | 2 🌙 | WO | 2:58 | 15:06 |
| 27 | 9:49 | 22:07 | 3 | DO | 3:42 | 15:56 |
| 27 | 10:42 | 23:05 | 4 | VR | 4:32 | 16:55 |
| 27 | 11:46 | | 5 | ZA | 5:29 | 18:00 |
| 27 | 0:14 | 12:55 | 6 | ZO | 6:31 | 19:05 |
| 28 | 1:20 | 13:53 | 7 | MA | 7:34 | 20:05 |
| 28 | 2:16 | 14:43 | 8 | DI | 8:30 | 20:58 |
| 28 | 3:04 | 15:27 | 9 | WO | 9:18 | 21:45 |
| 28 | 3:48 | 16:08 | 10 😊 | DO | 10:01 | 22:29 |
| 28 | 4:28 | 16:47 | 11 | VR | 10:42 | 23:11 |
| 28 | 5:07 | 17:25 | 12 | ZA | 11:22 | 23:53 |
| 28 | 5:44 | 18:02 | 13 | ZO | | 12:01 |
| 29 | 6:22 | 18:40 | 14 | MA | 0:34 | 12:41 |
| 29 | 7:02 | 19:21 | 15 | DI | 1:16 | 13:21 |
| 29 | 7:45 | 20:04 | 16 | WO | 1:57 | 14:02 |
| 29 | 8:34 | 20:53 | 17 | DO | 2:39 | 14:46 |
| 29 | 9:28 | 21:49 | 18 🌙 | VR | 3:25 | 15:35 |
| 29 | 10:29 | 22:53 | 19 | ZA | 4:16 | 16:34 |
| 29 | 11:36 | | 20 | ZO | 5:17 | 17:46 |
| 30 | 0:04 | 12:48 | 21 | MA | 6:31 | 19:08 |
| 30 | 1:17 | 13:57 | 22 | DI | 7:49 | 20:24 |
| 30 | 2:24 | 15:01 | 23 | WO | 8:54 | 21:27 |
| 30 | 3:26 | 15:57 | 24 😊 | DO | 9:49 | 22:21 |
| 30 | 4:21 | 16:46 | 25 | VR | 10:38 | 23:10 |
| 30 | 5:08 | 17:28 | 26 | ZA | 11:21 | 23:54 |
| 30 | 5:50 | 18:07 | 27 | ZO | | 12:01 |
| 31 | 6:28 | 18:44 | 28 | MA | 0:34 | 12:38 |
| 31 | 7:06 | 19:20 | 29 | DI | 1:11 | 13:13 |
| 31 | 7:43 | 19:57 | 30 | WO | 1:46 | 13:48 |
| 31 | 8:21 | 20:34 | 31 | DO | 2:20 | 14:22 |



augustus

augustus 2025

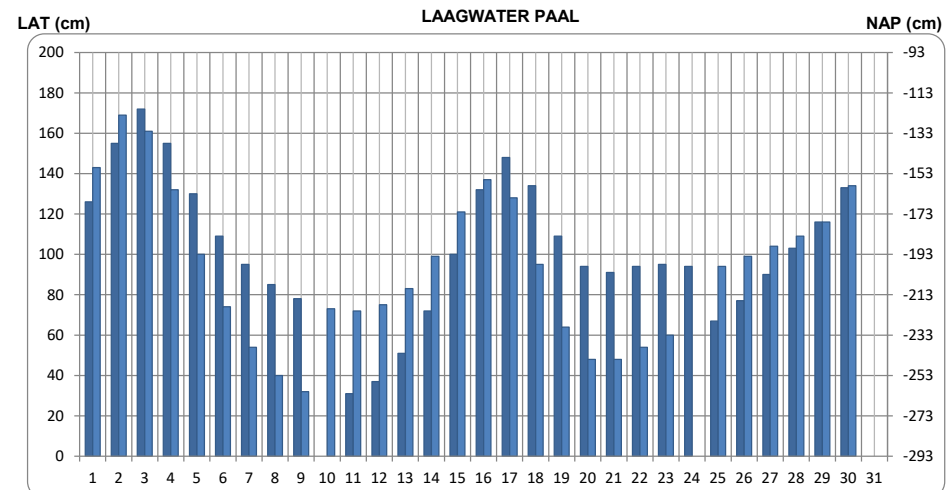
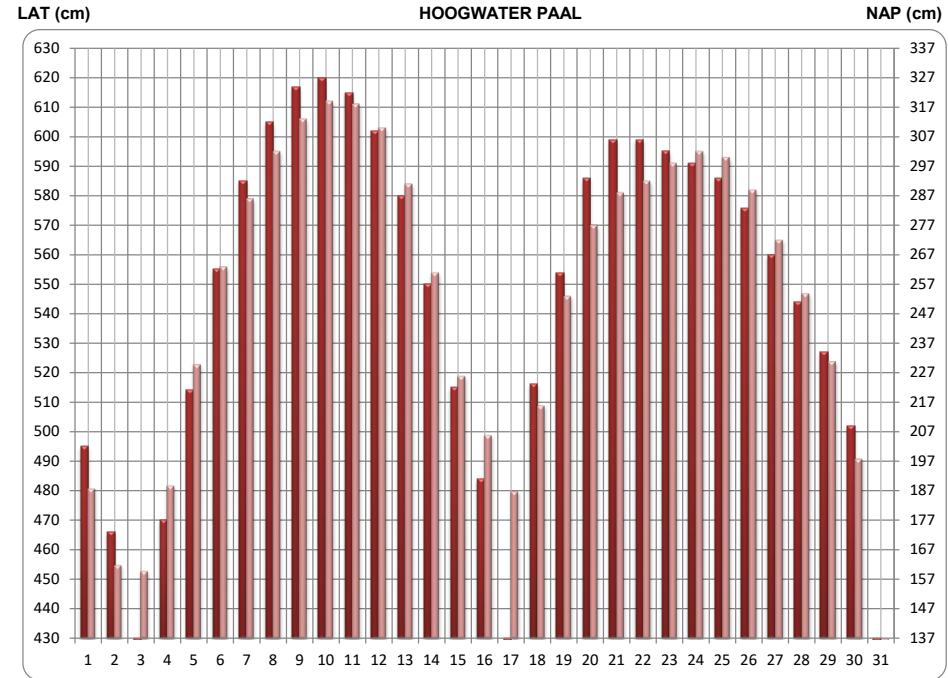
| week | HW | | | LW | |
|------|-------|-------|------|----|-------------|
| | vm | nm | | vm | nm |
| 31 | 8:59 | 21:15 | 1 🌙 | VR | 2:54 14:57 |
| 31 | 9:42 | 22:02 | 2 | ZA | 3:32 15:38 |
| 31 | 10:33 | 23:03 | 3 | ZO | 4:21 16:40 |
| 32 | 11:38 | | 4 | MA | 5:33 18:14 |
| 32 | 0:24 | 13:06 | 5 | DI | 6:51 19:27 |
| 32 | 1:45 | 14:15 | 6 | WO | 7:58 20:32 |
| 32 | 2:44 | 15:07 | 7 | DO | 8:54 21:26 |
| 32 | 3:32 | 15:51 | 8 | VR | 9:41 22:12 |
| 32 | 4:13 | 16:31 | 9 😊 | ZA | 10:23 22:54 |
| 32 | 4:51 | 17:08 | 10 | ZO | 11:04 23:36 |
| 33 | 5:28 | 17:44 | 11 | MA | 11:44 |
| 33 | 6:05 | 18:21 | 12 | DI | 0:17 12:24 |
| 33 | 6:43 | 19:00 | 13 | WO | 0:57 13:03 |
| 33 | 7:25 | 19:41 | 14 | DO | 1:37 13:44 |
| 33 | 8:10 | 20:27 | 15 | VR | 2:18 14:25 |
| 33 | 9:01 | 21:20 | 16 🌙 | ZA | 3:00 15:12 |
| 33 | 10:00 | 22:26 | 17 | ZO | 3:49 16:10 |
| 34 | 11:11 | 23:45 | 18 | MA | 4:50 17:26 |
| 34 | | 12:33 | 19 | DI | 6:12 18:57 |
| 34 | 1:10 | 13:51 | 20 | WO | 7:40 20:19 |
| 34 | 2:24 | 14:56 | 21 | DO | 8:46 21:21 |
| 34 | 3:25 | 15:49 | 22 | VR | 9:40 22:12 |
| 34 | 4:14 | 16:32 | 23 😞 | ZA | 10:25 22:55 |
| 34 | 4:54 | 17:08 | 24 | ZO | 11:04 23:34 |
| 35 | 5:29 | 17:41 | 25 | MA | 11:39 |
| 35 | 6:02 | 18:14 | 26 | DI | 0:09 12:12 |
| 35 | 6:34 | 18:46 | 27 | WO | 0:41 12:43 |
| 35 | 7:07 | 19:19 | 28 | DO | 1:12 13:13 |
| 35 | 7:39 | 19:52 | 29 | VR | 1:41 13:42 |
| 35 | 8:13 | 20:27 | 30 | ZA | 2:08 14:11 |
| 35 | 8:49 | 21:07 | 31 🌙 | ZO | 2:38 14:45 |



september

september 2025

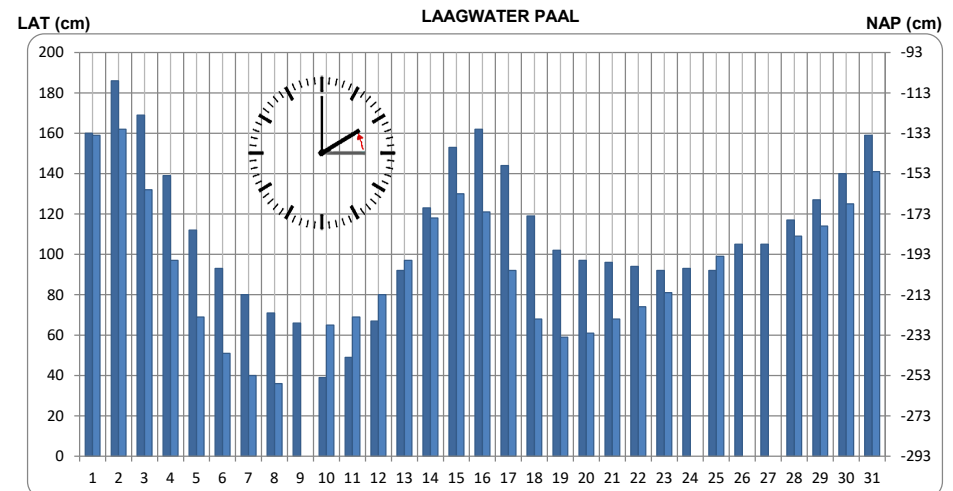
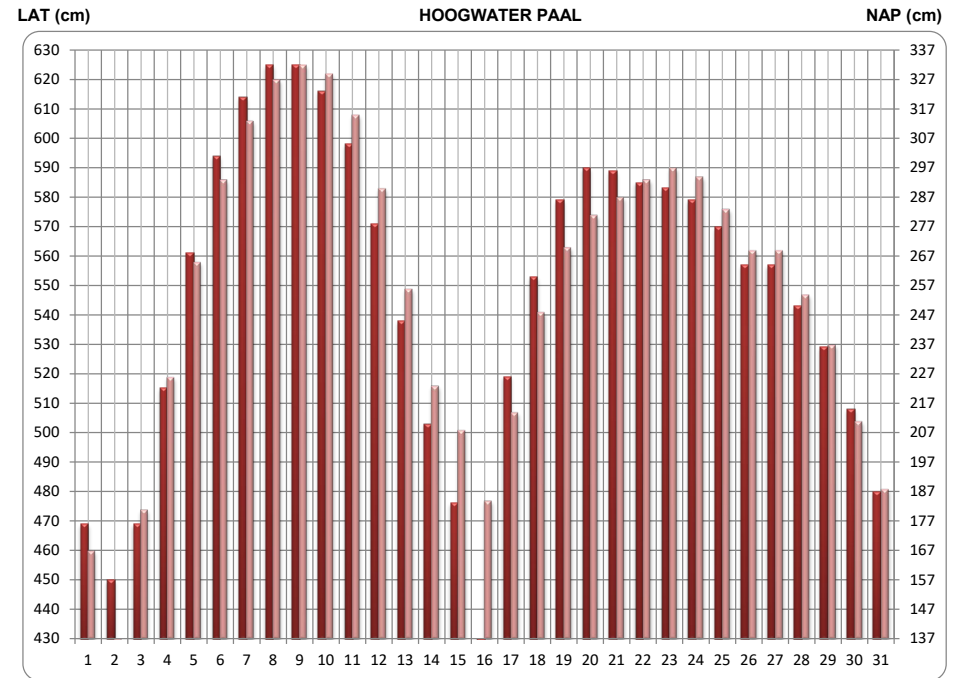
| week | HW | | | LW | | |
|------|-------|-------|------|----|-------------|-------|
| | vm | nm | | vm | nm | |
| 36 | 9:36 | 22:03 | 1 | MA | 3:16 15:31 | |
| 36 | 10:40 | 23:26 | 2 | DI | 4:11 16:44 | |
| 36 | | 12:09 | 3 | WO | 6:08 18:51 | |
| 36 | 1:13 | 13:47 | 4 | DO | 7:29 20:04 | |
| 36 | 2:20 | 14:43 | 5 | VR | 8:30 21:02 | |
| 36 | 3:09 | 15:27 | 6 | ZA | 9:18 21:48 | |
| 36 | 3:49 | 16:05 | 7 😊 | ZO | 10:00 22:31 | |
| 37 | 4:26 | 16:42 | 8 | MA | 10:41 23:12 | |
| 37 | 5:03 | 17:18 | 9 | DI | 11:21 23:52 | |
| 37 | 5:40 | 17:56 | 10 | WO | | 12:01 |
| 37 | 6:19 | 18:35 | 11 | DO | 0:33 12:42 | |
| 37 | 7:01 | 19:17 | 12 | VR | 1:13 13:23 | |
| 37 | 7:46 | 20:03 | 13 | ZA | 1:53 14:06 | |
| 37 | 8:37 | 20:58 | 14 🌙 | ZO | 2:35 14:53 | |
| 38 | 9:37 | 22:08 | 15 | MA | 3:25 15:53 | |
| 38 | 10:53 | 23:36 | 16 | DI | 4:30 17:14 | |
| 38 | | 12:24 | 17 | WO | 6:03 18:52 | |
| 38 | 1:06 | 13:43 | 18 | DO | 7:33 20:11 | |
| 38 | 2:18 | 14:44 | 19 | VR | 8:36 21:08 | |
| 38 | 3:13 | 15:32 | 20 | ZA | 9:25 21:54 | |
| 38 | 3:56 | 16:10 | 21 😞 | ZO | 10:06 22:34 | |
| 39 | 4:33 | 16:43 | 22 | MA | 10:41 23:08 | |
| 39 | 5:04 | 17:12 | 23 | DI | 11:13 23:40 | |
| 39 | 5:33 | 17:42 | 24 | WO | 11:44 | |
| 39 | 6:02 | 18:13 | 25 | DO | 0:09 12:14 | |
| 39 | 6:32 | 18:44 | 26 | VR | 0:38 12:43 | |
| 39 | 7:02 | 19:15 | 27 | ZA | 1:05 13:09 | |
| 39 | 7:32 | 19:46 | 28 | ZO | 1:30 13:36 | |
| 40 | 8:04 | 20:22 | 29 | MA | 1:59 14:11 | |
| 40 | 8:46 | 21:12 | 30 🌙 | DI | 2:36 14:57 | |
| 40 | | | | | | |



oktober

oktober 2025

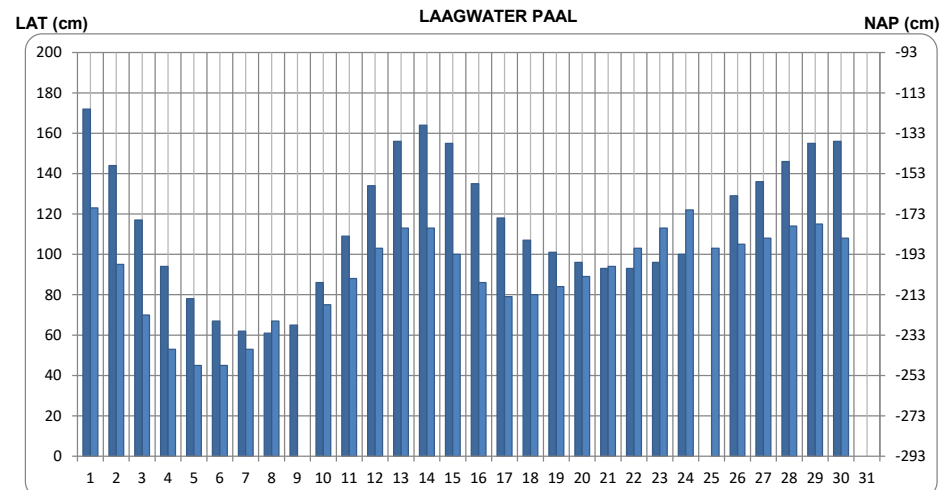
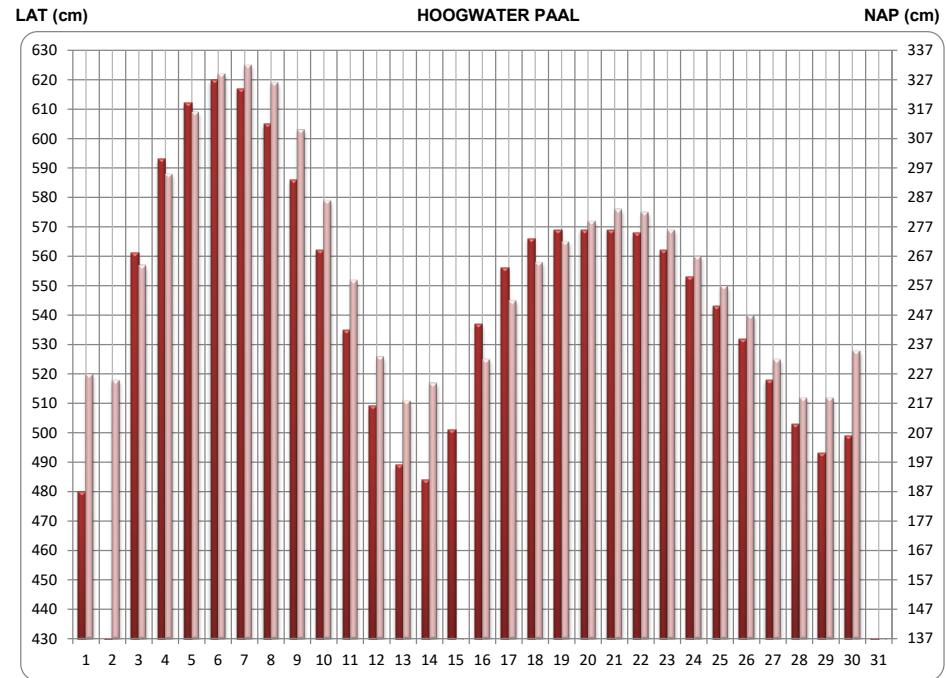
| week | HW | HW | | LW | LW | |
|------|-------|-------|------|----|-------|-------|
| | vm | nm | | vm | nm | |
| 40 | 9:50 | 22:40 | 1 | WO | 3:28 | 16:01 |
| 40 | 11:23 | | 2 | DO | 4:54 | 18:09 |
| 40 | 0:29 | 13:06 | 3 | VR | 6:54 | 19:28 |
| 40 | 1:45 | 14:08 | 4 | ZA | 7:57 | 20:28 |
| 40 | 2:35 | 14:53 | 5 | ZO | 8:47 | 21:18 |
| 41 | 3:17 | 15:33 | 6 | MA | 9:31 | 22:01 |
| 41 | 3:56 | 16:11 | 7 😊 | DI | 10:14 | 22:44 |
| 41 | 4:34 | 16:50 | 8 | WO | 10:56 | 23:25 |
| 41 | 5:14 | 17:30 | 9 | DO | 11:38 | |
| 41 | 5:55 | 18:11 | 10 | VR | 0:07 | 12:21 |
| 41 | 6:39 | 18:56 | 11 | ZA | 0:48 | 13:04 |
| 41 | 7:25 | 19:45 | 12 | ZO | 1:29 | 13:49 |
| 42 | 8:18 | 20:44 | 13 🌙 | MA | 2:14 | 14:39 |
| 42 | 9:22 | 21:58 | 14 | DI | 3:05 | 15:42 |
| 42 | 10:38 | 23:24 | 15 | WO | 4:13 | 17:03 |
| 42 | | 12:06 | 16 | DO | 5:49 | 18:37 |
| 42 | 0:50 | 13:21 | 17 | VR | 7:15 | 19:51 |
| 42 | 1:56 | 14:18 | 18 | ZA | 8:15 | 20:45 |
| 42 | 2:48 | 15:04 | 19 | ZO | 9:02 | 21:28 |
| 43 | 3:30 | 15:42 | 20 | MA | 9:41 | 22:05 |
| 43 | 4:05 | 16:14 | 21 😞 | DI | 10:15 | 22:38 |
| 43 | 4:36 | 16:43 | 22 | WO | 10:46 | 23:08 |
| 43 | 5:03 | 17:13 | 23 | DO | 11:18 | 23:38 |
| 43 | 5:32 | 17:44 | 24 | VR | 11:49 | |
| 43 | 6:02 | 18:16 | 25 | ZA | 0:08 | 12:18 |
| 43 | 5:32 | 17:46 | 26 | ZO | 0:35 | 11:46 |
| 43 | 6:02 | 18:18 | 27 | MA | 0:02 | 12:15 |
| 44 | 6:35 | 18:56 | 28 | DI | 0:32 | 12:51 |
| 44 | 7:18 | 19:47 | 29 🌙 | WO | 1:11 | 13:38 |
| 44 | 8:19 | 21:07 | 30 | DO | 2:03 | 14:41 |
| 44 | 9:46 | 22:39 | 31 | VR | 3:15 | 16:18 |



november

november 2025

| week | HW | | Dag | LW | | |
|------|-------|-------|-----|----|-------|-------|
| | vm | nm | | vm | nm | |
| 44 | 11:14 | 23:57 | 1 | ZA | 5:01 | 17:42 |
| 44 | | 12:22 | 2 | ZO | 6:13 | 18:47 |
| 45 | 0:54 | 13:14 | 3 | MA | 7:09 | 19:42 |
| 45 | 1:41 | 13:59 | 4 | DI | 7:59 | 20:30 |
| 45 | 2:25 | 14:41 | 5 | WO | 8:46 | 21:16 |
| 45 | 3:08 | 15:24 | 6 | DO | 9:32 | 22:00 |
| 45 | 3:51 | 16:08 | 7 | VR | 10:18 | 22:43 |
| 45 | 4:35 | 16:53 | 8 | ZA | 11:04 | 23:27 |
| 45 | 5:22 | 17:41 | 9 | ZO | 11:50 | |
| 46 | 6:12 | 18:35 | 10 | MA | 0:10 | 12:38 |
| 46 | 7:07 | 19:35 | 11 | DI | 0:56 | 13:30 |
| 46 | 8:07 | 20:42 | 12 | WO | 1:48 | 14:30 |
| 46 | 9:14 | 21:57 | 13 | DO | 2:52 | 15:39 |
| 46 | 10:30 | 23:14 | 14 | VR | 4:11 | 16:57 |
| 46 | 11:42 | | 15 | ZA | 5:34 | 18:14 |
| 46 | 0:19 | 12:40 | 16 | ZO | 6:39 | 19:10 |
| 47 | 1:12 | 13:28 | 17 | MA | 7:29 | 19:54 |
| 47 | 1:57 | 14:09 | 18 | DI | 8:09 | 20:31 |
| 47 | 2:34 | 14:45 | 19 | WO | 8:46 | 21:05 |
| 47 | 3:07 | 15:17 | 20 | DO | 9:20 | 21:38 |
| 47 | 3:37 | 15:50 | 21 | VR | 9:55 | 22:11 |
| 47 | 4:08 | 16:22 | 22 | ZA | 10:29 | 22:43 |
| 47 | 4:39 | 16:55 | 23 | ZO | 11:02 | 23:14 |
| 48 | 5:11 | 17:28 | 24 | MA | 11:33 | 23:44 |
| 48 | 5:44 | 18:03 | 25 | DI | | 12:06 |
| 48 | 6:21 | 18:44 | 26 | WO | 0:17 | 12:44 |
| 48 | 7:05 | 19:35 | 27 | DO | 0:58 | 13:30 |
| 48 | 8:01 | 20:41 | 28 | VR | 1:47 | 14:27 |
| 48 | 9:12 | 21:56 | 29 | ZA | 2:47 | 15:36 |
| 48 | 10:27 | 23:08 | 30 | ZO | 4:01 | 16:51 |
| 49 | | | | | | |



december

december 2025

| week | HW | | | | LW | |
|------|-------|-------|----|------|-------|-------|
| | vm | nm | | | vm | nm |
| 49 | 11:36 | | 1 | MA | 5:19 | 18:01 |
| 49 | 0:12 | 12:35 | 2 | DI | 6:27 | 19:04 |
| 49 | 1:08 | 13:28 | 3 | WO | 7:27 | 20:00 |
| 49 | 1:58 | 14:17 | 4 | DO | 8:22 | 20:51 |
| 49 | 2:47 | 15:05 | 5 | ☺ VR | 9:14 | 21:39 |
| 49 | 3:35 | 15:54 | 6 | ZA | 10:04 | 22:26 |
| 49 | 4:24 | 16:43 | 7 | ZO | 10:53 | 23:11 |
| 50 | 5:13 | 17:34 | 8 | MA | 11:41 | 23:56 |
| 50 | 6:03 | 18:27 | 9 | DI | | 12:29 |
| 50 | 6:53 | 19:20 | 10 | WO | 0:41 | 13:18 |
| 50 | 7:44 | 20:15 | 11 | ☾ DO | 1:28 | 14:08 |
| 50 | 8:38 | 21:14 | 12 | VR | 2:20 | 15:01 |
| 50 | 9:38 | 22:21 | 13 | ZA | 3:20 | 16:00 |
| 50 | 10:46 | 23:29 | 14 | ZO | 4:26 | 17:06 |
| 51 | 11:51 | | 15 | MA | 5:37 | 18:15 |
| 51 | 0:28 | 12:47 | 16 | DI | 6:41 | 19:10 |
| 51 | 1:19 | 13:35 | 17 | WO | 7:32 | 19:54 |
| 51 | 2:03 | 14:18 | 18 | DO | 8:16 | 20:34 |
| 51 | 2:42 | 14:57 | 19 | VR | 8:57 | 21:12 |
| 51 | 3:17 | 15:33 | 20 | ☹ ZA | 9:35 | 21:48 |
| 51 | 3:51 | 16:08 | 21 | ZO | 10:13 | 22:24 |
| 52 | 4:25 | 16:43 | 22 | MA | 10:50 | 22:58 |
| 52 | 4:59 | 17:17 | 23 | DI | 11:27 | 23:33 |
| 52 | 5:34 | 17:54 | 24 | WO | | 12:04 |
| 52 | 6:12 | 18:34 | 25 | DO | 0:09 | 12:42 |
| 52 | 6:53 | 19:20 | 26 | VR | 0:48 | 13:24 |
| 52 | 7:42 | 20:15 | 27 | ☾ ZA | 1:32 | 14:10 |
| 52 | 8:39 | 21:18 | 28 | ZO | 2:21 | 15:04 |
| 1 | 9:44 | 22:26 | 29 | MA | 3:20 | 16:06 |
| 1 | 10:54 | 23:35 | 30 | DI | 4:30 | 17:16 |
| 1 | | 15:36 | 31 | WO | 5:47 | 21:56 |

