

**Ramadan times for Helhoughton, Norfolk, UK**

**Fri 28 Feb 2025 - Sun 30 Mar 2025**

**High Latitude Method: Angle Based Rule**

**Prayer Calculation Method: Islamic Society of North America**

**Asar Calculation Method: Hanafi**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Date** | **Day** | **Fajr** | **Suhur** | **Sunrise** | **Dhuhr** | **Asr** | **Iftar** | **Maghrib** | **Isha** |
| 28 | Fri | 5:12 | 5:12 | 6:46 | 12:09 | 3:40 | 5:34 | 5:34 | 7:08 |
| 1 | Sat | 5:09 | 5:09 | 6:43 | 12:09 | 3:42 | 5:36 | 5:36 | 7:10 |
| 2 | Sun | 5:07 | 5:07 | 6:41 | 12:09 | 3:43 | 5:38 | 5:38 | 7:12 |
| 3 | Mon | 5:05 | 5:05 | 6:39 | 12:09 | 3:45 | 5:40 | 5:40 | 7:14 |
| 4 | Tue | 5:03 | 5:03 | 6:37 | 12:09 | 3:46 | 5:42 | 5:42 | 7:16 |
| 5 | Wed | 5:00 | 5:00 | 6:34 | 12:08 | 3:48 | 5:43 | 5:43 | 7:18 |
| 6 | Thu | 4:58 | 4:58 | 6:32 | 12:08 | 3:50 | 5:45 | 5:45 | 7:19 |
| 7 | Fri | 4:56 | 4:56 | 6:30 | 12:08 | 3:51 | 5:47 | 5:47 | 7:21 |
| 8 | Sat | 4:53 | 4:53 | 6:27 | 12:08 | 3:53 | 5:49 | 5:49 | 7:23 |
| 9 | Sun | 4:51 | 4:51 | 6:25 | 12:07 | 3:54 | 5:51 | 5:51 | 7:25 |
| 10 | Mon | 4:48 | 4:48 | 6:23 | 12:07 | 3:56 | 5:53 | 5:53 | 7:27 |
| 11 | Tue | 4:46 | 4:46 | 6:20 | 12:07 | 3:57 | 5:54 | 5:54 | 7:29 |
| 12 | Wed | 4:44 | 4:44 | 6:18 | 12:07 | 3:59 | 5:56 | 5:56 | 7:31 |
| 13 | Thu | 4:41 | 4:41 | 6:16 | 12:06 | 4:00 | 5:58 | 5:58 | 7:33 |
| 14 | Fri | 4:39 | 4:39 | 6:13 | 12:06 | 4:02 | 6:00 | 6:00 | 7:35 |
| 15 | Sat | 4:36 | 4:36 | 6:11 | 12:06 | 4:03 | 6:02 | 6:02 | 7:37 |
| 16 | Sun | 4:34 | 4:34 | 6:09 | 12:05 | 4:05 | 6:03 | 6:03 | 7:39 |
| 17 | Mon | 4:31 | 4:31 | 6:06 | 12:05 | 4:06 | 6:05 | 6:05 | 7:41 |
| 18 | Tue | 4:29 | 4:29 | 6:04 | 12:05 | 4:08 | 6:07 | 6:07 | 7:43 |
| 19 | Wed | 4:26 | 4:26 | 6:02 | 12:05 | 4:09 | 6:09 | 6:09 | 7:45 |
| 20 | Thu | 4:23 | 4:23 | 5:59 | 12:04 | 4:11 | 6:11 | 6:11 | 7:47 |
| 21 | Fri | 4:21 | 4:21 | 5:57 | 12:04 | 4:12 | 6:12 | 6:12 | 7:49 |
| 22 | Sat | 4:18 | 4:18 | 5:54 | 12:04 | 4:13 | 6:14 | 6:14 | 7:51 |
| 23 | Sun | 4:16 | 4:16 | 5:52 | 12:03 | 4:15 | 6:16 | 6:16 | 7:53 |
| 24 | Mon | 4:13 | 4:13 | 5:50 | 12:03 | 4:16 | 6:18 | 6:18 | 7:55 |
| 25 | Tue | 4:10 | 4:10 | 5:47 | 12:03 | 4:18 | 6:19 | 6:19 | 7:57 |
| 26 | Wed | 4:08 | 4:08 | 5:45 | 12:03 | 4:19 | 6:21 | 6:21 | 7:59 |
| 27 | Thu | 4:05 | 4:05 | 5:42 | 12:02 | 4:20 | 6:23 | 6:23 | 8:01 |
| 28 | Fri | 4:02 | 4:02 | 5:40 | 12:02 | 4:22 | 6:25 | 6:25 | 8:03 |
| 29 | Sat | 3:59 | 3:59 | 5:38 | 12:02 | 4:23 | 6:27 | 6:27 | 8:05 |
| 30 | Sun | 4:57 | 4:57 | 6:35 | 1:01 | 5:24 | 7:28 | 7:28 | 9:07 |

**Prayer times provided by https://www.salahtimes.com**