

**Ramadan times for Helenin, Poland**  
**Mon 11 Mar 2024 - Wed 10 Apr 2024**  
**High Latitude Method: Angle Based Rule**  
**Prayer Calculation Method: Muslim World League**  
**Asar Calculation Method: Hanafi**



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