

Ramadan 2026

El Progreso, Honduras

Sehri & Iftar Timings

Timezone: America/Tegucigalpa | Calculation: Muslim World League

NO.	DATE	DAY	SEHRI (FAJR)	IFTAR (MAGHRIB)	DURATION
1	Feb 18	Wednesday	05:03 AM	05:56 PM	12h 53m
2	Feb 19	Thursday	05:02 AM	05:57 PM	12h 55m
3	Feb 20	Friday	05:02 AM	05:57 PM	12h 55m
4	Feb 21	Saturday	05:01 AM	05:57 PM	12h 56m
5	Feb 22	Sunday	05:01 AM	05:58 PM	12h 57m
6	Feb 23	Monday	05:00 AM	05:58 PM	12h 58m
7	Feb 24	Tuesday	05:00 AM	05:58 PM	12h 58m
8	Feb 25	Wednesday	04:59 AM	05:58 PM	12h 59m
9	Feb 26	Thursday	04:59 AM	05:59 PM	13h 00m
10	Feb 27	Friday	04:58 AM	05:59 PM	13h 01m
11	Feb 28	Saturday	04:57 AM	05:59 PM	13h 02m
12	Mar 1	Sunday	04:57 AM	05:59 PM	13h 02m
13	Mar 2	Monday	04:56 AM	06:00 PM	13h 04m
14	Mar 3	Tuesday	04:56 AM	06:00 PM	13h 04m
15	Mar 4	Wednesday	04:55 AM	06:00 PM	13h 05m
16	Mar 5	Thursday	04:55 AM	06:00 PM	13h 05m
17	Mar 6	Friday	04:54 AM	06:00 PM	13h 06m
18	Mar 7	Saturday	04:53 AM	06:01 PM	13h 08m
19	Mar 8	Sunday	04:53 AM	06:01 PM	13h 08m
20	Mar 9	Monday	04:52 AM	06:01 PM	13h 09m
21	Mar 10	Tuesday	04:51 AM	06:01 PM	13h 10m
22	Mar 11	Wednesday	04:51 AM	06:01 PM	13h 10m
23	Mar 12	Thursday	04:50 AM	06:01 PM	13h 11m
24	Mar 13	Friday	04:49 AM	06:02 PM	13h 13m
25	Mar 14	Saturday	04:48 AM	06:02 PM	13h 14m
26	Mar 15	Sunday	04:48 AM	06:02 PM	13h 14m
27	Mar 16	Monday	04:47 AM	06:02 PM	13h 15m
28	Mar 17	Tuesday	04:46 AM	06:02 PM	13h 16m
29	Mar 18	Wednesday	04:46 AM	06:02 PM	13h 16m
30	Mar 19	Thursday	04:46 AM	06:02 PM	13h 16m

Fasting duration gradually increases from 12h 53m to 13h 16m

O Allah, accept our fasting and our prayers.

Daily prayer times available year-round

[musulman.app](#)

<https://musulman.app>

Timings calculated using Muslim World League method