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|  | **တနင်္လာ** | **အင်္ဂါ**  | **ဗုဒ္ဓဟူး** | **ကြာသပတေး** | **သောကြာ** | **စနေ** | **တနင်္ဂနွေ**  |
| **ည ၁၂ နာရီ မှ မနက် ၃ နာရီ** |  |  |  |  |  |  |  |
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| **မနက် ၃ နာရီမှ မနက် ၆ နာရီ** |  |  |  |  |  |  |  |
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| **မနက် ၆ နာရီမှ မနက် ၉ နာရီ** |  |  |  |  |  |  |  |
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| **မနက် ၉ နာရီမှ နေ့လယ် ၁၂ နာရီ** |  |  |  |  |  |  |  |
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| **နေ့လယ် ၁၂ နာရီမှ နေ့လယ် ၃ နာရီ** |  |  |  |  |  |  |  |
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| **နေ့လယ် ၃ နာရီမှ ညနေ ၆ နာရီ** |  |  |  |  |  |  |  |
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| **ညနေ ၆ နာရီမှ ည ၉ နာရီ** |  |  |  |  |  |  |  |
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| **ည ၉ နာရီမှ ည ၁၂ နာရီ** |  |  |  |  |  |  |  |
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