

Lisbon (PORTUGAL)	+5	FASO	+5	HERZEGOVINA	+6
Ljubljana (SLOVENIA)	+6	Padova (ITALY)	+6	Seattle (USA)	-3
Lomé (TOGO)	+5	Panama City (PANAMA)	0	Sendai (JAPAN)	+14
London (BRITAIN)	+5	Paramaribo (SURINAME)	+1	Seoul (KOREA)	+14
Los Angeles (USA)	-3	Paris (FRANCE)	+6	Shanghai (CHINA)	+13
Luanda (ANGOLA)	+6	Penang (MALAYSIA)	+13	Singapore (SINGAPORE)	+13
Lusaka (ZAMBIA)	+7	Perth (AUSTRALIA)	+13	Skopje (MACEDONIA)	+6
Luxembourg		Phnom Penh (CAMBODIA)	+12	Sofia (BULGARIA)	+7
(LUXEMBOURG)	+6	Ponta Delgada		St. Maarten	
Lviv (UKRAINE)	+8	(PORTUGAL)	+4	(NETHERLANDS)	+1
Lyon (FRANCE)	+6	Port Louis (MAURITIUS)	+9	St. Petersburg (RUSSIA)	+8
Madrid (SPAIN)	+6	Port Moresby (PAPUA		Stockholm (SWEDEN)	+6
Malaga (SPAIN)	+6	NEW GUINEA)	+15	Stuttgart (GERMANY)	+6
Malmö (SWEDEN)	+6	Port of Spain (TRINIDAD		Sulmona (ITALY)	+6
Managua (NICARAGUA)	-1	AND TOBAGO)	+1	Surabaya (INDONESIA)	+12
Manila (PHILIPPINES)	+13	Port-au-Prince (HAITI)	0	Sydney (AUSTRALIA)	+15
Maputo (MOZAMBIQUE)	+8	Prague (CZECH REPUBLIC)+		Tallinn (ESTONIA)	+7
Margarita Island		Pretoria (SOUTH AFRICA)	+7	Tashkent (UZBEKISTAN)	+10
(VENEZUELA)	+1	Providenciales (TURKS		Tegucigalpa (HONDURAS)	-1
Maseru (LESOTHO)	+7	AND CAICOS ISLANDS)	0	Tehran (IRAN)	+8
Mazatlan (MEXICO)	-1	Puerto Plata (DOMINICAN		Tel Aviv (ISRAEL)	+7
Mexico City (MEXICO)	-1	REPUBLIC)	+1	The Hague	
Miami (USA)	0	Puerto Vallarta (MEXICO)	-1	(NETHERLANDS)	+6
Milan (ITALY)	+6	Pusan (KOREA)	+14	Thessaloniki (GREECE)	+7
Minneapolis (USA)	-1	Quito (ECUADOR)	0	Tijuana (MEXICO)	-1
Monte Carlo (MONACO)	+6	Rabat (MOROCCO)	+5	Tirana (ALBANIA)	+6
Montego Bay (JAMAICA)	0	Reykjavik (ICELAND)	+5	Tokyo (JAPAN)	+14
Monterrey (MEXICO)	-1	Riga (LATVIA)	+6	Toulouse (FRANCE)	+6
Montevideo (URUGUAY)	+2	Rio de Janeiro (BRAZIL)	+2	Tripoli (LIBYA)	+6
Moscow (RUSSIA)	+8	Riyadh (SAUDI ARABIA)	+8	Tunis (TUNISIA)	+6
Mumbai (INDIA)	+10.5	Rome (ITALY)	+6	Ulaanbaatar (MONGOLIA)+12	
Munich (GERMANY)	+6	Saint-Pierre and Miquelon		Valetta (MALTA)	+6
Muscat (OMAN)	+9	(FRANCE)	+1	Varadero (CUBA)	0
Nadi (FIJI)	+17	Salvador (BRAZIL)	+2	Vatican (HOLY SEE)	+6
Nagoya (JAPAN)	+14	Sana'a (YEMEN)	+8	Vienna (AUSTRIA)	+6
Nairobi (KENYA)	+8	San Francisco (USA)	-3	Vilnius (LITHUANIA)	+7
Napoli (ITALY)	+6	San José (COSTA RICA)	-1	Vladivostok (RUSSIA)	+15
Nassau (BAHAMAS)	0	San José (USA)	-3	Warsaw (POLAND)	+6
New Delhi (INDIA)	+10.5	San José del Cabo		Washington (USA)	0
New York (USA)	0	(MEXICO)	-1	Wellington	
Niamey (NIGER)	+6	San Juan (USA)	+1	(NEW ZEALAND)	+17
Nice (FRANCE)	+6	San Salvador		Windhoek (NAMIBIA)	+7
Nicosia (CYPRUS)	+7	(EL SALVADOR)	-1	Yaoundé (CAMEROON)	+6
Nouakchott (MAURITANIA)	+5	Santiago (CHILE)	+2	Yerevan (ARMENIA)	+9
Nuuk (DENMARK)	+2	Santo Domingo		Zagreb (CROATIA)	+6
Oaxaca (MEXICO)	-1	(DOMINICAN REPUBLIC)	+1		