

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