

Milan (ITALY)	+6	Port-au-Prince (HAITI)	0	Shanghai (CHINA)	+12
Minneapolis (USA)	-1	Prague (CZECH REPUBLIC)	+6	Singapore (SINGAPORE)	+12
Montego Bay (JAMAICA)	0	Pretoria (SOUTH AFRICA)	+7	Sofia (BULGARIA)	+7
Monterrey (MEXICO)	-1	Providenciales (TURKS AND CAICOS ISLANDS)	0	St-Petersburg (RUSSIA)	+1
Montevideo (URUGUAY)	+2	Puerto Plata (DOMINICAN REPUBLIC)	+1	Stockholm (SWEDEN)	+6
Moscow (RUSSIA)	+8	Puerto Vallarta (MEXICO)	-1	Strasbourg (FRANCE)	+6
Mumbai (INDIA)	+10.5	Pusan (KOREA)	14	Surabaya, East Java (INDONESIA)	+12
Munich (GERMANY)	+6	Quito (ECUADOR)	0	Sydney (AUSTRALIA)	+15
Muscat (OMAN)	+9	Rabat (MOROCCO)	+5	Tallinn (ESTONIA)	+8
Nadi (FIJI)	+17	Reykjavik (ICELAND)	+5	Tashkent (UZBEKISTAN)	+11
Nagoya (JAPAN)	+14	Riga (LATVIA)	+6	Tehran (IRAN)	+8
Nairobi (KENYA)	+8	Rio de Janeiro (BRAZIL)	+2	Tel Aviv (ISRAEL)	+7
Nassau (BAHAMAS)	0	Riyadh (SAUDI ARABIA)	+8	The Hague (NETHERLANDS)	+6
New Delhi (INDIA)	+10.5	Rome (ITALY)	+6	Thessaloniki (GREECE)	+7
New York (USA)	0	Saint-Pierre and Miquelon (FRANCE)	+1	Tijuana (MEXICO)	-1
Niamey (NIGER)	+6	Salvador (BRAZIL)	+2	Tokyo (JAPAN)	+14
Nice (FRANCE)	+6	San José (COSTA RICA)	-1	Toulouse (FRANCE)	+6
Nicosia (CYPRUS)	+7	San Juan (USA)	+1	Tunis (TUNISIA)	+6
Nouakchott (MAURITANIA)	+5	San Miguel de Allende (MEXICO)	+1	Ulaanbaatar (MONGOLIA)	+12
Nuuk (DENMARK)	+2	San Salvador (EL SALVADOR)	-1	Valletta (MALTA)	+6
Oaxaca (MEXICO)	-1	Sana'a (YEMEN)	+8	Varadero (CUBA)	0
Osaka (JAPAN)	+14	Santiago (CHILE)	+2	Vatican (HOLY SEE)	+6
Oslo (NORWAY)	+6	Santo Domingo (DOMINICAN REPUBLIC)	0	Vienna (AUSTRIA)	+6
Ouagadougou (BURKINA)	+5	Sao Paulo (BRAZIL)	+2	Vilnius (LITHUANIA)	+8
Panama City (PANAMA)	0	Sapporo (JAPAN)	+14	Warsaw (POLAND)	+6
Paramaribo (SURINAME)	+1	Seattle (USA)	-3	Washington (USA)	0
Paris (FRANCE)	+6	Sendai (JAPAN)	+14	Wellington (NEW ZEALAND)	+17
Perth (AUSTRALIA)	+13	Seoul (KOREA)	+14	Yaoundé (CAMEROON)	+6
Phnom Penh (CAMBODIA)	+12			Yerevan (ARMENIA)	+9
Portlamar (VENEZUELA)	+1			Zagreb (CROATIA)	+6
Port Louis (MAURITIUS)	+9.5				
Port Moresby (PAPUA NEW GUINEA)	+15				
Port of Spain (TRINIDAD AND TOBAGO)	+1				