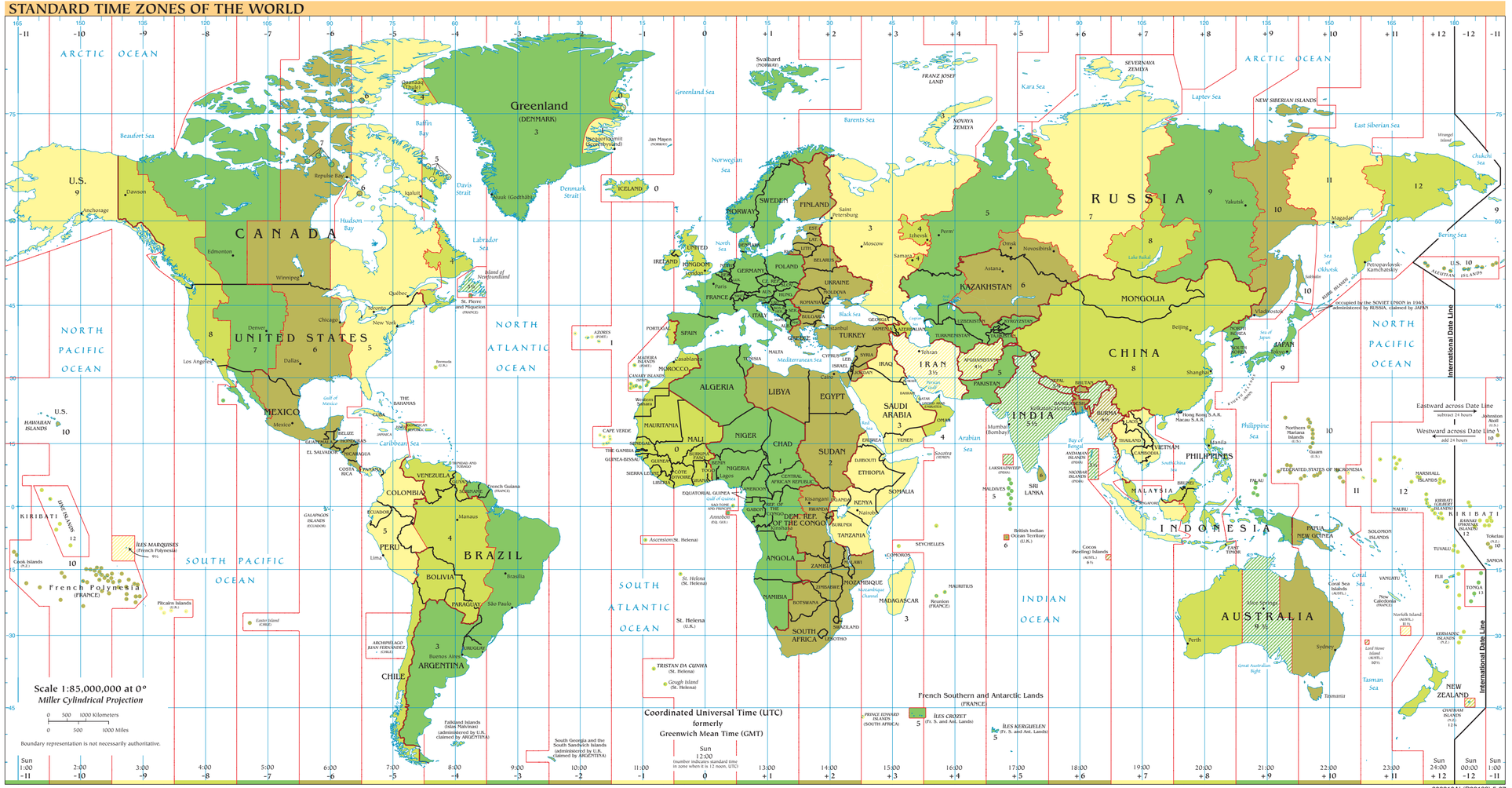
STANDARD TIME ZONES OF THE WORLD


ARCTIC OCEAN
NORTH PACIFIC OCEAN
NORTH ATLANTIC OCEAN
SOUTH PACIFIC OCEAN
SOUTH ATLANTIC OCEAN
INDIAN OCEAN
Greenland (DENMARK)
CANADA
U.S.
UNITED STATES
MEXICO
RUSSIA
CHINA
INDIA
BRAZIL
ARGENTINA
AUSTRALIA
INDONESIA
PHILIPPINES
JAPAN
MONGOLIA
KAZAKHSTAN
IRAN
SAUDI ARABIA
EUROPE
AFRICA
Beaufort Sea
Baffin Bay
Hudson Bay
Davis Strait
Labrador Sea
Greenland Sea
Barents Sea
Kara Sea
Laptev Sea
East Siberian Sea
Chukchi Sea
Bering Sea
Sea of Okhotsk
Sea of Japan
Caribbean Sea
Gulf of Mexico
Mediterranean Sea
Black Sea
Caspian Sea
Persian Gulf
Red Sea
Arabian Sea
Bay of Bengal
South China Sea
Philippine Sea
Coral Sea
Tasman Sea
Great Australian Bight
Gulf of Guinea
Mozambique Channel
Norwegian Sea
North Sea
Baltic Sea
Irish Sea
Denmark Strait
Davis Strait
Svalbard (NORWAY)
FRANZ JOSEF LAND
SEVERNAYA ZEMLYA
NOVAYA ZEMLYA
NEW SIBERIAN ISLANDS
Wrangel Island
Jan Mayen (NORWAY)
ICELAND
Scoresbysund (Ittoqqortoormiit)
Qaanaaq (Thule)
Nuuk (Godthåb)
Iqaluit
Repulse Bay
Dawson
Anchorage
Edmonton
Winnipeg
Chicago
Denver
Los Angeles
Dallas
New York
Québec
Bermuda (U.K.)
Island of Newfoundland
St. Pierre and Miquelon (FRANCE)
Yakutsk
Magadan
Petropavlovsk-Kamchatskiy
Omsk
Novosibirsk
Astana
Saint Petersburg
Moscow
Izhevsk
Perm'
Samara
Lake Baikal
Vladivostok
Beijing
Shanghai
Hong Kong S.A.R.
Macau S.A.R.
Taipei
Manila
Mumbai (Bombay)
Kolkata (Calcutta)
Chennai (Madras)
Bangalore
Hyderabad
Ahmadabad
Kanpur
Delhi
Karachi
Tehran
Baghdad
Riyadh
Mecca
Jeddah
Sana'a
Muscat
Abu Dhabi
Doha
Kuwait
Amman
Damascus
Beirut
Jerusalem
Cairo
Alexandria
Tripoli
Algiers
Tunis
Casablanca
Rabat
Fez
Marrakech
Dakar
Bamako
Conakry
Freetown
Monrovia
Abidjan
Accra
Lagos
Abuja
Douala
Yaoundé
Libreville
Brazzaville
Kinshasa
Luanda
Windhoek
Gaborone
Johannesburg
Pretoria
Maputo
Harare
Lusaka
Lilongwe
Dar es Salaam
Nairobi
Kampala
Kigali
Bujumbura
Addis Ababa
Asmara
Djibouti
Khartoum
Juba
N'Djamena
Niamey
Ouagadougou
Lomé
Cotonou
Porto-Novo
Bissau
Nouakchott
Rabat
Algiers
Tripoli
Tunis
Cairo
Alexandria
Reykjavik
Oslo
Stockholm
Helsinki
Tallinn
Riga
Vilnius
Minsk
Warsaw
Berlin
Hamburg
Munich
Frankfurt
Cologne
Amsterdam
Brussels
London
Dublin
Paris
Lyon
Marseille
Madrid
Barcelona
Lisbon
Porto
Rome
Milan
Naples
Palermo
Athens
Thessaloniki
Sofia
Bucharest
Budapest
Vienna
Prague
Zagreb
Belgrade
Sarajevo
Skopje
Tirana
Istanbul
Ankara
Izmir
Antalya
Adana
Trabzon
Kyiv
Kharkiv
Odesa
Dnipro
Lviv
Chisinau
Tiraspol
Simferopol
Sevastopol
Yerevan
Tbilisi
Baku
Ganja
Sumqayit
Astana
Almaty
Shymkent
Karaganda
Aktobe
Atyrau
Oral
Pavlodar
Ust-Kamenogorsk
Semey
Petropavl
Kostanay
Aktau
Turkmenbashi
Ashgabat
Mary
Dashoguz
Turkmenabat
Tashkent
Samarkand
Bukhara
Andijan
Namangan
Fergana
Bishkek
Osh
Jalal-Abad
Karakol
Tokmok
Dushanbe
Khujand
Kulob
Qurghonteppa
Kabul
Kandahar
Herat
Mazar-e Sharif
Jalalabad
Kunduz
Ghazni
Lashkar Gah
Zaranj
Islamabad
Rawalpindi
Lahore
Faisalabad
Multan
Gujranwala
Peshawar
Quetta
Sukkur
Hyderabad
Karachi
Jaipur
Jodhpur
Udaipur
Ajmer
Kota
Bikaner
Agra
Lucknow
Kanpur
Varanasi
Allahabad
Gorakhpur
Patna
Gaya
Ranchi
Jamshedpur
Dhanbad
Asansol
Durgapur
Kolkata
Howrah
Siliguri
Guwahati
Shillong
Imphal
Aizawl
Kohima
Agartala
Dimapur
Itanagar
Tezpur
Dibrugarh
Jorhat
Silchar
Tura
Shillong
Gangtok
Thimphu
Paro
Kathmandu
Pokhara
Biratnagar
Birgunj
Dharan
Bharatpur
Janakpur
Nepalgunj
Dhangadhi
Butwal
Hetauda
Kathmandu
Thimphu
Paro
Gangtok
Siliguri
Darjeeling
Kalimpong
Jalpaiguri
Cooch Behar
Malda
Berhampur
Baharampur
Krishnanagar
Nabadwip
Kalyani
Barrackpore
Howrah
Kolkata
Durgapur
Asansol
Dhanbad
Jamshedpur
Ranchi
Gaya
Patna
Muzaffarpur
Darbhanga
Samastipur
Begusarai
Khagaria
Bhagalpur
Munger
Jamalpur
Lakhisarai
Sheikhpura
Nalanda
Rajgir
Bihar Sharif
Hajipur
Chhapra
Siwan
Gopalganj
Motihari
Bettiah
Raxaul
Sitamarhi
Madhubani
Jhanjharpur
Supaul
Saharsa
Araria
Kishanganj
Purnia
Katihar
Bhagalpur
Munger
Jamalpur
Lakhisarai
Sheikhpura
Nalanda
Rajgir
Bihar Sharif
Hajipur
Chhapra
Siwan
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Khagaria