

Lista dei nomi delle città	200
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Lista dei nomi delle città

Nome della città	Differenza oraria	Nome della città	Differenza oraria	Nome della città	Differenza oraria
Abidjan	- 0:00	Brisbane	+10:00	Frankfurt	+ 1:00
Abu Dhabi	+ 4:00	Broken Hill	+ 9:30	Freetown	- 0:00
Acapulco	- 6:00	Brussels	+ 1:00	G.M.T.	- 0:00
Accra	- 0:00	Bucharest	+ 2:00	Geneva	+ 1:00
Addis Ababa	+ 3:00	Budapest	+ 1:00	Georgetown	- 4:00
Adelaide	+ 9:30	Buenos Aires	- 3:00	Guam	+10:00
Aden	+ 3:00	Cairo	+ 2:00	Guatemala City	- 6:00
Al Manamah	+ 3:00	Calcutta	+ 5:30	Hamburg	+ 1:00
Algiers	+ 1:00	Canberra	+10:00	Hannover	+ 1:00
Alice Springs	+ 9:30	Cape Town	+ 2:00	Hanoi	+ 7:00
Amman	+ 2:00	Caracas	- 4:00	Havana	- 5:00
Amsterdam	+ 1:00	Casablanca	- 0:00	Helena	- 7:00
Anchorage	- 9:00	Cayenne	- 3:00	Helsinki	+ 2:00
Andorra	+ 1:00	Chatham Island	+12:45	Hermosillo	- 7:00
Ankara	+ 2:00	Cheyenne	- 7:00	Hong Kong	+ 8:00
Antananarivo	+ 3:00	Chicago	- 6:00	Honolulu	-10:00
Asuncion	- 4:00	Cincinnati	- 5:00	Houston	- 6:00
Athens	+ 2:00	Cleveland	- 5:00	Indianapolis	- 5:00
Atlanta	- 5:00	Colombo	+ 6:00	Istanbul	+ 2:00
Auckland	+12:00	Conakry	- 0:00	Jacksonville	- 5:00
Azores	- 1:00	Copenhagen	+ 1:00	Jakarta	+ 7:00
Baghdad	+ 3:00	Dakar	- 0:00	Jeddah	+ 3:00
Baltimore	- 5:00	Dallas	- 6:00	Jerusalem	+ 2:00
Bangkok	+ 7:00	Damascus	+ 2:00	Johannesburg	+ 2:00
Barcelona	+ 1:00	Dar es Salaam	+ 3:00	Kabul	+ 4:30
Basel	+ 1:00	Darwin	+ 9:30	Kampala	+ 3:00
Beirut	+ 2:00	Delhi	+ 5:30	Kansas City	- 6:00
Belgrade	+ 1:00	Denver	- 7:00	Karachi	+ 5:00
Bergen	+ 1:00	Detroit	- 5:00	Kathmandu	+ 5:45
Berlin	+ 1:00	Dhaka	+ 6:00	Khabarovsk	+10:00
Birmingham	- 6:00	Dubai	+ 4:00	Khartoum	+ 2:00
Bismarck	- 6:00	Dublin	- 0:00	Kingston	- 5:00
Bogota	- 5:00	Dusseldorf	+ 1:00	Kinshasa	+ 1:00
Boise	- 7:00	Edmonton	- 7:00	Kuala Lumpur	+ 8:00
Bonn	+ 1:00	Fernando de Noronha	- 2:00	Kuwait	+ 3:00
Boston	- 5:00	Fort Worth	- 6:00	La Paz	- 4:00
Brasilia	- 3:00				
Brazzaville	+ 1:00				

Nome della città	Differenza oraria	Nome della città	Differenza oraria	Nome della città	Differenza oraria
Lagos	+ 1:00	New York	- 5:00	San Jose	- 6:00
Las Palmas	- 0:00	Niamey	+ 1:00	San Juan	- 4:00
Lilongwe	+ 2:00	Norfolk	- 5:00	San Salvador	- 6:00
Lima	- 5:00	Norfolk Island	+11:30	Sanaa	+ 3:00
Lisbon	- 0:00	Noumea	+11:00	Santa Fe	- 7:00
Lome	- 0:00	Oklahoma City	- 6:00	Santiago	- 4:00
London	- 0:00		Omaha	- 6:00	Santo Domingo
Los Angeles	- 8:00	Oslo	+ 1:00	Sao Paulo	- 3:00
Luanda	+ 1:00	Ottawa	- 5:00	Seattle	- 8:00
Lusaka	+ 2:00	Panama City	- 5:00	Seoul	+ 9:00
Luxembourg	+ 1:00		Papeete	-10:00	Shanghai
Madrid	+ 1:00	Paramaribo	- 3:00	Singapore	+ 8:00
Managua	- 6:00	Paris	+ 1:00	Sofia	+ 2:00
Manaus	- 4:00	Peking (Beijing)	+ 8:00	St Petersburg	+ 3:00
Manila	+ 8:00	Perth	+ 8:00	Stockholm	+ 1:00
Maputo	+ 2:00	Philadelphia	- 5:00	Sydney	+10:00
Marseille	+ 1:00	Phnom Penh	+ 7:00	Taipei	+ 8:00
Melbourne	+10:00	Phoenix	- 7:00		Tampa
Memphis	- 6:00	Pittsburgh	- 5:00	Tegucigalpa	- 6:00
Mexico City	- 6:00	Port Louis	+ 4:00	Tehran	+ 3:30
Miami	- 5:00	Port Moresby	+10:00	Tijuana	- 8:00
Midway Is.	-11:00	Port au Prince	- 5:00	Tokyo	+ 9:00
Milan	+ 1:00	Port of Spain	- 4:00	Toronto	- 5:00
Milwaukee	- 6:00	Portland	- 8:00	Tripoli	+ 2:00
Minneapolis	- 6:00	Prague	+ 1:00	Tunis	+ 1:00
Mogadishu	+ 3:00	Quito	- 5:00	Vancouver	- 8:00
Monrovia	- 0:00		Reykjavik	- 0:00	Vienna
Montevideo	- 3:00	Rio de Janeiro	- 3:00	Vientiane	+ 7:00
Montreal	- 5:00	Riyadh	+ 3:00	Warsaw	+ 1:00
Moscow	+ 3:00	Rome	+ 1:00		Washington,D.C.
Mumbai	+ 5:30	Saint Louis	- 6:00	Wellington	+12:00
Munich	+ 1:00		Salt Lake City	- 7:00	Winnipeg
Muscat	+ 4:00	Salzburg	+ 1:00	Yangon	+ 6:30
Nadi	+12:00	San Antonio	- 6:00		Yaounde
Nairobi	+ 3:00	San Diego	- 8:00	Zurich	+ 1:00
Nashville	- 6:00	San Francisco	- 8:00		
Nassau	- 5:00				
New Orleans	- 6:00				

