

Appendice

Lista dei nomi delle città	190
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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		– 6:00	Santo Domingo	– 4:00
Los Angeles	– 8:00		+ 1:00	Sao Paulo	– 3:00
Luanda	+ 1:00		– 5:00	Seattle	– 8:00
Lusaka	+ 2:00	Panama City	– 5:00	Seoul	+ 9:00
Luxembourg	+ 1:00		–10:00	Shanghai	+ 8:00
Madrid	+ 1:00		– 3:00	Singapore	+ 8:00
Managua	– 6:00		+ 1:00	Sofia	+ 2:00
Manaus	– 4:00	Paris	+ 8:00	St Petersburg	+ 3:00
Manila	+ 8:00	Peking (Beijing)	+ 8:00	Stockholm	+ 1:00
Maputo	+ 2:00	Perth	+ 8:00	Sydney	+10:00
Marseille	+ 1:00	Philadelphia	– 5:00	Taipei	+ 8:00
Melbourne	+10:00	Phnom Penh	+ 7:00		– 5:00
Memphis	– 6:00	Phoenix	– 7:00		– 6:00
Mexico City	– 6:00	Pittsburgh	– 5:00		+ 3:30
Miami	– 5:00	Port Louis	+ 4:00		– 8:00
Midway Is.	–11:00	Port Moresby	+10:00		+ 9:00
Milan	+ 1:00	Port au Prince	– 5:00		– 5:00
Milwaukee	– 6:00	Port of Spain	– 4:00		+ 2:00
Minneapolis	– 6:00	Portland	– 8:00		+ 1:00
Mogadishu	+ 3:00	Prague	+ 1:00	Vancouver	– 8:00
Monrovia	– 0:00	Quito	– 5:00		+ 1:00
Montevideo	– 3:00		– 0:00		+ 7:00
Montreal	– 5:00	Reykjavik	– 3:00	Warsaw	+ 1:00
Moscow	+ 3:00	Rio de Janeiro	+ 3:00		– 5:00
Mumbai	+ 5:30	Riyadh	+ 1:00		+12:00
Munich	+ 1:00	Rome	– 6:00		– 6:00
Muscat	+ 4:00	Saint Louis	– 7:00	Yangon	+ 6:30
Nadi	+12:00	Salt Lake City	+ 1:00		+ 1:00
Nairobi	– 6:00	Salzburg	– 6:00	Zurich	+ 1:00
Nashville	– 5:00	San Antonio	– 8:00		
Nassau	– 6:00	San Diego	– 8:00		
New Orleans	– 6:00	San Francisco	– 8:00		

