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| **World Time Zone Table** | | |
| **Name of Time Zone** | **UTC Time** | **City** |
| Dateline Standard Time | UTC-12:00 | International Date Line West |
| Samoa Standard Time | UTC-11:00 | Midway Island, Samoa |
| Hawaiian Standard Time | UTC-10:00 | Hawaii |
| Alaskan Standard Time | UTC-09:00 | Alaska |
| Pacific Standard Time | UTC-08:00 | Pacific Time (US and Canada); Tijuana |
| Mountain Standard Time | UTC-07:00 | Mountain Time (US and Canada |
| Mexico Standard Time 2 | UTC-07:00 | Chihuahua, La Paz, Mazatlan |
| U.S. Mountain Standard Time | UTC-07:00 | Arizona |
| Central Standard Time | UTC-06:00 | Central Time (US and Canada |
| Canada Central Standard Time | UTC-06:00 | Saskatchewan |
| Mexico Standard Time | UTC-06:00 | Guadalajara, Mexico City, Monterrey |
| Central America Standard Time | UTC-06:00 | Central America |
| Eastern Standard Time | UTC-05:00 | Eastern Time (US and Canada |
| U.S. Eastern Standard Time | UTC-05:00 | Indiana (East |
| S.A. Pacific Standard Time | UTC-05:00 | Bogota, Lima, Quito |
| Atlantic Standard Time | UTC-04:00 | Atlantic Time (Canada |
| S.A. Western Standard Time | UTC-04:00 | Caracas, La Paz |
| Pacific S.A. Standard Time | UTC-04:00 | Santiago |
| E. South America Standard Time | UTC-03:00 | Brasilia |
| S.A. Eastern Standard Time | UTC-03:00 | Buenos Aires, Georgetown |
| Greenland Standard Time | UTC-03:00 | Greenland |
| Mid-Atlantic Standard Time | UTC-02:00 | Mid-Atlantic |
| Azores Standard Time | UTC-01:00 | Azores |
| Cape Verde Standard Time | UTC-01:00 | Cape Verde Islands |
| GMT Standard Time | UTC | Greenwich Mean Time: Dublin, Edinburgh, Lisbon, London |
| Greenwich Standard Time | UTC | Casablanca, Monrovia |
| Central Europe Standard Time | UTC+01:00 | Belgrade, Bratislava, Budapest, Ljubljana, Prague |
| Central European Standard Time | UTC+01:00 | Sarajevo, Skopje, Warsaw, Zagreb |
| Romance Standard Time | UTC+01:00 | Brussels, Copenhagen, Madrid, Paris |
| W. Europe Standard Time | UTC+01:00 | Amsterdam, Berlin, Bern, Rome, Stockholm, Vienna |
| W. Central Africa Standard Time | UTC+01:00 | West Central Africa |
| E. Europe Standard Time | UTC+02:00 | Bucharest |
| Egypt Standard Time | UTC+02:00 | Cairo |
| FLE Standard Time | UTC+02:00 | Helsinki, Kiev, Riga, Sofia, Tallinn, Vilnius |
| GTB Standard Time | UTC+02:00 | Athens, Istanbul, Minsk |
| Israel Standard Time | UTC+02:00 | Jerusalem |
| South Africa Standard Time | UTC+02:00 | Harare, Pretoria |
| Russian Standard Time | UTC+03:00 | Moscow, St. Petersburg, Volgograd |
| Arab Standard Time | UTC+03:00 | Kuwait, Riyadh |
| E. Africa Standard Time | UTC+03:00 | Nairobi |
| Arabic Standard Time | UTC+03:00 | Baghdad |
| Arabian Standard Time | UTC+04:00 | Abu Dhabi, Muscat |
| Caucasus Standard Time | UTC+04:00 | Baku, Tbilisi, Yerevan |
| Ekaterinburg Standard Time | UTC+05:00 | Ekaterinburg |
| West Asia Standard Time | UTC+05:00 | Islamabad, Karachi, Tashkent |
| Central Asia Standard Time | UTC+06:00 | Astana, Dhaka |
| Sri Lanka Standard Time | UTC+06:00 | Sri Jayawardenepura |
| N. Central Asia Standard Time | UTC+06:00 | Almaty, Novosibirsk |
| S.E. Asia Standard Time | UTC+07:00 | Bangkok, Hanoi, Jakarta |
| North Asia Standard Time | UTC+07:00 | Krasnoyarsk |
| China Standard Time | UTC+08:00 | Beijing, Chongqing, Hong Kong SAR, Urumqi |
| Singapore Standard Time | UTC+08:00 | Kuala Lumpur, Singapore |
| Taipei Standard Time | UTC+08:00 | Taipei |
| W. Australia Standard Time | UTC+08:00 | Perth |
| North Asia East Standard Time | UTC+08:00 | Irkutsk, Ulaanbaatar |
| Korea Standard Time | UTC+09:00 | Seoul |
| Tokyo Standard Time | UTC+09:00 | Osaka, Sapporo, Tokyo |
| Yakutsk Standard Time | UTC+09:00 | Yakutsk |
| A.U.S. Eastern Standard Time | UTC+10:00 | Canberra, Melbourne, Sydney |
| E. Australia Standard Time | UTC+10:00 | Brisbane |
| Tasmania Standard Time | UTC+10:00 | Hobart |
| Vladivostok Standard Time | UTC+10:00 | Vladivostok |
| West Pacific Standard Time | UTC+10:00 | Guam, Port Moresby |
| Central Pacific Standard Time | UTC+11:00 | Magadan, Solomon Islands, New Caledonia |
| Fiji Islands Standard Time | UTC+12:00 | Fiji Islands, Kamchatka, Marshall Islands |
| New Zealand Standard Time | UTC+12:00 | Auckland, Wellington |
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| Source:Microsoft Time Zone | | |