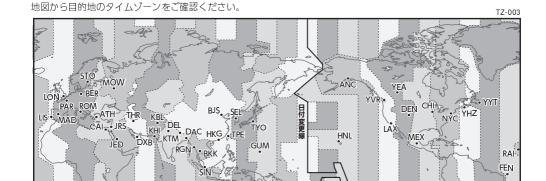
UTC(協定世界時)とタイムゾーン



JST (日本標準時) との時差
-10 | -9 | -8 | -7 | -6 | -5 | -4 | -3 | -2 | -1 | 0 | 1 | 2 | 3 | -20 | -19 | -18 | -17 | -16 | -15 | -14 | -13 | -12 | -11
UTC (協定世界時) との時差
-1 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | -11 | -10 | -9 | -8 | -7 | -6 | -5 | -4 | -3 | -2

ADL[°]

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