

夏時間 (～2025/11/02)

EST	→	PST	→	JST
0	→	21 (-1)	→	14 (-1)
1	→	22 (-1)	→	15 (-1)
2	→	23 (-1)	→	16 (-1)
3	→	0	→	17 (-1)
4	→	1	→	18 (-1)
5	→	2	→	19 (-1)
6	→	3	→	20 (-1)
7	→	4	→	21 (-1)
8	→	5	→	22 (-1)
9	→	6	→	23 (-1)
10	→	7	→	0
11	→	8	→	1

PST	→	JST
0	→	17 (-1)
1	→	18 (-1)
2	→	19 (-1)
3	→	20 (-1)
4	→	21 (-1)
5	→	22 (-1)
6	→	23 (-1)
7	→	0
8	→	1
9	→	2
10	→	3
11	→	4

JST	→	PST	→	EST
0	→	7 (-1)	→	10 (-1)
1	→	8 (-1)	→	11 (-1)
2	→	9 (-1)	→	12 (-1)
3	→	10 (-1)	→	13 (-1)
4	→	11 (-1)	→	14 (-1)
5	→	12 (-1)	→	15 (-1)
6	→	13 (-1)	→	16 (-1)
7	→	14 (-1)	→	17 (-1)
8	→	15 (-1)	→	18 (-1)
9	→	16 (-1)	→	19 (-1)
10	→	17 (-1)	→	20 (-1)
11	→	18 (-1)	→	21 (-1)

EST	→	PST	→	JST
12	→	9	→	2
13	→	10	→	3
14	→	11	→	4
15	→	12	→	5
16	→	13	→	6
17	→	14	→	7
18	→	15	→	8
19	→	16	→	9
20	→	17	→	10
21	→	18	→	11
22	→	19	→	12
23	→	20	→	13

PST	→	JST
12	→	5
13	→	6
14	→	7
15	→	8
16	→	9
17	→	10
18	→	11
19	→	12
20	→	13
21	→	14
22	→	15
23	→	16

JST	→	PST	→	EST
12	→	19 ⁽⁻¹⁾	→	22 ⁽⁻¹⁾
13	→	20 ⁽⁻¹⁾	→	23 ⁽⁻¹⁾
14	→	21 ⁽⁻¹⁾	→	0
15	→	22 ⁽⁻¹⁾	→	1
16	→	23 ⁽⁻¹⁾	→	2
17	→	0	→	3
18	→	1	→	4
19	→	2	→	5
20	→	3	→	6
21	→	4	→	7
22	→	5	→	8
23	→	6	→	9