夏時間 (~2	.023/1	1/02)					
ET		PT		JT	PT		JT
0	\rightarrow	21	\rightarrow	13	0	\rightarrow	16
1	\rightarrow	22	\rightarrow	14	1	\rightarrow	17
2	\rightarrow	23	\rightarrow	15	2	\rightarrow	18
3	\rightarrow	0	\rightarrow	16	3	\rightarrow	19
4	\rightarrow	1	\rightarrow	17	4	\rightarrow	20
5	\rightarrow	2	\rightarrow	18	5	\rightarrow	21
6	\rightarrow	3	\rightarrow	19	6	\rightarrow	22
7	\rightarrow	4	\rightarrow	20	7	\rightarrow	23
8	\rightarrow	5	\rightarrow	21	8	\rightarrow	0
9	\rightarrow	6	\rightarrow	22	9	\rightarrow	1
10	\rightarrow	7	\rightarrow	23	10	\rightarrow	2
11	\rightarrow	8	\rightarrow	0	11	\rightarrow	3
ET		PT		JST	PT		JST
ET 12	→		\rightarrow	JST		\rightarrow	
	$\rightarrow \\ \rightarrow$	PT	$\rightarrow \\ \rightarrow$	JST	PT	$\rightarrow \\ \rightarrow$	JST
12		PT 9		JST 1	PT 12		JST 4
12 13	\rightarrow	PT 9 10	\rightarrow	JST 1 2	PT 12 13	\rightarrow	JST 4 5
12 13 14	\rightarrow	PT 9 10 11	\rightarrow	1 2 3	PT 12 13 14	\rightarrow	JST 4 5 6
12 13 14 15	$\begin{array}{c} \rightarrow \\ \rightarrow \\ \rightarrow \\ \end{array}$	PT 9 10 11 12	$\begin{array}{c} \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \end{array}$	1 2 3 4	PT 12 13 14 15	$\begin{array}{c} \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \end{array}$	JST 4 5 6 7
12 13 14 15 16	$\begin{array}{c} \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \\ \end{array}$	PT 9 10 11 12 13	→ → → →	1 2 3 4 5	PT 12 13 14 15 16	→ → → →	JST 4 5 6 7
12 13 14 15 16 17	 → → → → 	PT 9 10 11 12 13 14	 → → → → 	1 2 3 4 5 6	PT 12 13 14 15 16 17	 → → → 	JST 4 5 6 7 8 9
12 13 14 15 16 17 18	 → → → → 	PT 9 10 11 12 13 14 15	$\begin{array}{c} \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \\ \end{array}$	1 2 3 4 5 6 7	PT 12 13 14 15 16 17 18	 → → → → 	JST 4 5 6 7 8 9 10
12 13 14 15 16 17 18 19	 → → → → → 	PT 9 10 11 12 13 14 15 16	$\begin{array}{c} \rightarrow \\ \end{array}$	1 2 3 4 5 6 7 8	PT 12 13 14 15 16 17 18 19	$\begin{array}{c} \rightarrow \\ \end{array}$	JST 4 5 6 7 8 9 10 11
12 13 14 15 16 17 18 19 20	$\begin{array}{c} \rightarrow \\ \end{array}$	PT 9 10 11 12 13 14 15 16 17	$\begin{array}{c} \rightarrow \\ \end{array}$	1 2 3 4 5 6 7 8 9	PT 12 13 14 15 16 17 18 19 20	$\begin{array}{c} \rightarrow \\ \end{array}$	4 5 6 7 8 9 10 11 12
12 13 14 15 16 17 18 19 20 21	$\begin{array}{c} \rightarrow \\ \end{array}$	PT 9 10 11 12 13 14 15 16 17 18	$\begin{array}{ccc} \rightarrow & \\ \end{array}$	1 2 3 4 5 6 7 8 9 10	PT 12 13 14 15 16 17 18 19 20 21	$\begin{array}{c} \rightarrow \\ \end{array}$	4 5 6 7 8 9 10 11 12 13

JT		PT		ET
0	\rightarrow	8	\rightarrow	11
1	\rightarrow	9	\rightarrow	12
2	\rightarrow	10	\rightarrow	13
3	\rightarrow	11	\rightarrow	14
4	\rightarrow	12	\rightarrow	15
5	\rightarrow	13	\rightarrow	16
6	\rightarrow	14	\rightarrow	17
7	\rightarrow	15	\rightarrow	18
8	\rightarrow	16	\rightarrow	19
9	\rightarrow	17	\rightarrow	20
10	\rightarrow	18	\rightarrow	21
11	\rightarrow	19	\rightarrow	22
JST		PT		ET
JST 12	→	PT 20	→	ET 23
	→ →		→ →	
12		20	$\begin{array}{c} \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \end{array}$	23
12 13	\rightarrow	20	\rightarrow	23
12 13 14	\rightarrow	20 21 22	→	23 0 1
12 13 14 15	$\begin{array}{c} \rightarrow \\ \rightarrow \\ \rightarrow \\ \end{array}$	20 21 22 23	$\begin{array}{c} \rightarrow \\ \rightarrow \\ \rightarrow \end{array}$	23 0 1 2
12 13 14 15 16	$\begin{array}{c} \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \end{array}$	20 21 22 23 0	$\begin{array}{c} \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \\ \end{array}$	23 0 1 2 3
12 13 14 15 16 17	$\begin{array}{c} \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \end{array}$	20 21 22 23 0 1	$\begin{array}{c} \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \end{array}$	23 0 1 2 3 4
12 13 14 15 16 17 18	$\begin{array}{c} \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \end{array}$	20 21 22 23 0 1 2	$\begin{array}{c} \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \\ \rightarrow \\ \end{array}$	23 0 1 2 3 4 5
12 13 14 15 16 17 18 19	$\begin{array}{c} \rightarrow \\ \end{array}$	20 21 22 23 0 1 2 3	$\begin{array}{c} \rightarrow \\ \end{array}$	23 0 1 2 3 4 5 6
12 13 14 15 16 17 18 19 20	$\begin{array}{c} \rightarrow \\ \end{array}$	20 21 22 23 0 1 2 3 4	$\begin{array}{c} \rightarrow \\ \end{array}$	23 0 1 2 3 4 5 6 7