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	contin	highest decrease region	decrease	highest increase regi	increase
0	Africa	Equatorial_Guinea	-129.05776	Equatorial_Guinea	129.05776
	America	Falkland_Islands_(Malvinas)	-177.93594	Belize	338.66956
2	Asia	Kyrgyzstan	-171.62182	Kyrgyzstan	174.22474
3	Europe	Holy_See	-858.89571	Holy_See	858.89571
4	Oceania	French_Polynesia	-346.95741	French_Polynesia	268.90094

🚵 fluctuation