Time vs band vs continent EU **AF** 160 m 80 m band 40 m 20 m 15 m 10 m  $\mathsf{OC}$ NA 160 m 80 m band 40 m 20 m 15 m 10 m SA AS 160 m 80 m band 40 m 20 m 15 m 10 m 10 20 30 30 40 10 20 40 0 hour hour