

Tabelle1

Orte	lfd. Nr.	ZeitzoneKennung IANA
Cagliari, Sardinien, Italien	4	'Europe/Rome'
Catania, Sizilien, Italien	4	'Europe/Rome'
Funchal, Madeira, Portugal	217	'Atlantic/Madeira'
Lissabon, Portugal	519	'Europe/Lisbon'
Los Angeles, USA	230	'America/Los_Angeles'
München, Deutschland	109	'Europe/Berlin'
Palma, Mallorca, Spanien	576	'Europe/Madrid'
Trentino, Gardasee, Italien	4	'Europe/Rome'
Valletta, Malta	339	'Europe/Malta'
Zagreb, Kroatien	125	'Europe/Zagreb'
	294	'Africa/Abidjan'
	280	'Africa/Accra'
	47	'Africa/Addis_Ababa'
	329	'Africa/Algiers'
	132	'Africa/Asmara'
	533	'Africa/Asmera'
	535	'Africa/Bamako'
	463	'Africa/Bangui'
	86	'Africa/Banjul'
	197	'Africa/Bissau'
	182	'Africa/Blantyre'
	522	'Africa/Brazzaville'
	238	'Africa/Bujumbura'
	468	'Africa/Cairo'
	253	'Africa/Casablanca'
	398	'Africa/Ceuta'
	475	'Africa/Conakry'
	363	'Africa/Dakar'
	388	'Africa/Dar_es_Salaam'
	558	'Africa/Djibouti'
	387	'Africa/Douala'
	174	'Africa/El_Aaiun'
	163	'Africa/Freetown'
	225	'Africa/Gaborone'
	524	'Africa/Harare'
	517	'Africa/Johannesburg'
	245	'Africa/Juba'
	328	'Africa/Kampala'
	49	'Africa/Khartoum'
	575	'Africa/Kigali'

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	510	'Africa/Kinshasa'
	364	'Africa/Lagos'
	310	'Africa/Libreville'
	92	'Africa/Lome'
	59	'Africa/Luanda'
	254	'Africa/Lubumbashi'
	435	'Africa/Lusaka'
	28	'Africa/Malabo'
	477	'Africa/Maputo'
	223	'Africa/Maseru'
	316	'Africa/Mbabane'
	240	'Africa/Mogadishu'
	334	'Africa/Monrovia'
	597	'Africa/Nairobi'
	487	'Africa/Ndjamena'
	139	'Africa/Niamey'
	372	'Africa/Nouakchott'
	456	'Africa/Ouagadougou'
	368	'Africa/Porto-Novo'
	480	'Africa/Sao_Tome'
	542	'Africa/Timbuktu'
	506	'Africa/Tripoli'
	84	'Africa/Tunis'
	478	'Africa/Windhoek'
	194	'America/Adak'
	578	'America/Anchorage'
	220	'America/Anguilla'
	305	'America/Antigua'
	203	'America/Araguaina'
	292	'America/Argentina/Buenos_Aires'
	54	'America/Argentina/Catamarca'
	508	'America/Argentina/ComodRivadavia'
	518	'America/Argentina/Cordoba'
	498	'America/Argentina/Jujuy'
	366	'America/Argentina/La_Rioja'
	115	'America/Argentina/Mendoza'
	569	'America/Argentina/Rio_Gallegos'
	42	'America/Argentina/Salta'
	555	'America/Argentina/San_Juan'
	33	'America/Argentina/San_Luis'
	122	'America/Argentina/Tucuman'

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	495	'America/Argentina/Ushuaia'
	108	'America/Aruba'
	229	'America/Asuncion'
	579	'America/Atikokan'
	317	'America/Atka'
	562	'America/Bahia_Banderas'
	208	'America/Bahia'
	553	'America/Barbados'
	550	'America/Belem'
	79	'America/Belize'
	99	'America/Blanc-Sablon'
	408	'America/Boa_Vista'
	347	'America/Bogota'
	543	'America/Boise'
	101	'America/Buenos_Aires'
	239	'America/Cambridge_Bay'
	469	'America/Campo_Grande'
	392	'America/Cancun'
	214	'America/Caracas'
	531	'America/Catamarca'
	35	'America/Cayenne'
	371	'America/Cayman'
	499	'America/Chicago'
	338	'America/Chihuahua'
	471	'America/Ciudad_Juarez'
	414	'America/Coral_Harbour'
	21	'America/Cordoba'
	451	'America/Costa_Rica'
	185	'America/Coyhaique'
	395	'America/Creston'
	412	'America/Cuiaba'
	595	'America/Curacao'
	94	'America/Danmarkshavn'
	213	'America/Dawson_Creek'
	282	'America/Dawson'
	532	'America/Denver'
	291	'America/Detroit'
	127	'America/Dominica'
	351	'America/Edmonton'
	490	'America/Eirunepe'
	545	'America/El_Salvador'

Tabelle1

	61	'America/Ensenada'
	330	'America/Fort_Nelson'
	571	'America/Fort_Wayne'
	18	'America/Fortaleza'
	113	'America/Glace_Bay'
	327	'America/Godthab'
	511	'America/Goose_Bay'
	278	'America/Grand_Turk'
	184	'America/Grenada'
	429	'America/Guadeloupe'
	120	'America/Guatemala'
	362	'America/Guayaquil'
	133	'America/Guyana'
	268	'America/Halifax'
	430	'America/Havana'
	121	'America/Hermosillo'
	304	'America/Indiana/Indianapolis'
	180	'America/Indiana/Knox'
	596	'America/Indiana/Marengo'
	55	'America/Indiana/Petersburg'
	164	'America/Indiana/Tell_City'
	445	'America/Indiana/Vevay'
	402	'America/Indiana/Vincennes'
	494	'America/Indiana/Winamac'
	274	'America/Indianapolis'
	449	'America/Inuvik'
	405	'America/Iqaluit'
	135	'America/Jamaica'
	410	'America/Jujuy'
	344	'America/Juneau'
	354	'America/Kentucky/Louisville'
	244	'America/Kentucky/Monticello'
	318	'America/Knox_IN'
	166	'America/Kralendijk'
	189	'America/La_Paz'
	100	'America/Lima'
	536	'America/Louisville'
	467	'America/Lower_Princes'
	263	'America/Maceio'
	370	'America/Managua'
	448	'America/Manaus'

Tabelle1

	486	'America/Marigot'
	56	'America/Martinique'
	409	'America/Matamoros'
	57	'America/Mazatlan'
	319	'America/Mendoza'
	205	'America/Menominee'
	24	'America/Merida'
	221	'America/Metlakatla'
	460	'America/Mexico_City'
	582	'America/Miquelon'
	186	'America/Moncton'
	538	'America/Monterrey'
	212	'America/Montevideo'
	250	'America/Montreal'
	287	'America/Montserrat'
	541	'America/Nassau'
	90	'America/New_York'
	503	'America/Nipigon'
	2	'America/Nome'
	193	'America/Noronha'
	358	'America/North_Dakota/Beulah'
	598	'America/North_Dakota/Center'
	45	'America/North_Dakota/New_Salem'
	258	'America/Nuuk'
	32	'America/Ojinaga'
	190	'America/Panama'
	118	'America/Pangnirtung'
	484	'America/Paramaribo'
	260	'America/Phoenix'
	241	'America/Port_of_Spain'
	261	'America/Port-au-Prince'
	496	'America/Porto_Acre'
	515	'America/Porto_Velho'
	259	'America/Puerto_Rico'
	272	'America/Punta_Arenas'
	479	'America/Rainy_River'
	29	'America/Rankin_Inlet'
	355	'America/Recife'
	483	'America/Regina'
	233	'America/Resolute'
	6	'America/Rio_Branco'

Tabelle1

	321	'America/Rosario'
	428	'America/Santa_Isabel'
	242	'America/Santarem'
	360	'America/Santiago'
	588	'America/Santo_Domingo'
	209	'America/Sao_Paulo'
	26	'America/Scoresbysund'
	528	'America/Shiprock'
	500	'America/Sitka'
	178	'America/St_Barthelemy'
	384	'America/St_Johns'
	215	'America/St_Kitts'
	65	'America/St_Lucia'
	142	'America/St_Thomas'
	264	'America/St_Vincent'
	236	'America/Swift_Current'
	196	'America/Tegucigalpa'
	577	'America/Thule'
	554	'America/Thunder_Bay'
	376	'America/Tijuana'
	12	'America/Toronto'
	426	'America/Tortola'
	422	'America/Vancouver'
	342	'America/Virgin'
	357	'America/Whitehorse'
	41	'America/Winnipeg'
	39	'America/Yakutat'
	341	'America/Yellowknife'
	380	'Antarctica/Casey'
	172	'Antarctica/Davis'
	493	'Antarctica/DumontDURville'
	116	'Antarctica/Macquarie'
	453	'Antarctica/Mawson'
	458	'Antarctica/McMurdo'
	491	'Antarctica/Palmer'
	85	'Antarctica/Rothera'
	433	'Antarctica/South_Pole'
	143	'Antarctica/Syowa'
	464	'Antarctica/Troll'
	10	'Antarctica/Vostok'
	119	'Arctic/Longyearbyen'

Tabelle1

	326	'Asia/Aden'
	592	'Asia/Almaty'
	505	'Asia/Amman'
	126	'Asia/Anadyr'
	25	'Asia/Aqtau'
	219	'Asia/Aqtobe'
	22	'Asia/Ashgabat'
	111	'Asia/Ashkhabad'
	275	'Asia/Atyrau'
	437	'Asia/Baghdad'
	332	'Asia/Bahrain'
	165	'Asia/Baku'
	580	'Asia/Bangkok'
	373	'Asia/Barnaul'
	323	'Asia/Beirut'
	324	'Asia/Bishkek'
	228	'Asia/Brunei'
	559	'Asia/Calcutta'
	415	'Asia/Chita'
	591	'Asia/Choibalsan'
	427	'Asia/Chongqing'
	141	'Asia/Chungking'
	277	'Asia/Colombo'
	169	'Asia/Dacca'
	8	'Asia/Damascus'
	309	'Asia/Dhaka'
	97	'Asia/Dili'
	417	'Asia/Dubai'
	226	'Asia/Dushanbe'
	315	'Asia/Famagusta'
	38	'Asia/Gaza'
	450	'Asia/Harbin'
	447	'Asia/Hebron'
	507	'Asia/Ho_Chi_Minh'
	201	'Asia/Hong_Kong'
	266	'Asia/Hovd'
	419	'Asia/Irkutsk'
	381	'Asia/Istanbul'
	465	'Asia/Jakarta'
	525	'Asia/Jayapura'
	568	'Asia/Jerusalem'

Tabelle1

	557	'Asia/Kabul'
	232	'Asia/Kamchatka'
	140	'Asia/Karachi'
	188	'Asia/Kashgar'
	162	'Asia/Kathmandu'
	210	'Asia/Katmandu'
	224	'Asia/Khandyga'
	406	'Asia/Kolkata'
	7	'Asia/Krasnoyarsk'
	204	'Asia/Kuala_Lumpur'
	442	'Asia/Kuching'
	563	'Asia/Kuwait'
	303	'Asia/Macao'
	585	'Asia/Macau'
	302	'Asia/Magadan'
	13	'Asia/Makassar'
	335	'Asia/Manila'
	44	'Asia/Muscat'
	512	'Asia/Nicosia'
	544	'Asia/Novokuznetsk'
	257	'Asia/Novosibirsk'
	96	'Asia/Omsk'
	159	'Asia/Oral'
	353	'Asia/Phnom_Penh'
	144	'Asia/Pontianak'
	199	'Asia/Pyongyang'
	560	'Asia/Qatar'
	345	'Asia/Qostanay'
	290	'Asia/Qyzylorda'
	401	'Asia/Rangoon'
	17	'Asia/Riyadh'
	423	'Asia/Saigon'
	114	'Asia/Sakhalin'
	439	'Asia/Samarkand'
	37	'Asia/Seoul'
	589	'Asia/Shanghai'
	331	'Asia/Singapore'
	46	'Asia/Srednekolymysk'
	195	'Asia/Taipei'
	131	'Asia/Tashkent'
	192	'Asia/Tbilisi'

Tabelle1

	337	'Asia/Tehran'
	249	'Asia/Tel_Aviv'
	413	'Asia/Thimbu'
	421	'Asia/Thimphu'
	431	'Asia/Tokyo'
	167	'Asia/Tomsk'
	377	'Asia/Ujung_Pandang'
	11	'Asia/Ulaanbaatar'
	514	'Asia/Ulan_Bator'
	175	'Asia/Urumqi'
	567	'Asia/Ust-Nera'
	452	'Asia/Vientiane'
	352	'Asia/Vladivostok'
	93	'Asia/Yakutsk'
	112	'Asia/Yangon'
	177	'Asia/Yekaterinburg'
	256	'Asia/Yerevan'
	299	'Atlantic/Azores'
	251	'Atlantic/Bermuda'
	63	'Atlantic/Canary'
	58	'Atlantic/Cape_Verde'
	446	'Atlantic/Faeroe'
	436	'Atlantic/Faroe'
	350	'Atlantic/Jan_Mayen'
	378	'Atlantic/Reykjavik'
	462	'Atlantic/South_Georgia'
	489	'Atlantic/St_Helena'
	374	'Atlantic/Stanley'
	267	'Australia/ACT'
	513	'Australia/Adelaide'
	485	'Australia/Brisbane'
	285	'Australia/Broken_Hill'
	102	'Australia/Canberra'
	564	'Australia/Currie'
	88	'Australia/Darwin'
	123	'Australia/Eucla'
	78	'Australia/Hobart'
	160	'Australia/LHI'
	150	'Australia/Lindeman'
	284	'Australia/Lord_Howe'
	130	'Australia/Melbourne'

Tabelle1

	110	'Australia/North'
	379	'Australia/NSW'
	179	'Australia/Perth'
	583	'Australia/Queensland'
	593	'Australia/South'
	574	'Australia/Sydney'
	461	'Australia/Tasmania'
	416	'Australia/Victoria'
	482	'Australia/West'
	307	'Australia/Yancowinna'
	443	'Brazil/Acre'
	237	'Brazil/DeNoronha'
	74	'Brazil/East'
	170	'Brazil/West'
	547	'Canada/Atlantic'
	83	'Canada/Central'
	546	'Canada/Eastern'
	89	'Canada/Mountain'
	279	'Canada/Newfoundland'
	502	'Canada/Pacific'
	403	'Canada/Saskatchewan'
	297	'Canada/Yukon'
	497	'CET'
	556	'Chile/Continental'
	420	'Chile/EasterIsland'
	594	'CST6CDT'
	394	'Cuba'
	590	'EET'
	425	'Egypt'
	255	'Eire'
	383	'EST'
	50	'EST5EDT'
	361	'Etc/GMT-0'
	540	'Etc/GMT-1'
	31	'Etc/GMT-10'
	432	'Etc/GMT-11'
	134	'Etc/GMT-12'
	481	'Etc/GMT-13'
	527	'Etc/GMT-14'
	70	'Etc/GMT-2'
	386	'Etc/GMT-3'

Tabelle1

	311	'Etc/GMT-4'
	146	'Etc/GMT-5'
	161	'Etc/GMT-6'
	314	'Etc/GMT-7'
	281	'Etc/GMT-8'
	566	'Etc/GMT-9'
	418	'Etc/GMT'
	276	'Etc/GMT+0'
	69	'Etc/GMT+1'
	155	'Etc/GMT+10'
	154	'Etc/GMT+11'
	320	'Etc/GMT+12'
	492	'Etc/GMT+2'
	283	'Etc/GMT+3'
	308	'Etc/GMT+4'
	584	'Etc/GMT+5'
	476	'Etc/GMT+6'
	15	'Etc/GMT+7'
	270	'Etc/GMT+8'
	365	'Etc/GMT+9'
	72	'Etc/GMT0'
	23	'Etc/Greenwich'
	227	'Etc/UCT'
	289	'Etc/Universal'
	124	'Etc/UTC'
	137	'Etc/Zulu'
	393	'Europe/Amsterdam'
	3	'Europe/Andorra'
	300	'Europe/Astrakhan'
	129	'Europe/Athens'
	206	'Europe/Belfast'
	98	'Europe/Belgrade'
	441	'Europe/Bratislava'
	171	'Europe/Brussels'
	198	'Europe/Bucharest'
	95	'Europe/Budapest'
	235	'Europe/Busingen'
	530	'Europe/Chisinau'
	472	'Europe/Copenhagen'
	30	'Europe/Dublin'
	561	'Europe/Gibraltar'

Tabelle1

	356	'Europe/Guernsey'
	382	'Europe/Helsinki'
	176	'Europe/Isle_of_Man'
	346	'Europe/Istanbul'
	243	'Europe/Jersey'
	367	'Europe/Kaliningrad'
	411	'Europe/Kiev'
	76	'Europe/Kirov'
	252	'Europe/Kyiv'
	526	'Europe/Ljubljana'
	586	'Europe/London'
	202	'Europe/Luxembourg'
	53	'Europe/Mariehamn'
	136	'Europe/Minsk'
	434	'Europe/Monaco'
	211	'Europe/Moscow'
	173	'Europe/Nicosia'
	265	'Europe/Oslo'
	407	'Europe/Paris'
	82	'Europe/Podgorica'
	191	'Europe/Prague'
	51	'Europe/Riga'
	520	'Europe/Samara'
	509	'Europe/San_Marino'
	138	'Europe/Sarajevo'
	390	'Europe/Saratov'
	148	'Europe/Simferopol'
	349	'Europe/Skopje'
	145	'Europe/Sofia'
	298	'Europe/Stockholm'
	216	'Europe/Tallinn'
	389	'Europe/Tirane'
	153	'Europe/Tiraspol'
	473	'Europe/Ulyanovsk'
	52	'Europe/Uzhgorod'
	231	'Europe/Vaduz'
	71	'Europe/Vatican'
	19	'Europe/Vienna'
	117	'Europe/Vilnius'
	296	'Europe/Volgograd'
	396	'Europe/Warsaw'

Tabelle1

	385	'Europe/Zaporozhye'
	43	'Europe/Zurich'
	470	'Factory'
	73	'GB-Eire'
	16	'GB'
	103	'GMT-0'
	391	'GMT'
	20	'GMT+0'
	271	'GMT0'
	157	'Greenwich'
	400	'Hongkong'
	105	'HST'
	67	'Iceland'
	149	'Indian/Antananarivo'
	359	'Indian/Chagos'
	181	'Indian/Christmas'
	551	'Indian/Cocos'
	504	'Indian/Comoro'
	488	'Indian/Kerguelen'
	539	'Indian/Mahe'
	573	'Indian/Maldives'
	151	'Indian/Mauritius'
	348	'Indian/Mayotte'
	91	'Indian/Reunion'
	200	'Iran'
	440	'Israel'
	474	'Jamaica'
	466	'Japan'
	40	'Kwajalein'
	128	'Libya'
	340	'MET'
	1	'Mexico/BajaNorte'
	5	'Mexico/BajaSur'
	397	'Mexico/General'
	312	'MST'
	80	'MST7MDT'
	34	'Navajo'
	369	'NZ-CHAT'
	106	'NZ'
	565	'Pacific/Apia'
	104	'Pacific/Auckland'

Tabelle1

	375	'Pacific/Bougainville'
	459	'Pacific/Chatham'
	273	'Pacific/Chuuk'
	262	'Pacific/Easter'
	313	'Pacific/Efate'
	343	'Pacific/Enderbury'
	306	'Pacific/Fakaofo'
	325	'Pacific/Fiji'
	454	'Pacific/Funafuti'
	60	'Pacific/Galapagos'
	537	'Pacific/Gambier'
	168	'Pacific/Guadalcanal'
	424	'Pacific/Guam'
	295	'Pacific/Honolulu'
	399	'Pacific/Johnston'
	438	'Pacific/Kanton'
	147	'Pacific/Kiritimati'
	548	'Pacific/Kosrae'
	444	'Pacific/Kwajalein'
	158	'Pacific/Majuro'
	187	'Pacific/Marquesas'
	68	'Pacific/Midway'
	293	'Pacific/Nauru'
	234	'Pacific/Niue'
	552	'Pacific/Norfolk'
	66	'Pacific/Noumea'
	87	'Pacific/Pago_Pago'
	288	'Pacific/Palau'
	9	'Pacific/Pitcairn'
	36	'Pacific/Pohnpei'
	549	'Pacific/Ponape'
	247	'Pacific/Port_Moresby'
	336	'Pacific/Rarotonga'
	183	'Pacific/Saipan'
	286	'Pacific/Samoa'
	501	'Pacific/Tahiti'
	27	'Pacific/Tarawa'
	75	'Pacific/Tongatapu'
	333	'Pacific/Truk'
	587	'Pacific/Wake'
	581	'Pacific/Wallis'

Tabelle1

	156	'Pacific/Yap'
	14	'Poland'
	248	'Portugal'
	62	'PRC'
	48	'PST8PDT'
	269	'ROC'
	523	'ROK'
	404	'Singapore'
	572	'Turkey'
	521	'UCT'
	534	'Universal'
	455	'US/Alaska'
	457	'US/Aleutian'
	81	'US/Arizona'
	207	'US/Central'
	301	'US/East-Indiana'
	529	'US/Eastern'
	570	'US/Hawaii'
	77	'US/Indiana-Starke'
	516	'US/Michigan'
	218	'US/Mountain'
	64	'US/Pacific'
	246	'US/Samoa'
	107	'UTC'
	222	'W-SU'
	322	'WET'
	152	'Zulu'