

		McMurdo Station 77.8
		Reykjavik 64.1
		Anchorage 61.2
		Greater Yarmouth 52.6
		London 51.3
		Minneapolis 45.0
		Chicago 42.1
		Pittsburgh, Stanley 40.6
		Washington DC 38.9
		San Francisco, Seoul 37.7
		Los Angeles 34.0
		Albuquerque 35.1
		Miami 25.8
		Mexico City 19.4
		Ho Chi Minh City 10.7
		Lagos 6.4

0700	
0730	
0800	
0830	
0900	
0930	
1000	
1030	
1100	
1130	
1230	
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1500	
1530	
1600	
1630	
1700	

South North