

Sheet1

PREFID	CITY,C,16	LAT,N	LONG,W	SUNRISE	SUNSET	GRAYLINE,C,1
3V	Tunis	36.8	-10.0	04:31	18:21	
3X	Conakry	10.0	13.0	06:45	19:11	
4U	Geneva (ITU)	46.2	-6.2	04:24	18:59	
4U	Un Hq New York	40.7	74.0	09:58	00:06	..
5A	Tripoli	32.5	-13.0	04:27	18:01	
5H	Dar Es Salaam	-7.0	-39.5	03:37	15:20	
5R	Fort-Dauphin	-25.0	-47.0	03:32	14:24	
5R	Diego Suarez	-12.3	-48.3	03:09	14:37	
5R	Tananarive	-18.9	-47.5	03:21	14:32	
5X	Kampala	1.0	-32.0	03:57	15:59	
5Z	Nairobi	-1.5	-38.0	03:36	15:32	
6O	Mogadisho	2.0	-46.0	02:59	15:05	
6W	Dakar	15.0	18.0	06:59	19:38	
7X	Algiers	36.7	-3.0	04:59	18:49	
9G	Accra	6.0	1.0	06:02	18:18	
9J	Lusaka	-15.0	-28.0	04:34	15:55	
9M6	Sabah	5.0	-117.0	22:12	10:25	
9M8	Sarawak	2.0	-113.0	22:32	10:37	
9Q	Kinshasa	-5.0	-15.3	05:12	16:59	
AP	Karachi	25.0	-67.0	01:04	14:12	
BY	Kashi	39.5	-76.0	00:01	14:03	..
BY	Lhasa	29.7	-91.2	23:20	12:43	
BY	Shanghai	31.2	-121.5	21:16	10:45	
BY	Chongqing	29.8	-106.5	22:18	11:43	
BY	Fuzhou	26.1	-119.3	21:33	10:45	
BY	Harbin	45.8	-126.7	20:23	10:56	
BY	Beijing	40.0	-116.4	21:19	11:23	
BY	Chengdu	30.7	-104.1	22:26	11:54	
BY	Urumqi	43.8	-87.6	23:05	13:27	
BY	Xian	34.3	-108.9	22:01	11:41	
C9	Maputo	-26.0	-32.5	04:32	15:21	
C9	Beira	-19.8	-34.8	04:14	15:21	
CE	Punta Arenas	-53.2	70.9	12:31	21:10	
CE	Santiago	-33.5	70.7	11:38	22:01	
CE	Arica	-18.5	72.2	11:19	22:31	
CT	Lisbon	38.7	9.2	05:44	19:42	
CX	Montevideo	-34.9	56.2	10:42	21:00	
D2	Mocamedes	-15.2	-12.2	05:37	16:58	
D2	Luanda	-8.8	-13.2	05:25	17:02	
D2	Nova Lisboa	-12.8	-15.7	05:20	16:47	
DL	Bonn	50.7	-7.0	04:06	19:10	
DL	Frankfurt	50.1	-8.7	04:02	19:01	
DL	Berlin	52.5	-13.4	03:35	18:51	
DL	Munich	48.1	-11.6	03:57	18:43	
DL	Stuttgart	48.8	-9.0	04:05	18:56	
DL	Hamburg	53.3	-10.0	03:45	19:07	
DU	Manila	14.6	-121.0	21:43	10:21	
EA	Madrid	40.4	3.7	05:19	19:24	

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EA	Barcelona	41.4	-2.2	04:52	19:03
EA	Malaga	36.7	4.4	05:29	19:19
EA9	Melilla	35.4	3.0	05:26	19:10
EA9	Ceuta	35.9	5.4	05:35	19:21
EI	Dublin	53.3	6.3	04:50	20:13
EL	Monrovia	7.0	11.0	06:41	18:59
EP	Tehran	35.8	-51.8	01:46	15:33
ET	Addis Ababa	9.0	-39.0	03:19	15:42
F	Paris	48.8	-2.4	04:31	19:22
F	Marseille	43.3	-5.4	04:35	18:55
FO	Papeete	-17.5	149.7	16:28	03:43
FO	Tahiti	-18.0	150.0	16:30	03:42
FO	Bora Bora	-16.5	151.8	16:35	03:52
FT8Y	Dumont D'urville	-67.0	-140.0	24:00	05:32
G	London	51.5	0.1	04:32	19:41
GM	Glasgow	55.8	4.3	04:31	20:16
HA	Budapest	47.5	-19.1	03:28	18:11
HC	Quito	-0.2	78.0	11:18	23:18
HK	Bogota	5.0	74.0	10:56	23:09
HL	Seoul	37.5	-127.0	20:42	10:35
HS	Bangkok	13.8	-100.5	23:06	11:43
HZ	Riyadh	24.6	-46.8	02:26	15:33
HZ	Mecca	21.4	-39.8	02:59	15:56
HZ	Dhahran	26.2	-50.1	02:10	15:22
I	Rome	41.9	-12.5	04:10	18:23
I	Venice	45.3	-12.4	04:02	18:32
I	Sicily, Palermo	38.2	-13.4	04:15	18:11
JA	Osaka	34.8	-135.8	20:12	09:55
JA	Sapporo	43.0	-141.0	19:33	09:51
JA	Kochi	33.5	-133.5	20:24	10:01
JA	Nagoya	35.1	-136.9	20:08	09:51
JA	Niigata	38.0	-139.2	19:52	09:47
JA	Toyama	36.7	-137.2	20:02	09:53
JA	Nagasaki	32.8	-129.8	20:40	10:15
JA	Hiroshima	34.4	-132.5	20:26	10:07
JA	Sendai	38.3	-140.9	19:45	09:41
JA	Tokyo	35.7	-139.8	19:54	09:40
JT	Ulan Bator	48.0	-107.0	21:36	12:21
JY	Amman	32.0	-36.0	02:56	16:28
KC4	Byrd Station	-80.0	120.0		None
KC4	Mc Murdo Station	-77.7	-166.7		None
KC4	Palmer Station	-64.8	64.5	13:13	19:36
KH5	Palmyra Island	5.9	162.1	16:47	05:02
KH5	Jarvis Island	-0.4	160.3	16:48	04:47
KL7	Kodiak Island	57.8	152.5	14:15	06:18
KL7	Ketchikan	55.5	131.7	13:03	04:44
KL7	Fairbanks	64.8	147.8	13:07	06:49
KL7	Adak Island	51.8	176.7	16:18	07:29
KL7	Anchorage	61.2	150.0	13:45	06:28

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KL7	Juneau	58.4	134.4	12:59	05:09
LA	Oslo	60.0	-10.7	03:10	19:37
LU	Tucuman	-26.8	65.1	11:03	21:50
LU	Tierra Del Fuego	-54.5	68.5	12:26	20:55
LU	Deseado	-47.9	66.0	11:52	21:08
LU	Buenos Aires	-34.7	58.5	10:51	21:10
LZ	Sofia	42.7	-23.3	03:25	17:42
OA	Lima	-12.0	77.0	11:30	22:59
OD	Beirut	33.9	-35.5	02:55	16:34
OE	Vienna	48.2	-16.3	03:38	18:24
OH	Helsinki	60.2	-25.0	02:11	18:41
OK	Prague	50.1	-14.4	03:39	18:38
ON	Brussels	50.9	-4.4	04:16	19:21
OX	Godthaab	64.2	55.6	07:04	00:34
OX	Thule	77.5	69.5	None	
OZ	Copenhagen	55.7	-12.6	03:25	19:08
PA	Amsterdam	52.4	-4.9	04:09	19:25
PY	Porto Alegre	-30.1	51.2	10:13	20:49
PY	Manaus	-3.1	60.2	10:11	22:03
PY	Brasilia	-15.8	47.9	09:39	20:58
PY	Rio De Janeiro	-22.9	43.2	09:30	20:28
PY	Natal	-6.0	35.2	08:35	20:19
S2	Dacca	24.0	-90.5	23:32	12:37
SM	Stockholm	59.3	-18.1	02:44	19:03
SP	Warsaw	52.2	-21.0	03:05	18:19
ST	Khartoum	15.5	-32.5	03:36	16:17
SU	Cairo	30.0	-31.4	03:19	16:43
SV	Athens	38.0	-23.7	03:34	17:29
TA	Ankara	39.9	-32.9	02:53	16:57
TF	Reykjavik	64.1	22.0	04:51	22:18
TL	Bangui	4.5	-18.0	04:48	17:00
TN	Brazzaville	-4.0	-15.0	05:11	17:01
UA	Tobolsk	58.2	68.2	08:36	00:43
UA	Irkutsk	52.3	-104.3	21:32	12:46
UA	Yakutsk	62.0	-129.7	19:01	11:55
UA	Omsk	55.0	-73.4	23:25	15:01
UA	Novosibirsk	55.0	-83.0	22:46	14:22
UA	Norilsk	69.3	-88.1	20:24	16:04
UA0	Krasnoyarsk	56.0	-93.0	22:02	13:47
UA0	Khabarovsk	48.0	-135.0	19:44	10:29
UA0	Wrangel Island	71.0	-180.0	13:37	10:35
UA0	Vladivostok	43.2	-131.9	20:10	10:29
UA1	Leningrad	60.0	-30.0	01:53	18:20
UA3	Moscow	56.0	-37.5	01:44	17:29
UA4	Kuybyshev	53.5	-50.5	01:02	16:26
UA6	Rostov	47.0	-40.0	02:06	16:46
UA9	Perm	57.5	-56.0	00:22	16:22
UB5	Kiev	50.5	-31.0	02:31	17:33
UC2	Minsk	54.0	-27.5	02:33	18:00

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UD6	Baku	40.5	-50.0	01:43	15:49
UF6	Tbilisi	41.5	-45.0	02:01	16:12
UG6	Erivan	40.5	-44.5	02:05	16:12
UH8	Ashkhabad	38.0	-58.0	01:17	15:12
UI8	Bukhara	40.0	-64.0	00:48	14:52
UJ8	Samarkand	39.5	-67.0	00:37	14:39
UL7	Alma-Ata	53.0	-76.0	23:22	14:42
UO5	Kishinev	47.0	-29.0	02:50	17:30
UP2	Vilna	54.5	-25.5	02:38	18:11
UQ2	Riga	57.0	-24.0	02:33	18:27
UR2	Tallinn	59.0	-25.0	02:18	18:34
VE1	Saint John (Nb)	45.3	66.1	09:16	23:46
VE1	Halifax	44.6	63.6	09:08	23:34
VE2	Montreal	45.5	73.6	09:45	00:17
VE3	Toronto	43.7	79.4	10:13	00:35
VE3	Quebec City	46.8	71.2	09:32	00:11
VE3	Thunder Bay	48.4	89.2	10:39	01:27
VE4	Winnipeg	49.9	97.1	11:05	02:04
VE4	Saskatoon	52.1	106.7	11:37	02:50
VE5	Regina	50.5	104.6	11:34	02:36
VE5	Ottawa	45.4	75.7	09:54	00:25
VE5	Winnipeg	49.9	97.1	11:05	02:04
VE6	Calgary	51.0	114.1	12:10	03:15
VE6	Edmonton	53.5	113.5	11:58	03:22
VE7	Vancouver	49.3	123.1	12:52	03:45
VE7	Prince Geo. B.C.	53.9	122.8	12:34	04:02
VE8	Whitehorse	60.7	135.1	12:48	05:25
VE8	Yellowknife	62.5	114.4	11:13	04:15
VK1	Canberra	-35.5	-149.0	21:02	07:18
VK2	Sydney	-34.0	-151.0	20:52	07:13
VK3	Melbourne	-38.0	-145.0	21:24	07:29
VK4	Brisbane	-27.5	-153.0	20:32	07:16
VK5	Adelaide	-34.9	-138.6	21:43	08:01
VK6	Perth	-32.0	-115.9	23:09	09:37
VK7	Hobart	-42.9	-147.3	21:25	07:09
VK8	Darwin	-12.5	-130.9	21:39	09:07
VO1	St.John's	47.6	52.7	08:16	22:59
VO2	Goose Bay	51.3	60.4	08:34	23:42
VU	Bombay	19.0	-72.8	00:50	13:41
VU	Bombay	19.0	-72.8	00:50	13:41
VU	P.Blair, Andaman	11.7	-92.8	23:40	12:11
VU	New Delhi	28.0	-77.0	00:19	13:37
VU	Calcutta	22.6	-88.4	23:42	12:43
VU	Calcutta	22.5	-88.4	23:42	12:43
W0	Denver	39.7	105.0	12:05	02:08
W0	Fargo	46.9	96.8	11:14	01:54
W0	Wichita	37.7	97.4	11:39	01:33
W0	Pierre	44.4	100.4	11:35	02:01
W0	Bismarck	46.8	100.8	11:30	02:09

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W0	Omaha	41.3	96.0	11:25	01:35
W0	St. Louis	38.7	90.3	11:08	01:07
W0	Kansas City	39.1	94.6	11:25	01:25
W0	Minneapolis	45.0	93.3	11:05	01:34
W0	Des Moines	41.6	93.6	11:15	01:27
W0	Denver	39.7	104.9	12:05	02:08
W1	Boston	42.4	71.1	09:43	23:58
W1	Hartford	41.8	72.7	09:51	00:04
W1	Montpelier	44.3	72.6	09:45	00:09
W1	Concord	43.2	71.5	09:43	00:02
W1	Providence	41.8	71.4	09:46	23:58
W1	Bangor	44.8	68.8	09:28	23:56
W2	Buffalo	42.9	78.9	10:13	00:31
W2	New York City	40.8	74.0	09:58	00:06
W2	Trenton	40.1	74.8	10:04	00:08
W3	Wilmington	39.7	75.5	10:07	00:10
W3	Baltimore	39.3	76.6	10:13	00:13
W3	Philadelphia	40.0	75.2	10:05	00:09
W3	Washington Dc	38.9	77.0	10:14	00:14
W3	Pittsburgh	40.4	80.0	10:23	00:29
W4	Montgomery	32.4	86.3	11:05	00:38
W4	Louisville	38.2	85.8	10:52	00:48
W4	Richmond	37.5	77.5	10:20	00:13
W4	Columbia	34.0	81.0	10:41	00:20
W4	Raleigh	35.8	78.6	10:28	00:14
W4	Atlanta	33.8	84.4	10:55	00:33
W4	New Orleans	29.9	90.1	11:24	00:49
W4	Miami	25.8	80.2	10:52	00:03
W4	Memphis	35.1	90.1	11:15	00:58
W4	Knoxville	35.9	84.0	10:49	00:36
W5	Jackson	32.3	90.3	11:21	00:54
W5	Dallas	32.8	96.8	11:46	01:21
W5	Houston	29.8	95.4	11:46	01:10
W5	San Antonio	29.4	98.5	11:59	01:22
W5	Albuquerque	35.2	106.7	12:22	02:05
W5	Houston	29.7	95.4	11:46	01:10
W5	Okla City	35.5	97.6	11:44	01:29
W5	New Orleans	30.0	90.1	11:24	00:49
W5	Little Rock	34.7	92.4	11:25	01:07
W6	San Francisco	37.7	121.5	13:15	03:10
W6	Los Angeles	34.1	118.2	13:09	02:49
W6	San Diego	32.7	117.2	13:08	02:42
W7	Salt Lake City	40.8	111.9	12:30	02:38
W7	Las Vegas	36.2	115.1	12:53	02:40
W7	Phoenix	33.5	112.1	12:46	02:23
W7	Billings	45.8	108.5	12:04	02:37
W7	Seattle	47.5	122.4	12:55	03:37
W7	Cheyenne	41.2	104.8	12:01	02:11
W7	Spokane	47.6	117.5	12:35	03:18

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W7	Boise	43.6	116.2	12:40	03:02
W7	Helena	46.6	112.0	12:15	02:53
W7	Portland	45.5	122.7	13:02	03:33
W7	Salt Lake	40.8	111.9	12:30	02:38
W8	Cleveland	41.5	81.7	10:28	00:39
W8	Charleston	38.4	81.7	10:35	00:32
W8	Detroit	42.4	83.1	10:31	00:46
W8	Cincinnati	39.2	84.6	10:45	00:45
W9	Minneapolis	45.0	93.3	11:05	01:34
W9	Chicago	41.9	87.6	10:50	01:04
W9	Indianapolis	39.7	86.2	10:50	00:53
W9	Milwaukee	43.0	87.9	10:49	01:07
XE	Ensenada	31.9	116.7	13:08	02:39
XE	Mexico City	19.4	99.1	12:17	01:08
XE	Monterrey	25.7	100.4	12:13	01:23
XU	Phnom Penh	11.5	-105.0	22:51	11:21
XV	Ho Chi Minh City	10.8	-106.7	22:46	11:14
XW	Vientiane	18.0	-102.5	22:53	11:40
XZ	Rangoon	16.8	-96.0	23:20	12:04
YA	Kabul	34.5	-69.2	00:39	14:20
YA	Kandahar	31.5	-65.8	00:58	14:29
YA	Kabul	34.0	-68.5	00:43	14:22
YB	Pontianak	0.0	-109.3	22:49	10:49
YB	Medan	3.6	-98.7	23:27	11:37
YB	Jayapura	-2.6	-140.7	20:47	08:41
YB	Jakarta	-6.2	-106.8	23:07	10:52
YI	Baghdad	33.0	-44.5	02:21	15:56
YK	Damascus	34.0	-36.5	02:51	16:30
YO	Bucharest	44.4	-26.1	03:09	17:34
YU	Belgrade	45.0	-20.5	03:30	17:59
YV	Caracas	10.5	67.0	10:21	22:48
ZA	Tirana	41.5	-19.5	03:43	17:54
ZD9	Gough Island	-40.3	10.0	07:49	17:44
ZE	Salisbury	-18.0	-31.0	04:26	15:38
ZF	Cayman Brac	19.7	79.8	10:59	23:52
ZF	Georgetown	19.4	81.4	11:06	23:58
ZF	Little Cayman	19.7	80.0	11:00	23:52
ZL1	Auckland	-36.9	-174.8	19:22	05:33
ZL2	Wellington	-41.3	-174.8	19:32	05:23
ZL3	Christchurch	-43.0	-172.5	19:45	05:28
ZL4	Dunedin	-46.0	-170.0	20:03	05:29
ZL5	Scott Base Ant.	-78.0	-165.0		None
ZP	Asuncion	-25.3	58.0	10:33	21:24
ZS	Bloemfontein	-29.2	-26.1	05:03	15:41
ZS	Port Elizabeth	-34.0	-25.7	05:13	15:34
ZS1	Capetown	-33.9	-18.4	05:42	16:04
ZS5	Durban	-29.9	-30.9	04:45	15:21
ZS6	Johannesburg	-26.2	-28.1	04:50	15:38
KH2	Agana, Guam	13.5	-144.3	20:12	08:47

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K7	Marysville, Wa	48.4	122.0	12:50	03:38
K7	marysville,wa	48.0	122.2	12:52	03:38