

ZONE	ZD suffix		ZONE	ZD suffix
7.5° W to 7.5 E	0 Z		7.5° W to 22.5° W	+1 N
7.5° E to 22.5° E	- 1 A		22.5° W to 37.5° W	+2 O
22.5° E to 37.5° E	- 2 B		37.5° W to 52.5° W	+3 P
37.5° E to 52.5° E	- 3 C		52.5° W to 67.5° W	+4 Q
52.5° E to 67.5° E	- 4 D		67.5° W to 82.5° W	+5 R
67.5° E to 82.5° E	- 5 E		82.5° W to 97.5° W	+6 S
82.5° E to 97.5° E	- 6 F		97.5° W to 112.5° W	+7 T
97.5° E to 112.5° E	- 7 G		112.5° W to 127.5° W	+8 U
112.5° E to 127.5° E	- 8 H		127.5° W to 142.5° W	+9 V
127.5° E to 142.5° E	- 9 I		142.5° W to 157.5° W	+10 W
142.5° E to 157.5° E	- 10 K		157.5° W to 172.5° W	+11 X
157.5° E to 172.5° E	- 11 L		172.5° W to 180° W	+12 Y
172.5° E to 180° E	- 12 M			

UT = universal time / ZT = zone time / ZD = zone description

$$UT = ZT + ZD$$

$$ZT = UT - ZD$$