

# Greenwich Mean Time (GMT)

[@wikipedia](#)

The [mean solar time](#) at the [Royal Observatory](#) in [Greenwich](#), [London](#), reckoned from midnight.

English speakers often use GMT as a synonym for [Coordinated Universal Time](#) (UTC).<sup>[2]</sup> For navigation, it is considered equivalent to [UT1](#) (the modern form of mean solar time at 0° longitude); but this meaning can differ from UTC by up to 0.9 s.

## Reference

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[UTC](#)