

Decompressiontable for Breath-Hold Diving

Dive	1.st Stop	2.nd Stop	3.rd Stop	4.th Stop	Minimum-SI
Depth [m]	Depth [m] / Time [sec]	Depth [m] / Time [sec]	Depth [m] / Time [sec]	Depth [m] / Time [sec]	[min]
- 35	- / -	- / -	- / -	6 / 10	$10 + n * 5$
- 50	- / -	- / -	35 / 3	15 / 5	$15 + n * 10$
- 100	- / -	65 / 2	45 / 2	15 / 6	$20 + n * 15$
- 150	95 / 3	65 / 5	35 / 8	15 / 8	$25 + n * 20$

Paradigm of Championship:

1.st try (i.e.: $n = 1$): Dive to approx. 45 m:

1.st stop at approx. 35 m for approx. 3 – 5 sec.,

2.nd stop at approx. 15 m for approx. 5 – 8 sec.,

Minimal SI to next Breath-Hold Dive: $15 + 1 * 10 =$ longer than 25 min.

2.nd try (i.e.: $n = 2$): Dive to approx. 65 m:

1.st stop at approx. 45 m for approx. 2 – 4 sec.,

2.nd stop at approx. 15 m for approx. 6 – 8 sec.,

Minimal SI to next Breath-Hold Dive: $20 + 2 * 15 =$ longer than 50 min.

Abbreviations:

SI = Surface Intervall

n = Number of Breath-Hold Dive

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