

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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