

MAXIMUM NUMBER OF REPETITIONS BASED ON CALCULATED NITROGEN LOADING								
		ASCENT, DESCENT RATE (meters per second)						
MINIMUM RECOVERY PERIOD (min)	DEPTH (m)	0,7	0,8	0,9	1,0	1,1	1,2	1,3
4	25	77	82	85	89	92	94	95
4	30	39	42	44	47	49	51	53
5	35	23	25	27	28	30	32	33
5	40	15	17	18	19	21	22	23
6	45	10	11	13	14	15	16	16
6	50	8	9	9	10	11	12	13
7	55	6	7	7	8	9	9	10
7	60	4	5	6	6	7	7	8
8	65	3	4	4	5	5	6	6
8	70	2	2	3	3	4	4	5
9	75	1	1	2	2	3	3	3
9	80		1	1	1	2	2	2
	85			1	1	1	1	2
	90				1	1	1	1
	95						1	1
	100							1

* This table does not constitute a guideline neither can be used to prevent DCS during breath-hold diving

* Serious drawbacks in using the information on this table are the absence of data on the effects of fast ascents and high levels of carbon dioxide which is associated with breath-hold diving.

* The table assumes constant speed, maximum bottom time of 10 seconds, and maximum altitude of 300 meters above sea level.