

Stopp in	6	3	m
12	36		D
	54		E
	72		F
112'	90		G
	108		G

Stopp in	6	3	m
15	24		D
	36		E
	48		E
60'	60		F
	72	5	G
	84	10	G

Stopp in	6	3	m
18	15		C
	25		D
	35		E
38'	45	3	F
	55	9	F
	65	15	G
	75	22	G

Stopp in	6	3	m
21	11		C
	16		D
	21		D
27'	26		E
	31	2	E
	36	5	F
	41	8	F
	46	12	F
	51	16	G
	56	1	20
	61	2	25

Stopp in	6	3	m
24	7		B
	11		C
	15		D
20'	19		D
	23	2	E
	27	4	E
	31	7	F
	35	11	F
	39	1	14
	43	3	17
	47	4	20
	51	6	24
	55	8	28

Stopp in	6	3	m
27	6		B
	9		C
	12		D
13'	15		D
	18		E
	21	2	E
	24	2	F
	27	1	5
	30	2	7
	33	3	9
	36	4	10

Stopp in	6	3	m
30	6		B
	9		C
	12		D
11'	15		D
	18		E
	21	1	6
	24	2	9
	27	1	5
	30	2	7
	33	3	9
	36	4	10

Stopp in	6	3	m
27	6		B
	10		C
	14		D
16'	18		E
	22	4	E
	26	8	F
	30	2	10
	34	3	14
	38	5	18
	42	7	22
	46	10	26
	50	1	11

Stopp in	6	3	m
30	6		B
	9		C
	12		D
13'	15		D
	18		E
	21	7	E
	24	2	9
	27	3	12
	30	5	14
	33	7	17
	36	1	8
	39	2	9
	42	3	11

Stopp in	6	3	m
33	6		B
	9		C
	12		D
11'	15		D
	18		E
	21	2	E
	24	2	9
	27	3	12
	30	5	14
	33	7	17
	36	1	8
	39	2	9
	42	3	11

Stopp in	6	3	m
33	6		B
	9		C
	12		D
11'	15		D
	18		E
	21	2	E
	24	2	9
	27	3	12
	30	5	14
	33	7	17
	36	1	8
	39	2	9
	42	3	11

Stopp in	6	3	m
33	6		B
	9		C
	12		D
11'	15		D
	18		E
	21	2	E
	24	2	9
	27	3	12
	30	5	14
	33	7	17
	36	1	8
	39	2	9
	42	3	11

Stopp in	6	3	m
33	6		B
	9		C
	12		D
11'	15		D
	18		E
	21	2	E
	24	2	9
	27	3	12
	30	5	14
	33	7	17
	36	1	8
	39	2	9
	42	3	11

Stopp in	6	3	m
36	6		B
	10		D
	14		E
9'	18		F
	21	3	8
	24	5	11
	27	2	5
	30	3	7
	33	4	9
	36	1	5

Stopp in	6	3	m
39	6		C
	9		D
8'	12		E
	15		F
	18	1	4
	21	2	6
	24	4	7
	27	1	4

Stopp in	6	3	m
42	4		C
	7		D
6'	10		E
	13		F
	16	1	4
	19	3	5
	22	1	4
	25	2	5

Stopp in	6	3	m
45	6		D
	8		E
6'	10		F
	12		G
	14	1	4
	16	2	5
	18	1	3
	20	1	4
	22	2	5

Stopp in	6	3	m
45	6		D
	8		E
6'	10		F
	12		G
	14	1	4
	16	2	5
	18	1	3
	20	1	4
	22	2	5

Stopp in	6	3	m
48	5		C
	7		D
5'	9		E
	11		F
	13	2	3
	15	3	5
	17	1	4
	19	2	4
	21	1	2

Stopp in	6	3	m
51	6		D
	8		E
4'	10		F
	12		G
	14	1	3
	16	2	3
	18	1	2

Stopp in	6	3	m
51	6		D
	8		E
4'	10		F
	12		G
	14	1	3
	16	2	3
	18	1	2

701 - 1500m ü. N.N.
Aufstieg mit 10m/min

Stopp in	15	12	9	6	3	m
54	6				3	D
	8			2	5	E
3'	10			1	4	F
	12		1	2	5	F
	14		2	3	6	F
	16	1	2	4	8	G

Stopp in	15	12	9	6	3	m
60	6				1	4
	8			1	3	7
2'	10		1	2	5	F
	12		2	4	6	F
	13	1	2	4	7	F
	14	1	3	4	8	F

Stopp in	6	3	m
57	6		D
	8		E
3'	10		F
	12		G
	14	1	2
	16	2	3

Stopp in	6	3	m
63	6		E
	8		F
2'	10		F
	11	1	2
	12	1	2
	13	2	2

Dekotiefe m
Tiefe m
Nullzeit min(')

Grundzeit min
Dekopausen min
Wiederholungsgruppe

Erst planen – dann tauchen !

Oberflächenpause (h:min)

Wiederholungsgruppe	G	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	12:00	36h
F		0:30	1:00	1:30	2:15	3:00	3:45	4:30	5:30	6:30	10:00	30h
E				0:30	1:00	1:30	2:00	2:30	3:00	3:30	8:00	24h
D						0:30	0:45	1:00	1:30	2:00	6:00	18h
C								0:10	0:20	0:30	4:00	12h
B									0:10	0:20	2:00	6h

Tiefe des Wiederholungstauchgangs (m)	12	66	60	54	47	41	35	30	25	20
15	52	47	42	37	32	27	23	19	16	
18	43	39	34	30	26	22	19	16	13	
21	36	33	29	26	22	19	16	13	11	
24	31	28	25	22	19	16	14	12	10	
27	27	25	22	19	17	14	12	10	8	
30	24	22	20	17	15	13	11	9	8	
33	22	20	18	16	14	12	10	8	7	
36	20	18	16	14	12	11	9	7	6	
39	18	17	15	13	11	10	8	7	6	
42	17	15	14	12	10	9	8	6	5	
45	16	14	13	11	10	8	7	6	5	
48	15	13	12	10	9	8	6	5	4	
51	14	12	11	10	8	7	6	5	4	
54	13	12	10	9	8	7	6	5	4	
57	12	11	10	9	7	6	5	5	4	
60	11	10	9	8	7	6	5	4	4	
63	11	10	9	8	7	6	5	4	3	

Zeitzuschlag zur Grundzeit (min)

Zeitzuschläge (min)

