Use data from row C

When the VIX index goes from 20 to 24, how many times does it reach 25 and how long does this take? How many times does it reach 26 and how long does this take? How many times does it reach 27 and how long does this take? How many times does it reach 29 and how long does this take ? How many times does it reach 30 and how long does this take on average? Etc. to 40.

When the Vix index goes from 18 to 20, how many times does it reach 22 and how long does this take? ETC.

Please do this for all the numbers between 10 – 45

How long on average does it take for the VIX to go from 30 to 25?

How long on average does it take for the VIX to go from 30 to 20?

How long does it take on average for the Vix to go from 27 to 20?

How long does it take on average for the VIX to go from 35 to 20?

How long does it take on average for the vix to drop 5 points when above 25?

How long does it take on average for the VIX to drop 4 points when at 30 or above?

How long does it take for the VIX to drop 10 points when at 30 or above.

How often does it take for the VIX to drop 5 points when at 25?

ETC. ETC.