

## 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables

**Table 15-13.** 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables.

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)															Total Ascent Time (M:S)	Repet Group	
		Stop times (min) include travel time, except first stop																	
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20		
30 FSW																			
332	1:00																0	1:00	
340	0:20																4	5:00	
360	0:20																13	14:00	
420	0:20																34	35:00	
480	0:20																48	49:00	
540	0:20																59	60:00	
600	0:20																70	71:00	
660	0:20																87	88:00	
720	0:20																101	102:00	
35 FSW																			
190	1:10																0	1:10	L
200	0:30																12	13:10	L
210	0:30																23	24:10	
220	0:30																33	34:10	
230	0:30																42	43:10	
240	0:30																50	51:10	
270	0:30																71	72:10	
300	0:30																89	90:10	
330	0:30																103	104:10	
360	0:30																115	116:10	
390	0:30																126	127:10	
420	0:30																145	146:10	
450	0:30																162	163:10	
480	0:30																177	178:10	
50 FSW																			
325	1:40																0	1:40	K
330	1:00																1	2:40	K
340	1:00																2	3:40	K
350	1:00																3	4:40	K
360	1:00																5	6:40	K
420	1:00																11	12:40	
480	1:00																15	16:40	
540	1:00																18	19:40	
600	1:00																21	22:40	
660	1:00																25	26:40	
720	1:00																29	30:40	

## 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables

**Table 15-13.** 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)																Total Ascent Time (M:S)	Repet Group
		Stop times (min) include travel time, except first stop																	
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20		
60 FSW																			
134	2:00																0	2:00	L
140	1:20																3	5:00	L
150	1:20																8	10:00	L
160	1:20																12	14:00	L
170	1:20																16	18:00	L
180	1:20																20	22:00	
190	1:20																24	26:00	
200	1:20																27	29:00	
210	1:20																31	33:00	
220	1:20																34	36:00	
230	1:20																37	39:00	
240	1:20																40	42:00	
250	1:20																42	44:00	
260	1:20																45	47:00	
270	1:20																47	49:00	
280	1:20																49	51:00	
290	1:20																51	53:00	
300	1:20																53	55:00	
310	1:20																55	57:00	
320	1:20																57	59:00	
330	1:20																59	61:00	
340	1:20																61	63:00	
350	1:20																64	66:00	
360	1:20																66	68:00	
70 FSW																			
86	2:20																0	2:20	M
90	1:40																3	5:20	M
95	1:40																8	10:20	
100	1:40																12	14:20	
110	1:40																19	21:20	
120	1:40																26	28:20	
130	1:40																33	35:20	
140	1:40																39	41:20	
150	1:40																45	47:20	
160	1:40																50	52:20	
170	1:40																55	57:20	
180	1:40																60	62:20	
190	1:40																64	66:20	
200	1:40																68	70:20	
210	1:40																72	74:20	
220	1:40																76	78:20	

## 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables

**Table 15-13.** 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)															Total Ascent Time (M:S)	Repet Group	
		Stop times (min) include travel time, except first stop																	
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20		
80 FSW																			
63	2:40																0	2:40	M
65	2:00																2	4:40	M
70	2:00																8	10:40	
75	2:00																14	16:40	
80	2:00																19	21:40	
85	2:00																24	26:40	
90	2:00																29	31:40	
95	2:00																34	36:40	
100	2:00																39	41:40	
110	2:00																48	50:40	
120	2:00																56	58:40	
130	2:00																63	65:40	
140	2:00																70	72:40	
150	2:00																76	78:40	
160	2:00																82	84:40	
170	2:00																88	90:40	
180	2:00																93	95:40	
190	2:00																98	100:40	
90 FSW																			
44	3:00																0	3:00	K
45	2:20																1	4:00	K
50	2:20																2	5:00	L
55	2:20																7	10:00	M
60	2:20																15	18:00	
65	2:20																22	25:00	
70	2:20																29	32:00	
75	2:20																35	38:00	
80	2:20																41	44:00	
85	2:20																47	50:00	
90	2:20																53	56:00	
95	2:20																58	61:00	
100	2:20																63	66:00	
110	2:20																73	76:00	
120	2:20																82	85:00	
130	2:20																90	93:00	
140	2:20																97	100:00	
150	2:20																105	108:00	
160	2:20																112	115:00	

## 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables

**Table 15-13.** 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)															Total Ascent Time (M:S)	Repet Group	
		Stop times (min) include travel time, except first stop																	
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20		
100 FSW																			
31	3:20																0	3:20	J
35	2:40																2	5:20	K
40	2:40																4	7:20	L
45	2:40																6	9:20	M
50	2:40																16	19:20	
55	2:40																24	27:20	
60	2:40																33	36:20	
65	2:40																41	44:20	
70	2:40																48	51:20	
75	2:40																55	58:20	
80	2:40																62	65:20	
85	2:40																68	71:20	
90	2:40																74	77:20	
95	2:40																80	83:20	
100	2:40																85	88:20	
110	2:40																96	99:20	
120	2:40																105	108:20	
130	2:20															1	114	118:00	
140	2:20															1	124	128:00	
110 FSW																			
24	3:40																0	3:40	I
25	3:00																1	4:40	I
30	3:00																4	7:40	J
35	3:00																7	10:40	L
40	3:00																10	13:40	M
45	3:00																21	24:40	
50	3:00																31	34:40	
55	3:00																40	43:40	
60	2:40															1	49	53:20	
65	2:40															2	57	62:20	
70	2:40															3	64	70:20	
75	2:40															4	71	78:20	
80	2:40															5	77	85:20	
85	2:40															5	84	92:20	
90	2:40															6	89	98:20	
95	2:40															6	95	104:20	
100	2:40															6	101	110:20	
110	2:40															7	112	122:20	
EXCEPTIONAL EXPOSURE -----																			
120	2:40															7	123	133:20	
130	2:40															7	136	146:20	
140	2:20														1	7	149	160:00	

## 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables

**Table 15-13.** 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)																Total Ascent Time (M:S)	Repet Group
		Stop times (min) include travel time, except first stop																	
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20		
120 FSW																			
20	4:00																0	4:00	I
25	3:20																4	8:00	J
30	3:20																8	12:00	K
35	3:20																12	16:00	M
40	3:20																23	27:00	
45	3:00															2	34	39:40	
50	3:00															4	43	50:40	
55	3:00															6	52	61:40	
60	3:00															7	60	70:40	
65	2:40														2	7	68	80:20	
70	2:40														3	7	76	89:20	
75	2:40														3	8	83	97:20	
80	2:40														4	7	91	105:20	
85	2:40														5	7	97	112:20	
90	2:40														5	8	103	119:20	
95	2:40														6	7	110	126:20	
EXCEPTIONAL EXPOSURE -----																			
100	2:40														6	7	117	133:20	
110	2:40														7	7	131	148:20	
120	2:40														7	7	145	162:20	
130 FSW																			
17	4:20																0	4:20	H
20	3:40																3	7:20	I
25	3:40																8	12:20	K
30	3:40																13	17:20	L
35	3:20															2	21	27:00	L
40	3:20															5	32	41:00	L
45	3:00														1	7	43	54:40	L
50	3:00														3	7	53	66:40	
55	3:00														5	7	63	78:40	
60	3:00														6	8	71	88:40	
65	2:40													1	7	7	81	99:20	
70	2:40													2	7	7	89	108:20	
75	2:40													3	7	7	97	117:20	
80	2:40													3	8	7	104	125:20	
85	2:40													4	8	7	111	133:20	
EXCEPTIONAL EXPOSURE -----																			
90	2:40													5	7	7	119	141:20	
95	2:40													5	8	7	127	150:20	
100	2:40													6	7	7	136	159:20	
110	2:40													6	8	7	152	176:20	
120	2:40													7	7	18	159	194:20	

## 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables

**Table 15-13.** 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)															Total Ascent Time (M:S)	Repet Group	
		Stop times (min) include travel time, except first stop																	
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20		
140 FSW																			
15	4:40																0	4:40	H
20	4:00																7	11:40	J
25	4:00																12	16:40	K
30	3:40															3	16	23:20	M
35	3:40															7	29	40:20	
40	3:20														3	7	42	56:00	
45	3:20														6	7	53	70:00	
50	3:00													1	8	7	64	83:40	
55	3:00													3	8	7	74	95:40	
60	3:00													5	8	7	84	107:40	
65	3:00													7	7	7	93	117:40	
70	2:40												1	7	8	7	101	127:20	
75	2:40												2	7	8	7	110	137:20	
EXCEPTIONAL EXPOSURE -----																			
80	2:40												3	7	8	7	118	146:20	
85	2:40												4	7	7	8	127	156:20	
90	2:40												4	8	7	7	137	166:20	
95	2:40												5	7	7	8	146	176:20	
100	2:40												5	8	7	8	155	186:20	
150 FSW																			
13	5:00																0	5:00	H
15	4:20																3	8:00	H
20	4:20																10	15:00	J
25	4:00															2	14	20:40	L
30	4:00															7	24	35:40	L
35	3:40														4	8	37	53:20	L
40	3:20													1	7	8	50	70:00	
45	3:20													4	8	7	63	86:00	
50	3:20													7	7	8	74	100:00	
55	3:00												2	8	7	7	86	113:40	
60	3:00												4	8	7	7	96	125:40	
65	3:00												6	7	7	8	105	136:40	
70	3:00												7	7	8	7	114	146:40	
EXCEPTIONAL EXPOSURE -----																			
75	2:40											1	8	7	7	8	124	158:20	
80	2:40											2	8	7	7	8	135	170:20	
85	2:40											3	7	8	7	7	146	181:20	
90	2:40											4	7	7	8	9	155	193:20	

## 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables

**Table 15-13.** 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)															Total Ascent Time (M:S)	Repet Group	
		Stop times (min) include travel time, except first stop																	
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20		
160 FSW																			
12	5:20																0	5:20	H
15	4:40																5	10:20	I
20	4:40																13	18:20	K
25	4:20															6	16	27:00	M
30	4:00														4	8	31	47:40	
35	3:40													2	7	8	46	67:20	
40	3:40													6	8	7	60	85:20	
45	3:20												3	7	7	8	73	102:00	
50	3:20												6	7	7	8	85	117:00	
55	3:00										1	7	8	7	7	7	97	130:40	
60	3:00										3	7	8	7	8	8	107	143:40	
EXCEPTIONAL EXPOSURE -----																			
65	3:00										5	7	8	7	7	7	118	155:40	
70	3:00										6	8	7	7	8	8	130	169:40	
75	3:00										8	7	7	8	7	7	142	182:40	
80	2:40									2	7	7	8	7	7	7	154	195:20	
85	2:40									2	8	7	8	7	16	158	209:20		
90	2:40									3	8	7	7	8	25	161	222:20		
170 FSW																			
11	5:40																0	5:40	H
15	5:00																8	13:40	I
20	4:40															2	15	22:20	K
25	4:20														2	8	22	37:00	L
30	4:00													2	7	7	39	59:40	L
35	4:00													7	7	8	55	81:40	
40	3:40												4	8	7	7	70	100:20	
45	3:20										1	7	8	7	7	7	84	118:00	
50	3:20										4	7	8	7	8	7	96	134:00	
55	3:20										7	7	7	8	7	7	108	148:00	
EXCEPTIONAL EXPOSURE -----																			
60	3:00										2	7	8	7	7	8	120	162:40	
65	3:00										4	7	8	7	7	8	134	178:40	
70	3:00										5	8	7	8	7	7	148	193:40	
75	3:00										7	7	8	7	7	12	157	208:40	
80	2:40									1	7	8	7	7	8	22	160	223:20	

## 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables

**Table 15-13. 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables (Continued).**

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)															Total Ascent Time (M:S)	Repet Group	
		Stop times (min) include travel time, except first stop																	
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20		
180 FSW																			
10	6:00																0	6:00	H
15	5:20																11	17:00	J
20	5:00															6	14	25:40	L
25	4:40														6	8	29	48:20	L
30	4:20													6	7	8	47	73:00	
35	4:00												4	8	7	8	64	95:40	
40	3:40											2	8	7	7	8	80	116:20	
45	3:40											6	8	7	7	8	94	134:20	
50	3:20										3	7	7	8	7	7	108	151:00	
EXCEPTIONAL EXPOSURE -----																			
55	3:20										5	8	7	8	7	7	121	167:00	
60	3:00									1	7	8	7	7	8	7	136	184:40	
65	3:00									3	7	8	7	7	8	7	151	201:40	
70	3:00									5	7	7	8	7	7	16	158	218:40	
190 FSW																			
9	6:20																0	6:20	H
10	5:40																2	8:20	H
15	5:40																14	20:20	J
20	4:40													1	1	8	16	31:20	M
25	3:20									1	0	0	0	4	7	7	38	61:00	
30	3:00								1	0	0	2	2	7	7	8	57	87:40	
35	2:40							1	0	0	2	0	8	7	8	7	75	111:20	
40	2:20						1	0	0	0	2	6	8	7	7	8	91	133:00	
45	2:20						1	0	0	0	5	7	8	7	7	8	105	151:00	
50	2:20						1	0	0	0	8	8	7	8	7	7	120	169:00	
EXCEPTIONAL EXPOSURE -----																			
55	2:20						1	0	0	4	8	7	7	8	7	7	138	190:00	
60	2:20						1	0	0	7	7	8	7	7	8	7	153	208:00	
65	2:20						1	0	2	7	7	8	7	7	8	19	159	228:00	
70	2:20						1	0	3	8	7	8	7	7	8	31	164	247:00	



## 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables

**Table 15-13. 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables (Continued).**

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw) Stop times (min) include travel time, except first stop																Total Ascent Time (M:S)	Repet Group
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20		
200 FSW																			
8	6:40																0	6:40	G
10	6:00																5	11:40	H
15	5:20														1	1	15	23:00	K
20	3:20								1	0	0	2	0	0	5	7	25	44:00	L
25	2:00				1	0	0	0	2	0	1	0	1	7	7	7	47	75:40	L
30	1:20		1	0	0	2	0	0	0	2	0	1	7	7	8	7	69	106:00	
35	1:20		1	0	1	1	0	0	2	0	0	7	7	7	8	7	87	130:00	
40	1:00	1	0	1	1	0	0	2	0	0	5	8	7	7	8	7	104	152:40	
45	1:00	1	0	1	1	0	0	2	0	2	7	8	7	8	7	7	120	172:40	
EXCEPTIONAL EXPOSURE -----																			
50	1:00	1	0	1	1	0	1	0	1	6	7	7	8	7	8	7	139	195:40	
55	1:00	1	0	1	1	0	1	0	2	8	7	7	8	7	8	8	155	215:40	
60	1:00	1	0	1	1	0	1	0	5	7	8	7	7	8	7	22	161	237:40	
210 FSW																			
5	7:00																0	7:00	
10	6:20																5	12:00	
15	6:00															7	5	18:40	
20	5:00												5	3	2	2	28	45:40	
25	4:20										3	3	3	2	3	3	57	79:00	
30	4:20										6	3	2	2	6	12	76	112:00	
35	3:40								3	3	3	2	3	5	12	12	95	142:20	
40	3:20							3	2	3	2	3	5	12	11	12	113	170:00	
EXCEPTIONAL EXPOSURE -----																			
45	3:20							4	2	3	2	4	11	12	12	11	131	196:00	
50	3:20							4	3	2	3	10	11	12	12	11	149	221:00	
55	3:00						3	2	3	2	7	11	11	12	11	12	165	242:40	
60	3:20							5	3	2	11	12	11	11	12	21	173	265:00	

## 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables

**Table 15-13. 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables (Continued).**

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)															Total Ascent Time (M:S)	Repet Group	
		Stop times (min) include travel time, except first stop																	
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20		
220 FSW																			
5	7:20																0	7:20	
10	6:40																5	12:20	
15	5:40													4	3	2	6	21:20	
20	5:00										4	3	2	3	2	37	56:40		
25	5:00										7	3	3	2	8	65	93:40		
30	4:00							3	3	2	3	3	3	10	12	84	127:40		
35	4:20								8	2	3	2	12	12	11	106	161:00		
40	4:20								9	3	2	12	11	12	11	126	191:00		
EXCEPTIONAL EXPOSURE -----																			
45	3:40						6	2	3	2	10	12	11	12	11	144	217:20		
50	4:00							8	3	8	11	12	11	11	12	164	244:40		
55	4:00							9	4	12	11	12	11	11	18	177	269:40		
230 FSW																			
5	7:40																0	7:40	
10	7:00																6	13:40	
15	6:00												5	3	2	9	25:40		
20	5:00									3	3	2	3	3	2	46	67:40		
25	4:40							5	2	3	3	2	3	12	71	106:20			
30	4:00						3	3	2	3	2	3	6	12	12	93	143:40		
35	4:00						5	3	2	3	2	8	12	12	11	116	178:40		
EXCEPTIONAL EXPOSURE -----																			
40	3:20				2	3	2	3	2	3	8	12	11	12	11	137	210:00		
45	4:00						8	2	3	7	12	11	11	12	11	159	240:40		
50	3:20				4	3	2	3	5	11	13	11	11	11	16	174	268:00		
55	3:00			2	3	2	4	2	12	11	11	11	11	11	38	172	293:40		
240 FSW																			
5	8:00																0	8:00	
10	7:20																8	16:00	
15	6:00											4	3	2	4	15	34:40		
20	5:20									5	2	3	2	3	3	54	78:00		
25	5:20									9	3	2	2	8	12	80	122:00		
30	4:20						5	3	2	2	3	3	11	12	12	103	161:00		
35	4:20						7	3	2	3	4	12	11	12	12	127	198:00		
EXCEPTIONAL EXPOSURE -----																			
40	4:20						8	3	3	4	12	12	11	12	12	150	232:00		
45	4:20						10	2	4	12	12	11	12	11	12	173	264:00		
50	3:40				6	3	2	3	12	11	11	12	11	11	32	174	292:20		

## 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables

**Table 15-13.** 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)																Total Ascent Time (M:S)	Repet Group
		Stop times (min) include travel time, except first stop																	
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20		
250 FSW																			
5	8:20																0	8:20	
10	7:40																9	17:20	
15	6:20												5	3	3	2	24	44:00	
20	5:40									6	3	2	3	3	6	61	90:20		
25	5:00							6	3	2	2	3	3	12	12	87	135:40		
30	4:20						4	3	3	2	3	2	8	11	12	12	112	177:00	
EXCEPTIONAL EXPOSURE -----																			
35	4:40							9	2	3	2	10	12	12	11	12	139	217:20	
40	4:20						8	3	2	3	11	12	11	11	12	11	164	253:00	
45	4:00					7	3	3	2	11	11	12	11	11	12	25	175	287:40	
50	3:40				6	2	3	3	9	12	11	11	12	11	11	49	175	319:20	
260 FSW																			
5	8:40																0	8:40	
10	8:00																11	19:40	
15	6:20										4	3	3	2	3	31	53:00		
20	5:40								5	3	3	2	3	3	10	67	102:20		
25	5:20							8	3	2	2	3	7	13	12	96	152:00		
30	4:40						6	3	2	3	2	3	12	12	13	11	123	195:20	
EXCEPTIONAL EXPOSURE -----																			
35	4:40						8	3	3	2	6	12	12	11	12	11	151	236:20	
40	4:20					8	3	2	3	7	12	12	11	11	12	14	175	275:00	
45	4:00				7	3	2	3	8	12	11	11	11	12	11	42	173	310:40	
270 FSW																			
5	8:20																5	14:00	
10	8:20																13	22:00	
15	6:20									3	3	3	2	3	3	39	63:00		
20	6:20									9	3	2	3	5	12	75	116:00		
25	5:40							9	3	2	3	3	12	11	12	105	166:20		
EXCEPTIONAL EXPOSURE -----																			
30	5:00						8	3	2	3	2	9	11	12	11	12	134	212:40	
35	4:40					8	3	2	3	3	11	12	12	11	11	12	163	256:20	
40	4:20				8	3	3	1	5	12	12	11	11	11	12	30	174	298:00	
45	4:20				9	3	2	5	12	13	10	11	11	12	11	56	176	336:00	

## 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables

**Table 15-13. 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables (Continued).**

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)																Total Ascent Time (M:S)	Repet Group
		Stop times (min) include travel time, except first stop																	
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20		
280 FSW																			
5	8:40																5	14:20	
10	8:40																14	23:20	
15	7:00											7	3	2	3	3	47	72:40	
20	6:20									9	2	3	2	3	9	12	82	129:00	
25	5:20						6	3	3	2	3	2	7	12	12	12	114	182:00	
EXCEPTIONAL EXPOSURE -----																			
30	5:20						10	3	2	3	3	12	12	11	12	12	145	231:00	
35	4:40				8	2	3	2	3	8	12	12	11	11	11	13	176	277:20	
40	4:40				10	2	3	2	11	12	11	12	12	10	12	45	174	321:20	
45	4:40				11	3	3	11	11	12	11	11	11	12	11	72	178	362:20	
290 FSW																			
5	9:00																5	14:40	
10	8:00													4	4	2	6	24:40	
15	7:00										6	3	2	3	3	2	55	81:40	
20	6:20							8	2	3	2	3	4	12	12		88	141:00	
25	5:40						8	3	2	3	3	2	12	12	11	12	122	196:20	
EXCEPTIONAL EXPOSURE -----																			
30	5:00				7	3	2	3	3	2	9	12	12	11	11	12	156	248:40	
35	5:00				10	2	3	2	5	12	11	12	11	11	12	28	176	300:40	
40	5:00				12	2	3	7	12	11	12	11	11	11	12	59	177	345:40	
45	5:00				13	3	9	11	12	11	11	11	11	11	18	82	180	388:40	
300 FSW																			
5	9:20																5	15:00	
10	8:20													6	3	2	9	29:00	
15	7:00									5	3	2	3	2	3	5	61	91:40	
20	6:20						7	3	2	3	2	4	6	12	12		96	154:00	
25	5:20				5	3	2	3	3	2	3	7	12	11	12	11	132	212:00	
EXCEPTIONAL EXPOSURE -----																			
30	5:20				9	3	2	3	2	5	12	12	11	11	12	12	169	269:00	
35	5:20				12	2	3	2	10	12	11	12	11	11	12	41	176	321:00	
40	5:20				14	2	4	12	12	11	11	12	11	11	11	74	180	371:00	

## 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables

**Table 15-13.** 1.3 ata ppO<sub>2</sub> HeO<sub>2</sub> Decompression Tables (Continued).

(DESCENT RATE 60 FPM—ASCENT RATE 30 FPM)

Bottom Time (min)	Time to First Stop (M:S)	DECOMPRESSION STOPS (fsw)															Total Ascent Time (M:S)	Repet Group	
		Stop times (min) include travel time, except first stop																	
		170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20		
310 FSW																			
EXCEPTIONAL EXPOSURE -----																			
10	8:20													5	2	3	3	14	36:00
15	7:20									6	3	3	2	3	2	9	66	102:00	
20	6:20						6	3	2	3	2	3	3	12	11	12	103	167:00	
25	6:00					9	3	2	3	3	2	12	11	12	12	11	142	228:40	
30	5:40				11	3	2	2	3	10	12	11	11	12	12	17	176	288:20	
35	5:40				14	2	3	6	12	11	12	11	11	11	12	55	178	344:20	
40	5:40				16	2	10	12	11	12	11	11	11	11	19	83	182	397:20	
320 FSW																			
EXCEPTIONAL EXPOSURE -----																			
10	8:20												4	2	3	3	2	21	44:00
15	7:40									8	3	2	3	2	3	12	71	112:20	
20	6:20					6	2	3	2	3	2	4	5	12	12	12	111	181:00	
25	6:20					11	3	2	2	3	7	12	11	12	11	12	153	246:00	
30	6:00				13	2	3	2	6	12	11	12	11	11	12	30	177	308:40	
35	6:00				15	3	3	11	12	11	12	11	11	11	12	68	182	368:40	
40	6:00				18	7	11	12	11	11	11	12	11	11	35	83	185	424:40	