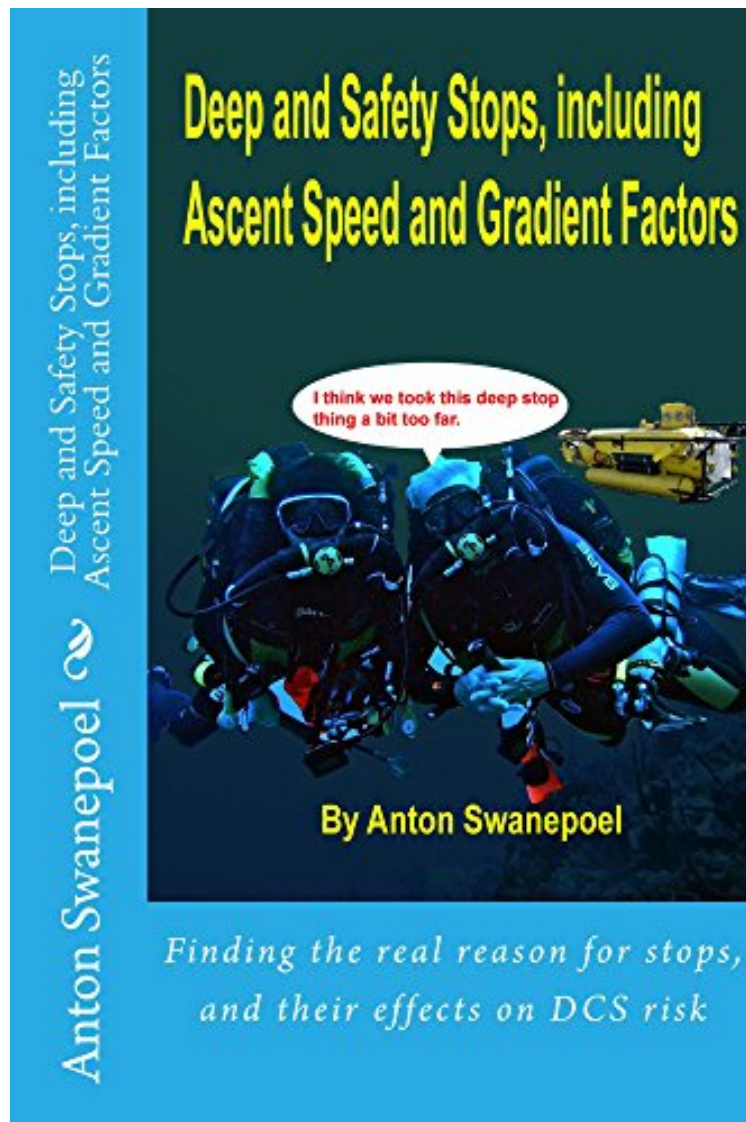


[Ebook pdf] Deep and Safety Stops, including Ascent Speed and Gradient Factors (Diving Book 3) (English Edition)

## Deep and Safety Stops, including Ascent Speed and Gradient Factors (Diving Book 3) (English Edition)

Von Anton Swanepoel  
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interesting complement. Von Richard A. It's always good to read around the topic. I dive frequently and now understand a number of topics better. Of course I will discuss this in more depth and know which questions I would like to explore in more detail.

Kurzbeschreibung To stop or Not. This book is the third book in the diving series after The Art of Gas Blending, Dive Computers and before Diving Below 130 Feet, and looks at what 'Deep Stops' actually are, and how these stops are calculated and used today. This book looks at the research done and current understandings of deep stops, both for and against. The book's aim is not to advocate or discredit the use of deep stops, but rather to be neutral and provide the reader with the most up to date knowledge, research and methods used by various groups, from military to recreational and technical diving, and how each has changed their diving due to their research. Some of the topics covered are: Safety stops and their role in diving Ascent speed and how it affects your decompression Descent speed and how it affects your decompression Oxygen window Gradient Factors, in-depth explanation with example calculations and formulas Different kinds of deep stops How long to stop for Research done on deep stops Micro bubbles Diffusion speed and solubility How bubbles form Tribonucleation Thermal change during diving and decompression Exercise and diving Bodys reaction to bubbles Blood complement activation Smoking, fat, alcohol and Yo-Yo diving, their role in decompression Different algorithms Download Your Copy Today Kurzbeschreibung To stop or Not. This book is the third book in the diving series after The Art of Gas Blending, Dive Computers and before Diving Below 130 Feet, and looks at what 'Deep Stops' actually are, and how these stops are calculated and used today. This book looks at the research done and current understandings of deep stops, both for and against. The book's aim is not to advocate or discredit the use of deep stops, but rather to be neutral and provide the reader with the most up to date knowledge, research and methods used by various groups, from military to recreational and technical diving, and how each has changed their diving due to their research. Some of the topics covered are: Safety stops and their role in diving Ascent speed and how it affects your decompression Descent speed and how it affects your decompression Oxygen window Gradient Factors, in-depth explanation with example calculations and formulas Different kinds of deep stops How long to stop for Research done on deep stops Micro bubbles Diffusion speed and solubility How bubbles form Tribonucleation Thermal change during diving and decompression Exercise and diving Bodys reaction to bubbles Blood complement activation Smoking, fat, alcohol and Yo-Yo diving, their role in decompression Different algorithms Download Your Copy Today