

WHDF calculated dd of popular dives

july 17/ah

Gorup	Name	forward dives (Group 1.0 / 5.1)										
		somersaults	twists	barani	position	split	fly	head first	blind	20 m	15 m	13 m
101C	forward dive tuck	1/2	-	-	C	-	-	x	-	2.1	1.7	1.5
101B	forward dive pike	1/2	-	-	B	-	-	x	-	2.2	1.8	1.6
101A	forward dive layout	1/2	-	-	A	-	-	x	-	2.4	2.0	1.8
112C	flying forward somersault tuck	1	-	-	C	-	x	-	x	3.0	2.6	2.4
112B	flying forward somersault pike	1	-	-	B	-	x	-	x	3.1	2.7	2.5
51121B	flying forward somersault pike with 1/2 twist	1	1/2	x	B	-	x	-	-	2.6	2.3	2.2
5121A	forward somersault layout with 1/2 twist	1	1/2	x	A	-	-	-	-	2.9	2.6	2.5
5141CF	forward somersault tuck, 1/2 twist with back somersault tuck	2	1/2	-	C	x	-	-	-	3.4	3.1	3.0
103C	forward 1 1/2 somersaults tuck	1 1/2	-	-	C	-	-	x	-	2.9	2.5	2.3
103B	forward 1 1/2 somersaults pike	1 1/2	-	-	B	-	-	x	-	3.0	2.6	2.4
113B	flying forward 1 1/2 somersaults pike	1 1/2	-	-	B	-	x	x	-	3.2	2.8	2.6
5132D	forward 1 1/2 somersaults with 1 twist, free position	1 1/2	1	-	D	-	-	x	-	3.5	3.1	2.9
5134D	forward 1 1/2 somersaults with 2 twists, free position	1 1/2	2	-	D	-	-	x	-	4.1	3.7	3.5
104C	forward 2 somersaults tuck with split	2	-	-	C	x	-	-	x	3.7	3.3	3.1
104B	forward 2 somersaults pike with split	2	-	-	B	x	-	-	x	3.8	3.4	3.2
5141C	forward 2 somersaults tuck with 1/2 twist	2	1/2	x	C	-	-	-	-	3.1	2.8	2.7
5141B	forward 2 somersaults pike with 1/2 twist	2	1/2	x	B	-	-	-	-	3.2	2.9	2.8
5143D	forward 2 somersaults with 1 1/2 twists, free position	2	1 1/2	x	D	-	-	-	-	3.7	3.4	3.3
5144D	forward 2 somersaults with 2 twists, free position	2	2	-	D	-	-	-	x	4.8	4.5	4.4
5145D	forward 2 somersaults with 2 1/2 twists, free position	2	2 1/2	x	D	-	-	-	-	4.3	4.0	3.9
105C	forward 2 1/2 somersaults tuck	2 1/2	-	-	C	-	-	x	-	3.7	3.3	3.1
105B	forward 2 1/2 somersaults pike	2 1/2	-	-	B	-	-	x	-	3.8	3.4	3.2
5152B	forward 2 1/2 somersaults pike with 1 twist	2 1/2	1	-	B	-	-	x	-	4.4	4.0	3.8
106C	forward 3 somersaults tuck with split	3	-	-	C	x	-	-	x	4.5	4.1	3.9
106B	forward 3 somersaults pike with split	3	-	-	B	x	-	-	x	4.7	4.3	4.1
5161C	forward 3 somersaults tuck with 1/2 twist	3	1/2	x	C	-	-	-	-	3.9	3.6	3.5
5161B	forward 3 somersaults pike with 1/2 twist	3	1/2	x	B	-	-	-	-	4.1	3.8	3.7
5162C	forward 3 somersaults tuck with 1 twist	3	1	-	C	-	-	-	x	5.0	4.6	4.5
5162B	forward 3 somersaults pike with 1 twist	3	1	-	B	-	-	-	x	5.2	4.8	4.7
5163C	forward 3 somersaults tuck with 1 1/2 twists	3	1 1/2	x	C	-	-	-	-	4.5	4.2	4.1
5163B	forward 3 somersaults pike with 1 1/2 twists	3	1 1/2	x	B	-	-	-	-	4.7	4.4	4.3
5165B	forward 3 somersaults pike with 2 1/2 twists	3	2 1/2	x	B	-	-	-	-	5.3	5.0	4.9
107C	forward 3 1/2 somersaults tuck	3 1/2	-	-	C	-	-	x	-	4.5	4.1	3.9
107B	forward 3 1/2 somersaults pike	3 1/2	-	-	B	-	-	x	-	4.7	4.3	4.1
5181C	forward 4 somersaults tuck with 1/2 twist	4	1/2	x	C	-	-	-	-	4.7	4.4	4.3
5181B	forward 4 somersaults pike with 1/2 twist	4	1/2	x	B	-	-	-	-	5.0	4.7	4.6

		back dives (Group 2.0 / 5.2)										
		somersaults	twists	barani	position	split	fly	head first	blind	20 m	15 m	13 m
5211A	back 1/2 somersault layout with 1/2 twist	1/2	1/2	-	A	-	-	x	-	3.1	2.7	2.5
202A	back somersault layout	1	-	-	A	-	-	-	-	2.9	2.6	2.5
202C	back somersault tuck	1	-	-	C	-	-	-	-	2.3	2.0	1.9
202E	back somersault 3 position	1	-	-	E	x	-	-	-	2.6	2.3	2.2
212C	flying back somersault tuck	1	-	-	C	-	x	-	-	2.5	2.2	2.1
212B	flying back somersault pike	1	-	-	B	-	x	-	-	2.7	2.4	2.3
5231B	back 1 1/2 somersaults pike with 1/2 twist	1 1/2	1/2	-	B	-	-	x	-	3.4	3.0	2.8
204C	back 2 somersaults tuck with split	2	-	-	C	x	-	-	-	3.3	3.0	2.9
204CA	back somersault tuck with back somersault layout	2	-	-	C-A	-	-	-	-	3.8	3.5	3.4
204B	back 2 somersaults pike	2	-	-	B	-	-	-	-	3.5	3.2	3.1
204A	back 2 somersaults layout	2	-	-	A	-	-	-	-	4.2	3.9	3.8
5242D	back 2 somersaults with 1 twist, free position	2	1	x	B	-	-	-	-	3.5	3.2	3.1
5244D	back 2 somersaults with 2 twists, free position	2	2	x	D	-	-	-	-	4.1	3.8	3.7
5246D	back 2 somersaults with 3 twists, free position	2	3	x	D	-	-	-	-	4.7	4.4	4.3
5248D	back 2 somersaults with 4 twists, free position	2	4	x	D	-	-	-	-	5.3	5.0	4.9
206C	back 3 somersaults tuck with split	3	-	-	C	x	-	-	-	4.2	3.9	3.8
206B	back 3 somersaults pike with split	3	-	-	B	x	-	-	-	4.6	4.3	4.2
5262B	back 3 somersaults pike with 1 twist	3	1	x	B	-	-	-	-	4.5	4.2	4.1
5264B	back 3 somersaults pike with 2 twists	3	2	x	B	-	-	-	-	5.1	4.8	4.7
5466B	back 3 somersaults pike with 3 twists	3	3	x	B	-	-	-	-	5.7	5.4	5.3
		reverse dives (Group 3.0 / 5.3)										
		somersaults	twists	barani	position	split	fly	head first	blind	20 m	15 m	13 m
302C	reverse somersault tuck	1	-	-	C	-	-	-	-	2.4	2.1	2.0
302CF	reverse somersault tuck with split	1	-	-	C	x	-	-	-	2.5	2.2	2.1
312C	flying reverse somersault tuck	1	-	-	C	-	x	-	-	2.6	2.3	2.2
312B	flying reverse somersault pike	1	-	-	B	-	x	-	-	2.8	2.5	2.4
302A	reverse somersault layout	1	-	-	A	-	-	-	-	3.0	2.7	2.6
302F	reverse somersault 2 position	1	-	-	B	x	-	-	-	2.7	2.4	2.3
302E	reverse somersault 3 position	1	-	-	E	x	-	-	-	2.7	2.4	2.3
53121D	flying reverse somersault with half twist, free position	1	1/2	-	D	-	x	-	x	3.6	3.3	3.2
304C	reverse 2 somersaults tuck with split	2	-	-	C	x	-	-	-	3.4	3.1	3.0
5342B	reverse 2 somersaults pike with 1 twist	2	1	x	B	-	-	-	-	3.7	3.4	3.3
5344D	reverse 2 somersaults with 2 twists, free position	2	2	x	D	-	-	-	-	4.2	3.9	3.8
5346D	reverse 2 somersaults with 3 twists, free position	2	3	x	D	-	-	-	-	4.8	4.5	4.4
306C	reverse 3 somersaults tuck with split	3	-	-	C	x	-	-	-	4.3	4.0	3.9

		inward dives (Group 4.0 / 5.4)										
		somersaults	twists	barani	position	split	fly	head first	blind	20 m	15 m	13 m
401C	inward dive tuck	1/2	-	-	C	-	-	x	-	2.5	2.1	1.9
401B	inward dive pike	1/2	-	-	B	-	-	x	-	2.6	2.2	2.0
401A	inward dive layout	1/2	-	-	A	-	-	x	-	2.9	2.5	2.3
412C	flying inward somersault tuck	1	-	-	C	-	x	-	x	3.5	3.1	2.9
412B	flying inward somersault pike	1	-	-	B	-	x	-	x	3.7	3.3	3.1
5421B	inward 1 somersault pike with 1/2 twist	1	1/2	x	B	-	-	-	-	2.9	2.6	2.5
5421D	inward 1 somersault with 1/2 twist, free position	1	1/2	x	D	-	-	-	-	2.7	2.4	2.3
403C	inward 1 1/2 somersaults tuck	1 1/2	-	-	C	-	-	x	-	3.3	2.9	2.7
403B	inward 1 1/2 somersaults pike	1 1/2	-	-	B	-	-	x	-	3.5	3.1	2.9
5441C	inward 2 somersaults tuck with 1/2 twist	2	1/2	x	C	-	-	-	-	3.5	3.2	3.1
5441B	inward 2 somersaults pike with 1/2 twist	2	1/2	x	B	-	-	-	-	3.8	3.5	3.4
405C	inward 2 1/2 somersaults tuck	2 1/2	-	-	C	-	-	x	-	4.1	3.7	3.5
405B	inward 2 1/2 somersaults pike	2 1/2	-	-	B	-	-	x	-	4.4	4.0	3.8
406C	inward 3 somersaults tuck with split	3	-	-	C	x	-	-	x	4.9	4.6	4.5
5461C	inward 3 somersaults tuck with 1/2 twist	3	1/2	x	C	-	-	-	-	4.3	4.0	3.9
5461B	inward 3 somersaults pike with 1/2 twist	3	1/2	x	B	-	-	-	-	4.7	4.4	4.3
407C	inward 3 1/2 somersaults tuck	3 1/2	-	-	C	-	-	x	-	4.9	4.5	4.3
407B	inward 3 1/2 somersaults pike	3 1/2	-	-	B	-	-	x	-	5.3	4.9	4.7
		armstand forward dives (Group 6.1)										
		somersaults	twists	barani	position	split	fly	head first	blind	20 m	15 m	13 m
611B	armstand forward 1/2 somersault pike	1/2	-	-	B	-	-	-	x	3.1	2.7	2.5
612C	armstand forward 1 somersault tuck	1	-	-	C	-	-	x	-	3.1	2.7	2.5
612B	armstand forward 1 somersault pike	1	-	-	B	-	-	x	-	3.2	2.8	2.6
6131B	armstand forward 1 1/2 somersaults pike with 1/2 twist	1 1/2	1/2	x	B	-	-	-	-	3.4	3.1	3.0
6151B	armstand forward 2 1/2 somersaults pike with 1/2 twist	2 1/2	1/2	x	B	-	-	-	-	4.3	4.0	3.9
6153B	armstand forward 2 1/2 somersaults pike with 1 1/2 twists	2 1/2	1 1/2	x	B	-	-	-	-	4.9	4.6	4.5
6171B	armstand forward 3 1/2 somersaults pike with 1/2 twist	3 1/2	1/2	x	B	-	-	-	-	5.3	5.0	4.9
		armstand back dives (Group 6.2)										
		somersaults	twists	barani	position	split	fly	head first	blind	20 m	15 m	13 m
623A	armstand back 1 1/2 somersaults layout	1 1/2	-	-	A	-	-	-	-	4.0	3.7	3.6
6231B	armstand back, flying 1 1/2 somersaults with 1/2 twist pike	1 1/2	1/2	-	B	-	x	-	x	4.5	4.1	3.9
625C	armstand back 2 1/2 somersaults tuck	2 1/2	-	-	C	-	-	-	-	4.3	4.0	3.9
625CF	armstand back 2 1/2 somersaults tuck with split	2 1/2	-	-	C	x	-	-	-	4.4	4.1	4.0
625B	armstand back 2 1/2 somersaults pike	2 1/2	-	-	B	-	-	-	-	4.7	4.4	4.3
6252B	armstand back, 2 1/2 somersaults pike with 1 twist	2 1/2	1	x	B	-	-	-	-	4.7	4.4	4.3
6254D	armstand back, 2 1/2 somersaults with 2 twists, free position	2 1/2	2	x	D	-	-	-	-	5.1	4.8	4.7
6256D	armstand back, 2 1/2 somersaults with 3 twists, free position	2 1/2	3	x	D	-	-	-	-	5.7	5.4	5.3
6272B	armstand back, 3 1/2 somersaults pike with 1 twist	3 1/2	1	x	B	-	-	-	-	5.7	5.4	5.3
		armstand reverse dives (Group 6.3)										
		somersaults	twists	barani	position	split	fly	head first	blind	20 m	15 m	13 m
631C	armstand reverse 1/2 somersault tuck	1/2	-	-	C	-	-	-	-	2.6	2.3	2.2
631B	armstand reverse 1/2 somersault pike	1/2	-	-	B	-	-	-	-	2.7	2.4	2.3
633C	armstand reverse 1 1/2 somersaults tuck	1 1/2	-	-	C	-	-	-	-	3.5	3.2	3.1
633CF	armstand reverse 1 1/2 somersaults tuck with split	1 1/2	-	-	C	x	-	-	-	3.6	3.3	3.2