

	Depth-averaged density ( $\bar{\rho}$ )			IRH age (T)				IRH depth (H)			
IRH	$\Delta \dot{A}_1$	$\Delta \dot{A}_2$	rms <sup>a</sup>	$\Delta T_c$	$\Delta T_p$	rms <sup>b</sup>	$\frac{\bar{\rho} H}{T^2}$ rms <sup>c</sup>	$\Delta H_r$	$\Delta H_v$	rms <sup>d</sup>	$\frac{\bar{\rho}}{T}$ rms
	(mm w.e. yr <sup>-1</sup> )	(mm w.e. yr <sup>-1</sup> )	(mm w.e. yr <sup>-1</sup> )	(years)	(years)	(years)	(mm w.e. yr <sup>-1</sup> )	(m)	(m)	(m)	(mm w.e. yr <sup>-1</sup> )
1	0.60	0.98	1.15	8	30	$\simeq 30$	3.01	1.5	0.22	1.52	2.57
2	0.54	0.85	1.01	8	30	$\simeq 30$	2.06	1.5	0.34	1.54	1.96
3	0.40	0.68	0.79	8	30	$\simeq 30$	1.39	1.5	0.48	1.57	1.47