

1 **Glacial to interglacial climate variability in the southeastern African subtropics (25- 20°S)**

2 Annette Hahn¹, Enno Schefuß¹, Jeroen Groeneveld^{1,2}, Charlotte Miller^{1*}, Matthias Zabel¹,

3 ¹MARUM - Center for Marine Environmental Sciences, University of Bremen, Bremen, Germany

4 ²Alfred Wegener Institute, Helmholtz Center for Polar and Marine Research, Potsdam, Germany

5 *Present address: Leeds Trinity University, Brownberrie Ln, Horsforth, Leeds, LS18 5HD, United
6 Kingdom

7 Contact: ahahn@marum.de

8

9 **Abstract**

10 We present a continuous and well-resolved record of climatic variability for the past 100,000 yrs
11 from a marine sediment core taken in Delagoa Bight, off southeastern Africa. In addition to
12 providing a sea surface temperature reconstruction for the past ca. 100,000 yrs, this record also
13 allows a high-resolution continental climatic reconstruction. Climate sensitive organic proxies, like
14 the distribution and isotopic composition of plant-wax lipids as well as elemental indicators for
15 fluvial input and weathering type provide information on climatic changes in the adjacent
16 catchment areas (Incomati, Matola, and Lusutfu rivers). At the transition between glacials and
17 interglacials, shifts in vegetation correlate with changes in sea surface temperature in the Agulhas
18 current. The local hydrology, however, does not follow these orbital-paced shifts. Instead,
19 precipitation patterns follow millennial scale variations with different forcing mechanisms in
20 glacial versus interglacial climatic states. During glacials, southward displacement of the
21 Intertropical Convergence Zone facilitates a transmission of northern hemispheric signals (e.g.
22 Heinrich events) to the southern hemispheric subtropics. Furthermore, the southern hemispheric
23 westerlies become a more direct source of precipitation as they shift northward over the study
24 site, especially during Antarctic cold phases. During interglacials, the observed short-term
25 hydrological variability is also a function of Antarctic climate variability, however, it is driven by
26 the indirect influence of the southern hemispheric westerlies and the associated South African
27 high-pressure cell blocking the South Indian Ocean Convergence Zone related precipitation. As a
28 consequence of the interplay of these effects, small scale climatic zones exist. We propose a
29 conceptual model describing latitudinal shifts of these zones along the southeastern African coast
30 as tropical and temperate climate systems shift over glacial and interglacial cycles. The proposed

31 model explains some of the apparent contradictions between several paleoclimate records in the
32 region.

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34 Key words: Delagoa Bight; southern hemisphere westerlies; South Indian Ocean Convergence
35 Zone; sea surface temperatures; hydrogen isotopes; carbon isotopes; elemental composition

36

37 1. Introduction

38 Despite the increasing number of southern African paleoclimate studies, large data gaps and
39 unresolved debates remain. Controversies concern both the interpretation of the climate records
40 as well as the contradictory major climate forcings that have been proposed for the region. In
41 southeastern Africa, the main moisture source is the warm Indian Ocean (Tyson and Preston-
42 Whyte, 2000), the mechanisms controlling the intensity and duration of the easterly rainfall over
43 time remain, however, uncertain. Climate variations on glacial-interglacial timescales in
44 southernmost Africa were reported to be directly forced by local (southern hemispheric)
45 insolation (Partridge et al., 1997; Schefuß et al., 2011; Simon et al., 2015; Caley et al., 2018).
46 Strong southern hemispheric summer insolation was hypothesized to cause wet climatic
47 conditions along the east African coast due to a stronger atmospheric convection and an increase
48 in the land/ocean temperature contrast, which results in higher moisture transport by the tropical
49 easterlies. However, recent paleo-reconstructions suggested a synchrony with northern
50 hemisphere climate signals, which are inversely correlated to southern hemispheric insolation
51 (e.g. Truc et al., 2013). As a mechanism of transmitting the northern hemispheric signal to
52 southern Africa, ocean circulation variability (Agulhas current strength; i.e. sea surface
53 temperatures [SST]) has often been proposed (Biaosoch et al., 1999; Reason and Rouault, 2005;
54 Dupont et al., 2011; Tierney et al., 2008; Stager et al., 2011; Scott et al., 2012; Truc et al., 2013;
55 Baker et al., 2017; Chase et al., 2017). In terms of vegetation shifts, atmospheric CO₂ variability
56 and temperature have been suggested as major driving mechanisms over glacial-interglacial
57 cycles (Dupont et al., 2019). Nowadays, eastern South Africa is not under the direct influence of
58 the intertropical convergence zone (ITCZ) as its modern maximum southern extension is ca. 13-
59 14°S (Gasse et al., 2008). However, the position of the ITCZ was more southerly during glacial
60 periods (Nicholson and Flohn, 1980; Chiang et al., 2003; Chiang and Bitz, 2005), which may have

61 allowed ITCZ shifts to reach much further south along the east African coast than today (c.f.
62 Johnson et al., 2002; Schefuß et al., 2011; Ziegler et al., 2013; Simon et al., 2015). At the same
63 time, the southern hemispheric westerlies (SHW), which presently influence only the
64 southernmost tip of Africa, are hypothesized to have moved northward during glacial periods of
65 increased south Atlantic sea ice extent (Anderson et al., 2009; Sigman et al., 2010; Miller et al.,
66 2019b). As suggested by Miller et al., (2019b), in such a scenario the temperate systems may have
67 brought winter moisture to the southeast African coast and/or blocked South Indian Ocean
68 Convergence Zone (SIOCZ) related precipitation during the summer months. Regional studies
69 integrating many of the available records have found that; i) several small-scale climatic dipoles
70 exist due to the interaction of various driving mechanisms and that ii) the spatial extent of these
71 climatic regions has varied considerably since the last Glacial (Chevalier et al., 2017, Chase et al.,
72 2018; Miller et al., 2019b). Miller et al., (2019b) compile paleorecords along the southeastern
73 African coast and propose a conceptual model of climatic variability during the Holocene. The
74 authors describe three climatic zones; a *northern SRZ* where the climate is driven by local
75 insolation, and a *central and eastern SRZ* and *southern South African zone* where climate is driven
76 by shifts of the southern hemisphere westerlies, the South African high-pressure cell and the
77 SIOCZ. Equatorward shifts of the southern hemisphere westerlies, the South African high-
78 pressure cell and the SIOCZ result in humid conditions in the *southern South African zone*,
79 whereas they cause arid conditions in the *central and eastern SRZ*. We analyze a marine core
80 located within the *central and eastern SRZ* that offers a continuous high-resolution record of the
81 past ca. 100,000 yrs allowing us to add to the existing conceptual models of southeastern African
82 climate dynamics, and to gain an understanding of glacial climate mechanisms in the region. A
83 combination of organic and inorganic geochemical proxies is used in order to decipher the
84 hydrological processes on land, while foraminiferal shell geochemistry serves as a proxy for ocean
85 circulation variability. With this approach we aim to decipher some of the discrepancies
86 concerning the driving mechanisms of southeast African hydroclimate and vegetation shifts
87 during the last glacial-interglacial cycle.

88 1.2 Regional setting

89 The coring site is located in an embayment on the southeastern African continental shelf called
90 the Delagoa Bight (Fig. 1a). The southern directed Agulhas Current flows along the East African
91 margin transporting warm and saline water from the tropical Indian Ocean to the tip of

92 Southern Africa (Zahn et al., 2012). The current system is structured into a series of large-scale
93 (~200 km diameter) anti-cyclonic eddies occurring about 4 to 5 times per year (Quartly and Sro-
94 kosz, 2004). As they pass the Delagoa Bight, these eddies, together with the Agulhas Current it-
95 self, drive the Delagoa Bight eddy; a topographically constrained cyclonic lee eddy at the coring
96 location (Lutjeharms and Da Silva, 1988; Quartly and Srokosz, 2004). Although the coring site is
97 located just west of the mouth of the major Limpopo river system, Schüürman et al., (2019)
98 show that the inorganic material at our site most likely originates from three minor rivers, Inco-
99 mati, Matola, and Lusutfu, that flow into the Indian Ocean further to the southwest. This is at-
100 tributed to the eastward deflection of the Limpopo sediments by the Delagoa Bight eddy. The
101 eddy appears to have been stable and strong enough to effectively constrain the drift of the
102 Limpopo sediments eastwards over the late Pleistocene and Holocene (Schüürman et al., 2019).
103 The three rivers, Incomati (also known as Komati), Matola (also known as Umbeluzi), and
104 Lusutfu (also known as Maputo), have catchment areas of ca. 45 300 km², 6 600 km², and 22
105 700 km², respectively, comprising the coastal region and the eastern flank of the Drakensberg
106 Mountains. Between the Drakensberg escarpment and the coast lies a N-S oriented low ridge,
107 the Lebombo Mountains (400–800 m a.s.l.). The geological formations of this area are the Ar-
108 chaeen Kaapvaal Craton, the Karoo Igneous Province, as well as the Quaternary deposits on the
109 coastal plains (de Wit et al., 1992; Sweeney et al., 1994). Climatically these catchments are in
110 the transition zone between tropical and subtropical climate; at the southern limit of the sub-
111 tropical ridge between the southern Hadley and the Ferrel cell (Tyson and Preston-Whyte,
112 2000). The average annual temperature ranges from 16°C in the highlands to 24°C in the low-
113 land area. (Kersberg, 1996). Rain (ca. 1,000 mm annually) falls mostly in summer (ca. 67 % of an-
114 nual rainfall from November to March) (Xie and Arkin, 1997; Chase and Meadows, 2007). Alt-
115 hough the ITCZ currently does not directly affect the region, it does induce latitudinal shifts in
116 the SIOCZ, which can be considered as a southward extension of the ITCZ. When the ITCZ is in
117 its southernmost (summer) position, tropical temperate troughs (TTTs), forming at the SIOCZ
118 bring easterly rainfall from the Indian Ocean (Jury et al., 1993; Reason and Mulenga, 1999) (Fig
119 1b). During austral summer, a low-pressure cell dominates the Southern African interior, ena-
120 bling tropical easterlies/TTT to bring rainfall to the region. This rainfall is suppressed during aus-
121 tral winter, when a subtropical high-pressure cell is located over southern Africa, (Fig. 1b). This
122 high-pressure cell creates a blocking effect over the continent, which stops moisture advection
123 inland over the majority of South Africa during winter (Dedekind et al., 2016). The winter rain

124 that does fall (33 % of annual rainfall from April to October) is associated with extratropical
125 cloud bands and thunderstorms linked to frontal systems that develop in the main SHW flow
126 (between 40 °S and 50 °S). As the SHW shift northward during the winter, these frontal systems
127 may become cut off and displaced equatorward as far north as 25°S (c.f. Baray et al., 2003; Ma-
128 son and Jury, 1997) (Fig 1c). Associated with this climatological and topographic setting we find
129 a vegetation in the Incomati, Matola, and Lusutfu catchment areas that consists mainly of
130 coastal forests and mountain woodlands with savanna elements only in the northernmost parts
131 of the catchment and sedges along the riverbanks and floodplains (see White, (1983) and
132 Dupont et al., (2011) for a more detailed description of the vegetation biomes).

133

134 2 Material and methods

135 2.1 Sediments

136 Gravity core GeoB20616-1 (958 cm long) was retrieved from 25°35.395'S; 33°20.084'E on
137 15.02.2016 from a water depth of about 460 m. Shipboard sedimentological analysis showed a
138 lithology of clayey silt with signs of slight bioturbation. The composition was observed as mainly
139 clastic with occurrence of foraminifera and shell fragments (Zabel, 2016).

140 2.2 Oxygen isotopic composition of planktonic foraminifera

141 Stable oxygen isotopes values values of planktonic foraminifera (*G. ruber*, white variety, >150 µm)
142 were measured in the interval between 395 and 935 cm at 10 cm resolution for age-modeling
143 (Suppl.1). For each measurement, around eight shells of *G. ruber* were selected and analyzed at
144 the MARUM – Center for Marine Environmental Sciences, University of Bremen, Germany using
145 a ThermoFisher Scientific 253 plus gas isotope ratio mass spectrometer with Kiel IV automated
146 carbonate preparation device. Data were calibrated against an in-house standard (Solnhofen
147 limestone). The results are reported in permil (‰, parts per thousand) versus Vienna Peedee
148 belemnite (VPDB). Standard deviation of in-house standard (Solnhofen limestone) $\delta^{18}\text{O}$ over the
149 measurement period was 0.06 ‰.

150 2.3 Age model

151 Until the limit of radiocarbon dating the age model used in this study is based on 8 radiocarbon
152 ages of *G. ruber*, one shell fragment and a bulk total organic carbon surface sample (see Table 1).
153 The cleaning procedures as well as the Accelerator Mass Spectrometry (AMS) measurements
154 were carried out in the Poznań Radiocarbon Laboratory, Poland. The modelled ocean average
155 curve (Marine13) (Reimer et al., 2013) and a local marine ΔR of 121 ± 16 ^{14}C yr (Maboya et al.,
156 2017) were applied to calibrate the radiocarbon ages. To perform these calculations the Calib 7.1
157 software (Stuiver et al., 2019) was used. For flexible Bayesian age-depth modelling of the
158 available ^{14}C dates, the software Bacon (Blaauw and Christen, 2011) (Fig. 2b) was used. The
159 uncertainty of the radiocarbon dates is indicated in Table 1. The uncertainty of the Bacon model
160 is indicated in Fig. 2b (grey lines). However, there is possibly an underestimation of the error in
161 the age model around two periods of slow deposition in the interval from 15 to 6 ka BP and in
162 the interval from 32 to 25 ka BP. The calibrated ^{14}C age of a shell fragment found in this interval
163 (390cm) was used as a ^{14}C -tie-point (see Table 1), additionally 2 $\delta^{18}\text{O}$ tie-points were defined and
164 an age model was calculated using the software AnalySeries (Paillard et al., 1996) (Fig. 2a). The
165 age-depth model was extended by planktonic foraminifera $\delta^{18}\text{O}$ correlation using major $\delta^{18}\text{O}$
166 shifts in the LR04 stack as a reference (Lisiecki and Raymo, 2005) (Fig. 2a,b). With this low number
167 of tie-points it is difficult to capture heterogeneity in the deposition rate, which must be
168 considered when estimating the error of the age model. For the error estimation of $\delta^{18}\text{O}$ tie-
169 points the mean resolution of the GeoB20616-1 $\delta^{18}\text{O}$ record and the reference curve around the
170 tie-point depth and age (respectively) was taken into account as well as the absolute age error of
171 the time-scale used for the reference record and a matching error visually estimated when
172 defining tie-points. Figure 2b (grey lines) gives an estimate of the age model error. In this paper,
173 we refer to median age estimations.

174

175 2.4 Foraminiferal Mg/Ca

176 Up to 20 specimens ($> 150 \mu\text{m}$) of *G. ruber* (white) ($> 150 \mu\text{m}$) were selected for Mg/Ca analysis
177 (see Suppl.2). Foraminiferal tests were gently crushed prior to standard cleaning procedures for
178 Mg/Ca in foraminifera (Barker et al., 2003). For clay and organic matter removal ultrasonic
179 cleaning was alternated with washes in deionized water and methanol, an oxidizing step with 1
180 $\% \text{-H}_2\text{O}_2$ buffered in 0.1M NaOH followed, which was then neutralized by deionized water washes.

181 A final weak acid leach with 0.001M QD HNO₃ was performed before dissolution in 0.5 mL
182 0.075 M QD HNO₃ and centrifugation for 10 min (6,000 rpm). The samples were diluted with
183 Seralpur water before analysis with inductively coupled plasma optical emission spectrometry
184 (Agilent Technologies, 700 Series with autosampler ASX-520 CETAC and micro-nebulizer) at
185 MARUM, University of Bremen, Germany. Instrumental precision was monitored after every five
186 samples using analysis of an in-house standard solution with a Mg/Ca of 2.93 mmol mol⁻¹
187 (standard deviation of 0.020 mmol mol⁻¹ or 0.67 %). A limestone standard (ECRM752-1, reported
188 Mg/Ca of 3.75 mmol mol⁻¹) was analyzed to allow inter-laboratory comparison (Greaves et al.,
189 2008; Groeneveld and Filipsson, 2013).

190 2.5 Organic geochemistry

191 Total lipid extracts (TLEs) were extracted from ca. 9-27 g of the freeze-dried, homogenized
192 samples with a DIONEX Accelerated Solvent Extractor (ASE 200) at 100°C and at 1,000 psi for 5
193 minutes (repeated 3 times) using a dichloromethane (DCM):methanol (MeOH) (9:1, v/v) mixture.
194 Squalane was added in a known amount to the samples as internal standard before extraction.
195 Elemental sulphur was removed from the TLEs using copper turnings. After saponification by
196 adding 6 % KOH in MeOH and extraction of the neutral fractions with hexane, the neutral fractions
197 were split into hydrocarbon, ketone, and polar fractions using silica gel column chromatography
198 (with a mesh size of 60 µm) and elution with hexane, DCM and DCM:MeOH (1:1), respectively.
199 Subsequently elution of the hydrocarbon fractions with hexane over an AgNO₃-impregnated silica
200 column yielded saturated hydrocarbon fractions. The concentrations of long-chain *n*-alkanes in
201 the saturated hydrocarbon fractions were determined using a Thermo Fischer Scientific Focus
202 gas-chromatograph (GC) with flame-ionization-detection (FID) equipped with a Restek Rxi 5ms
203 column (30m x 0.25mm x 0.25µm). Quantities of individual *n*-alkanes were estimated by
204 comparison with an external standard containing *n*-alkanes (C₁₉–C₃₄) at a known concentration.
205 Replicate analyses of the external standard yielded a quantification uncertainty of <5 %. The
206 carbon preference index (CPI) was calculated using the following equation:

207
$$\text{CPI} = 0.5 * \left(\frac{\sum C_{\text{odd}27-33}}{\sum C_{\text{even}26-32}} + \frac{\sum C_{\text{odd}27-33}}{\sum C_{\text{even}28-34}} \right)$$
 with C_x the amount of each
208 homologue (Bray and Evans 1961).

209 The δD values of long-chain *n*-alkanes were measured using a Thermo Trace GC equipped with an
210 Agilent DB-5MS (30m length, 0.25 mm ID, 1.00 µm film) coupled via a pyrolysis reactor (operated

211 at 1420°C) to a Thermo Fisher MAT 253 isotope ratio mass spectrometer (GC/IR-MS). The δD
212 values were calibrated against external H₂ reference gas. The H³⁺ factor was monitored daily and
213 varied around 6.23 ± 0.04 ppm nA⁻¹. δD values are reported in permil (‰) versus Vienna Standard
214 Mean Ocean Water (VSMOW). An *n*-alkane standard of 16 externally calibrated alkanes was
215 measured every 6th measurement. Long-term precision and accuracy of the external alkane
216 standard were 3 and <1 ‰, respectively. When *n*-alkane concentrations permitted, samples were
217 run at least in duplicate. Precision and accuracy of the squalane internal standard were 2 and <1
218 ‰, respectively (n=41). Average precision of the *n*-C₂₉ alkane in replicates was 4 ‰. The $\delta^{13}C$
219 values of the long-chain *n*-alkanes were measured using a Thermo Trace GC Ultra coupled to a
220 Finnigan MAT 252 isotope ratio monitoring mass spectrometer via a combustion interface
221 operated at 1,000°C. The $\delta^{13}C$ values were calibrated against external CO₂ reference gas. $\delta^{13}C$
222 values are reported in permil (‰) against Vienna Pee Dee Belemnite (VPDB). When
223 concentrations permitted, samples were run at least in duplicate. Precision and accuracy of the
224 squalane internal standard were 0.1 and 0.4 ‰, respectively (n=41). An external standard mixture
225 was analyzed repeatedly every 6 runs and yielded a long-term mean standard deviation of 0.2 ‰
226 with a mean deviation of 0.1 ‰ from the reference values. Average precision of the *n*-C₂₉ alkane
227 in replicates was 0.3 ‰. We focus the discussion on the isotopic signals of the *n*-C₃₁ alkane, as
228 this compound is derived from grasses and trees present throughout the study area. Supplement
229 3 shows, however, that the *n*-C₂₉ and *n*-C₃₃ alkanes reveal similar trends.

230 2.6 Inorganic geochemistry

231 The elemental composition of all onshore and offshore samples was measured using a
232 combination of high resolution (1 cm) semi-quantitative XRF scanning and lower (5 cm) resolution
233 quantitative XRF measurements on discrete samples (see Suppl. 4). XRF core scanning (Avaatech
234 XRF Scanner II at MARUM, University of Bremen) was performed with an excitation potential of
235 10 kV, a current of 250 mA, and 30 s counting time for Ca, Fe, K and Al. For discrete measurements
236 on 110 dried and ground samples, a PANalytical Epsilon3-XL XRF spectrometer equipped with a
237 rhodium tube, several filters, and a SSD5 detector was used. A calibration based on certified
238 standard materials (e.g. GBW07309, GBW07316, and MAG-1) was used to quantify elemental
239 counts (c.f. Govin et al., 2012).

240 3 Results and discussion

241 3.1 Proxy indicators

242 3.1.1 SST

243 The magnitude of temperature variability (from ca. 27°C during interglacials to ca. 24°C during
244 glacials) in the Geob20616-1 Mg/Ca SST record and the timing of changes (postglacial warming
245 at ca. 17 ka BP) correspond to existing regional Mg/Ca SST records (c.f. Fig. 3; Bard et al., 1997;
246 Levi et al., 2007; Wang et al., 2013). They do, however, not correspond to SST calculated from
247 other indicators (i.e. $U^{K'_{37}}$, TEX⁸⁶) (e.g. Wang et al., 2013; Caley et al., 2011). These indicators show
248 slightly different patterns, which may be attributed to a seasonal bias in the proxies (Wang et al.,
249 2013). Wang et al., (2013) suggest that $U^{K'_{37}}$ SST reflects warm season SST mediated by changes
250 in the Atlantic, whereas the *G. ruber* Mg/Ca SST indicator used in this study records cold season
251 SST mediated by climate changes in the southern hemisphere.

252 3.1.2 Vegetation signatures

253 The $\delta^{13}C_{wax}$ record of core Geob20616-1 shows average values of approximately -24‰ VPDB (c.f.
254 Suppl. 3) and shifts from ca. -25 ‰ to ca. -24 ‰ (at 85 ka BP) and from -24 ‰ to -25 ‰ (at ca.
255 10 ka BP). The stable carbon isotopic composition of plant waxes reflects discrimination between
256 ¹²C and ¹³C during biosynthesis varying with vegetation type: C₄ plants have higher $\delta^{13}C$ values
257 than C₃ plants (e.g., Collister et al., 1994; Herrmann et al., 2016). The average $\delta^{13}C$ value of the
258 analyzed samples falls into the range between C₃ alkanes (around -35‰) and C₄ alkanes (around
259 -20‰) (Garcin et al., 2014) indicating that the *n*-alkanes were derived from C₃ sources in the
260 catchment such as mountain shrublands and coastal forests, as well as from C₄ sedges which grow
261 along rivers and in the associated swamplands (c.f. Fig. 1a). There is no correlation ($R^2=0.15$) of
262 $\delta^{13}C_{wax}$ variability and hydrological variability indicated by δD_{wax} (see section 3.1.3 Precipitation
263 indicators for details on this proxy). We therefore suggest that the shifts we see in the $\delta^{13}C_{wax}$
264 werenot induced by a xeric/mesic adaptation of the same plant community. Instead, we imply
265 that the shifts in the $\delta^{13}C_{wax}$ signal were related to shifts in the vegetation community.
266 Palynological work on a nearby marine sediment core by Dupont et al. (2011) shows that large
267 shifts in vegetation biomes are also observed in the Limpopo catchment which is directly adjacent
268 to the Incomati, Matola and Lusutfu catchments (Fig. 1a). A comparison of the Dupont et al.
269 (2011) palynological data (Fig. 3c) and the $\delta^{13}C_{wax}$ data at our site (Fig. 3a) shows a covariation of

270 major shifts in vegetation and $\delta^{13}\text{C}_{\text{wax}}$. Although the similarities in the pattern of vegetation shifts
271 detected in the nearby Limpopo river sediment core and at our study site suggest that large scale
272 vegetation shifts took place in the region over glacial – interglacial transitions, this does not
273 necessarily imply the mechanisms behind these trends are the same. Studies of the Limpopo
274 sediment record (Dupont et al. 2011; Caley et al. 2018) reveal a $\delta^{13}\text{C}_{\text{wax}}$ -enriched grassland
275 vegetation for glacial intervals and an increase of woodland vegetation during well-developed
276 interglacial periods, as is the case for MIS 5 and 1 (as opposed to MIS 3), reflected in lighter $\delta^{13}\text{C}_{\text{wax}}$
277 values. Caley et al., (2018) attribute the $\delta^{13}\text{C}_{\text{wax}}$ -enrichment in Limpopo river sediments during
278 glacials to an expansion of floodplains and the associated C_4 sedges, as well as discharge from the
279 upper Limpopo catchment which reached well into the grassland interior of southern Africa
280 (almost 1,000 km inland). The headwaters of the Incomati, Matola, and Lusutfu catchment areas,
281 however, are in the Lebombo mountain range located within 200 km of the coast. They do not
282 reach into the interior grassland biomes of South Africa. We therefore propose that in the
283 Incomati, Matola, and Lusutfu catchment areas, the heavier $\delta^{13}\text{C}_{\text{wax}}$ values for the glacial MIS 4-2
284 interval reflect retreating forests and an expansion of drought tolerant C_4 plants (grasses) due to
285 growing season aridity, whereas interglacial (MIS 1 and 5) lighter $\delta^{13}\text{C}_{\text{wax}}$ values reflect the
286 formation of woodlands. Furthermore, sedge-dominated open swamps that fringed rivers during
287 MIS 4-2 may have been replaced by gallery forests during MIS1 and 5 contributing to the glacial
288 to interglacial $\delta^{13}\text{C}_{\text{wax}}$ depletion.

289 3.1.3 Precipitation indicators

290 Hydrogen isotope changes measured in plant waxes are related to the isotope composition of
291 precipitation since hydrogen used for biosynthesis originates directly from the water taken up by
292 the plants (Sessions et al., 1999). In tropical and subtropical areas, the isotopic composition of
293 rainfall (δDp) mainly reflects the amount of precipitation - with δDp depletion indicating more
294 rainfall (Dansgaard, 1964). Furthermore, rainfall δDp signatures may also become deuterium-
295 depleted with altitude (ca. 10–15 ‰ per 1,000 m, Gonfiantini et al., (2001)). The δD values of leaf
296 waxes in the three catchments are probably affected by both the amount as well as the altitude
297 effect. Rainfall at higher altitudes takes place during times of generally increased rainfall, as it is
298 high precipitation events that reach the interior. The altitude effect therefore enhances the δD
299 depletion of the “amount effect”. The K/Al ratio of the sediment is a less direct indicator of the
300 precipitation regime: K/Al has been interpreted as an index between illite ($\text{K,H}_3\text{O}$) and kaolinite

301 $(\text{Al}_2\text{Si}_2\text{O}_5(\text{OH})_4)$ giving an indication of the prevailing weathering regime as illite is a product of
302 physical weathering whereas kaolinite is produced during chemical weathering (Clift et al., 2008;
303 Dickson et al., 2010; Burnett et al., 2011). The Ca/Fe ratio is generally used as a proxy of marine
304 (Ca) versus terrestrial (Fe) input to the core site and thus indicative of changes in terrestrial
305 discharge by the river systems (Hebbeln and Cortés, 2001; Croudace et al., 2006; Rogerson et al.,
306 2006; Rothwell and Rack, 2006; McGregor et al., 2009; Dickson et al., 2010; Nizou et al., 2010).
307 The red/blue ratio of the sediment reflects sediment color nuance and increases with sediment
308 lightness. In Geob20616-1 we interpret the reddish values as a more clastic deposition indicative
309 of arid conditions whereas darker blueish colors may reflect clay and organic rich sediments
310 preferentially deposited during humid phases (see also M123 cruise report Zabel, 2006). In the
311 records of $\delta\text{D}_{\text{C}_{31}}$, red/blue, K/Al and Ca/Fe similar patterns can be observed: They all display
312 relatively high values (up to -144 ‰, 1.4; 12 and 0.25 respectively) in the intervals marked in
313 red/yellow in Fig.4 and lower values (down to -160, 1.1, 1, and 0.2 respectively) in the intervals
314 marked in blue/green in Fig. 4. We associate these variations with (respectively) decreasing
315 (red/yellow) and increasing (blue/green) precipitation over the Incomati, Matola, and Lusutfu
316 catchment areas. We note that the observed correlation, in particular for the inorganic proxies
317 (K/Al and Ca/Fe), is relative rather than absolute in nature. This can be associated with the
318 changing background conditions over glacial and interglacial cycles which may cause shifts in the
319 elemental composition. We also note that of the four proxy indicators ($\delta\text{D}_{\text{C}_{31}}$, red/blue, K/Al and
320 Ca/Fe) only $\delta\text{D}_{\text{C}_{31}}$ can be considered as direct indicator of past precipitation change. Red/blue,
321 K/Al and Ca/Fe depend to varying extents on precipitation, erosion and fluvial transport, whereas
322 these factors do not necessarily vary in concert. For instance, erosion is not always directly linked
323 to the amount of precipitation and vegetation density is often an additional and more important
324 factor for erosion rates. Erosion rates can also increase substantially at times of rapid climatic and
325 associated vegetation changes. Because the relationship between precipitation, erosion and
326 riverine transport is not linear we base our precipitation reconstruction (i.e. the definition of the
327 arid and wet intervals described in section 3.2 and colored-coded in Fig. 4) mainly on the $\delta\text{D}_{\text{C}_{31}}$
328 values. We consider the red/blue, K/Al and Ca/Fe values as supportive information; the relative
329 correlation of the four proxies suggests that phases of increased precipitation are, for the most
330 part, associated with an increase in erosion rates, chemical weathering and riverine transport.
331 This underlines the reliability of our paleo-precipitation reconstruction.

332

333 3.2 Climatic patterns at different time scales

334 3.2.1 Orbital time scales

335 *3.2.1.1. Sea surface temperatures and vegetation*

336 Over the past 100,000 yrs the SST and $\delta^{13}\text{C}_{\text{C}_{31}}$ values show a common trend of high SST and low
337 $\delta^{13}\text{C}_{\text{wax}}$ values during interglacial MIS 5 and 1 and low SST and high $\delta^{13}\text{C}$ values during glacial MIS
338 4-2 (Fig. 3). Our data reveal an increase in SST of ca. 4°C from glacial to interglacial conditions.
339 This correlation between SST and glacial-interglacial changes cycles is commonly found for this
340 area (Caley et al., 2011; Dupont et al., 2011; Caley et al., 2018). On this glacial-interglacial time
341 scale, variations in local SST are thought to be an important driver of hydroclimate in southeastern
342 Africa (c.f. Dupont et al., 2011). During interglacials, warm SST within the Mozambique Channel
343 and Agulhas Current induce an advection of moist air and higher rainfall in the east South African
344 summer rainfall zone (e.g. Walker, 1990; Reason and Mulenga, 1999; Tyson and Preston-Whyte,
345 2000). The opposite effect is inferred for glacial periods (Dupont et al., 2011; Chevalier and Chase,
346 2015). The strong influence of western Indian Ocean surface temperatures on the summer
347 precipitation in northern South Africa and southern Mozambique induces a tight coupling
348 between vegetation dynamics in southeastern Africa and sea surface temperature variations in
349 the Western Indian Ocean. This has been shown for several glacial – interglacial cycles in a
350 palynological study offshore Limpopo River (core MD96-2048; Fig. 1a) by Dupont et al., (2011).

351 *3.2.1.2. Hydrology over glacial-interglacial transitions*

352 δD , XRF, and color data are indicators of catchment precipitation changes: decreases in red/blue,
353 Ca/Fe, K/Al ratios and δD values indicate higher precipitation in the catchment, more fluvial
354 discharge and higher chemical weathering rates (see section 3.1.3). Although there is much
355 variability in the hydrological record of core GeoB20616-1, red/blue, Ca/Fe, K/Al ratios and δD
356 values are surprisingly stable over glacial –interglacial transitions (mean δD value of MIS 1 and 5:
357 -149 ‰ versus mean δD value of MIS 2-4: -150 ‰). It can be assumed that, during glacials, the
358 rainfall from the main rain bearing systems (SIOCZ related tropical temperate troughs) was
359 reduced due to generally lower land- and sea-surface temperatures and a weaker global
360 hydrological cycle. However, a southward shift of the ITCZ during glacials as previously suggested

361 (Nicholson and Flohn, 1980; Johnson et al., 2002; Chiang et al., 2003; Chiang and Bitz, 2005;
362 Schefuß et al., 2011) would have contributed to increased rainfall in the study area. It is unclear
363 if the region would have been under the direct influence of the ITCZ during glacial or if southward
364 shifts of the ITCZ entailed a southward shift of the SIOCZ and thus increased precipitation via the
365 TTT. Furthermore, SHW related low pressure systems shifting northward to the Incomati, Matola
366 and Lusutfu catchment areas during glacial conditions may have become a major additional
367 precipitation source. The SHW northward shift of ca. 5° latitude is well documented (Chase and
368 Meadows, 2007; Chevalier and Chase, 2015; Chase et al., 2017; Miller et al., 2019a). The
369 possibility of more frequent SHW related low pressure systems bringing moisture to our study
370 area during the LGM has previously been proposed by Scott et al., (2012) in the framework of a
371 regional pollen review paper. It is also suggested by a modelling study showing an LGM scenario
372 of drier summers and wetter winters for the southeastern African coast (Engelbrecht et al., 2019).
373 During glacial periods, a reduced summer (SIOCZ related) rainfall amount and an increase in SHW
374 related frontal systems as an additional winter precipitation source, possibly in combination with
375 precipitation from a more southerly ITCZ, would translate to a relatively stable annual rainfall
376 amount over glacial-interglacial transitions.

377 3.2.2 Millennial scale hydrological variability

378 3.2.2.1 During Interglacial MIS 5

379 During MIS 5 there are several prominent (ca. -10 ‰) short-term (1-2 ka) decreases in the δD
380 record, which are paralleled with decreases in Ca/Fe, K/Al and red/blue ratios (Fig. 4). We
381 interpret these intervals (approximately 83-80 ka BP and 93-90 ka BP) as wet periods while
382 intervals of high Ca/Fe, K/Al and red/blue ratios and δD values (approximately 97-95 ka BP, 87.5-
383 85 ka BP and 77.5 ka BP) are interpreted as arid intervals (see section 3.1.2. for details on proxy
384 interpretation). During the interglacial MIS 5, millennial scale increases in humidity correlate
385 broadly to periods of warmth in the Antarctic ice core records termed AIM22 and AIM 21 (AIM:
386 Antarctic isotope maxima) (see Fig. 4; EPICA members, 2010). During these Antarctic warm
387 periods, sea ice, the circumpolar circulation and the SHW retracted. This is recorded by Southern
388 Ocean diatom burial rates as well as paleoclimate archives at the southernmost tips of Africa and
389 South America (Lamy et al., 2001; Anderson et al., 2009; Chase et al., 2009; Hahn et al 2016 and
390 references therein; Zhao et al., 2016). It has been hypothesized that southward shifts of the SHW

391 and the South African high-pressure cell, allow the SIOCZ and TTT to shift further south causing
392 an increase in humidity in our study area. Miller et al., (2019b) suggest this mechanism for the
393 region just south of our site (termed *eastern central zone*), which shows Holocene hydroclimatic
394 shifts similar to those recorded in GeoB20616-1. Holocene arid events in this region are attributed
395 to northward shifts of the SHW and the South African high-pressure cell which block the SIOCZ
396 and TTT related moisture. These mechanisms are described in detail by Miller et al., 2019b and
397 our data suggests that they were also active during earlier interglacial periods (e.g. MIS 5) (c.f.
398 schematic model in Fig. 5a). Our current chronology suggests that southward SHW shifts during
399 Antarctic warm periods caused the prominent humid phases during MIS 5 in the Incomati, Matola
400 and Lusutfu catchment areas during the timeframes around 83-80 ka BP (AIM21) and 93-90 ka
401 BP (AIM22). When our best age estimate is applied there is little correspondence between
402 northern or southern insolation maxima and the MIS5 humid phases. In view of the chronological
403 uncertainty in this early part of the record (beyond the ¹⁴C dating limit), we cannot exclude that
404 these humid phases are related to precessional variability, in the absence of ice interference,
405 causing the division in MIS5a-e. However, in accordance with the conceptual model by Miller et
406 al., (2019b) for the Holocene, we observe no local insolation control on climate at our study site.
407 We suggest that the major shifts in the large-scale rain-bearing systems may override the local
408 insolation forcing.

409 3.2.2.2. *During MIS 4-2 glacial conditions*

410 During the glacial periods MIS 2 and 4 and the less prominent interglacial MIS 3, the correlation
411 between southeastern African humidity and Antarctic warm periods (AIM events) does not
412 persist. In contrast; the first two prominent humid phases in MIS 4 (around 68-63 ka BP and 56
413 ka BP) as well as some of the following more short-term humid phases coincide with cold periods
414 in the Antarctic ice core record (Fig.4). The general position of the SHW trajectories is suggested
415 to have been located 5° in latitude further north during glacial periods (c.f. section 3.2.1.2.
416 *Hydrology over glacial-interglacial transitions*). The Incomati, Matola and Lusutfu catchment
417 areas would therefore have been in the direct trajectory of the SHW related low pressure systems.
418 Whilst northward shifts of the SHW and the South African high pressure cell during an interglacial
419 cause aridity by blocking the SIOCZ and TTT (as suggested by Miller et al.,(2019b) and as described
420 in section 3.2.2.1 for e.g. MIS 5), we suggest that during a glacial, additional northward shifts of
421 the SHW (e.g. during Antarctic cold events) would have led to an increase in precipitation related

422 to particularly strong direct influence of the SHW and the related low pressure cells (c.f. schematic
423 model Fig 5b). Fig. 4 also shows a correlation between some of the humid phases during MIS 2-4
424 and Greenland cold phases i.e. Heinrich stadials. The timing of the wet phases at 68-63 ka, 56 ka,
425 44 ka, 37 ka, and 23 ka BP corresponds roughly to the following Heinrich stadials: HS6 (after 60
426 ka BP, Rasmussen et al., 2014); HS5a (56 ka BP, Chapman and Shackleton, 1999); HS5 (45 ka BP;
427 Hemming 2004) and HS4 & HS2 (37 ka BP and 23 ka BP, Bond and Lotti, 1995). Wet phases in
428 eastern Africa have previously been associated with Heinrich events (Caley et al., 2018; Dupont
429 et al., 2011; Schefuß et al., 2011). It is well documented that during glacial conditions the large
430 ice masses of the northern hemisphere displace the thermal equator southward (Nicholson and
431 Flohn, 1980; Johnson et al., 2002; Chiang et al., 2003; Chiang and Bitz, 2005; Schefuß et al., 2011).
432 It is therefore hypothesized that the ITCZ reached latitudes further south than its modern
433 maximal extent causing the MIS 2-4 rainfall peaks. There is no notable “blocking” effect of the
434 South African high-pressure cell during glacials (schematic model Fig. 5b). The transitions from
435 cold “stadial” to warm “interstadial” conditions and back during MIS 2-4 are extremely rapid and
436 short term. The sampling resolution and age – control of our record (especially prior to ca. 50 ka
437 BP – the limit of ¹⁴C dating) is not always sufficient for capturing these variations (e.g. HS4). The
438 association of humid phases with a northward shifting SHW and/or southward shifting ITCZ is
439 therefore not always clear and a combination of both may also be possible.

440 3.2.1.3 From the LGM to the Holocene

441 Relative to the prolonged arid phase during the late MIS 3/early MIS 2 (37-25 ka BP; c.f. Fig. 4),
442 we observe a trend towards more humid conditions during the LGM (25 – 18 ka BP) marked by a
443 decrease in Ca/Fe, K/Al, red/blue ratios and δD values. This is most likely due to the more frequent
444 SHW-related low-pressure systems bringing moisture to our study area during the LGM and/or
445 southward shifts of the ITCZ as discussed in section 3.2.1.2. *Hydrology over glacial-interglacial*
446 *transitions* (see also Fig. 5b). Our record shows a wetting trend after the Last Glacial Maximum
447 and during the deglacial (from ca. 15 ka BP). Several paleoenvironmental records show a common
448 humidity increase for this interval (Meadows 1988; Scott 1989; Norström et al., 2009). Chase et
449 al.,(2017) attribute this to the invigoration of tropical systems with post-glacial warming. The wet
450 conditions prevail until the early Holocene (ca. 8 ka BP). Similar observations of a ca. 15-8 ka BP
451 wet phase have been made in the region (e.g. Norström et al., 2009; Neumann et al., 2010). For
452 this early -Mid Holocene period, we infer from the leaf wax $\delta^{13}C$ values a shift from grassland to

453 woodlands as described in section 3.2.1.1. and in Dupont et al. (2011). This may be related to the
454 rainfall intensification as well as to the global temperature and CO₂ increase (c.f. Dupont et al.,
455 2019). The early/Mid Holocene wet phase in our study region (*eastern central SRZ*) is described
456 by Miller et al., 2019b and associated with a southward shift of the SHW and the South African
457 high-pressure cell allowing for the SIOCZ related rain bearing systems (TTT) to shift southward
458 over the region. The late Holocene (the last 5 kyrs) however, was an arid phase at our study site
459 as suggested by the precipitation indicators δD , Ca/Fe, K/Al and red/blue ratios. Several regional
460 records (e.g. Mfabeni peatlands and the *eastern-central region*) show similar shifts; from a wet
461 deglacial / Early Holocene (18-5 ka BP) to dry conditions thereafter (Chevalier et al., 2015; Miller
462 et al., 2019a). Miller et al. (2019b) compile eastern African climate records and recognize a late
463 Holocene tripole of increased humidity north of 20°S and south of 25°S and a contrasting aridity
464 trend in the region in-between. Our catchment is located at the northernmost extent of this
465 intermediate region; while we record an aridity trend in the Late Holocene, the adjacent Limpopo
466 catchment just to the north received higher rainfall amounts during this time interval (Miller et
467 al., 2019b). A northward shift in SHW with the South African high-pressure cell blocking the SIOCZ
468 and TTT is a suggested mechanism for this late Holocene aridity (Miller et al., 2019b; also
469 described in section 3.2.2.1). Likewise, Mason and Jury (1997) (based on a conceptual model by
470 Tyson (1984)) suggest that northward shifting SHW induce rain-bearing low pressure cells to shift
471 away from the eastern African coast towards Madagascar. During the Late Holocene the modern
472 climatic situation of the study area was established: during the summer months the SHW and the
473 South African high-pressure cell are in their southernmost position allowing the SIOCZ related
474 TTT to bring rainfall to the region (66 % of annual precipitation). During the winter months the
475 SHW and the South African high-pressure cell shift northward. In this constellation the SIOCZ and
476 TTT influence are blocked by the South African high-pressure cell, however low-pressure cells
477 may become cut from the main SHW flow bringing winter rainfall to the area (33 % of annual
478 precipitation) as described in section 1.2.

479 Conclusions

480 Using the organic and inorganic geochemical properties of sediment core GeoB20616-1 from the
481 Delagoa Bight we were able to reconstruct the vegetation changes and rainfall patterns in the
482 Incomati, Matola and Lusutfu catchments as well as SST trends of the Agulhas waters for the past
483 ca. 100,000 yrs offshore southeastern Africa. Our reconstructions underline the existing dipoles

484 or tripoles in southeastern African climate: although the glacial-interglacial variability at our site
485 resembles that observed in the adjacent Limpopo river catchment, the Holocene hydrological
486 trends are exactly inverted in these neighboring catchments. Small-scale climatic zones have been
487 previously described for the region (c.f. Scott et al., 2012; Chevalier and Chase, 2015; Miller et al.,
488 2019b) and each zone has been attributed to a climatic driving mechanism. Our data provide
489 insights into the spatial shifts of these zones as fundamental shifts in the major climate systems
490 occurred over glacial-interglacial cycles. In accordance with Miller et al., (2019b) we identify
491 displacements of the SHW as the main hydro-climate driver during the Holocene in our study area
492 (termed *central and eastern zone*). The main trajectories of the SHW related disturbances remain
493 so far south during the Holocene, that they rarely deliver direct rainfall to the study area. Instead,
494 northward shifts of the SHW and the South African high-pressure cell block the SIOCZ and thus
495 TTT related rainfalls over the region (Fig. 5a). In this manner latitudinal SHW shifts influence the
496 local rainfall indirectly. Our study not only confirms the Miller et al. (2019 b) conceptual model
497 for the Holocene, but also finds the same mechanisms to be active during MIS5. Similar to Miller
498 et al. (2019b) we find an absence of insolation forcing in our study area. We suggest that at these
499 latitudes local insolation as a climatic forcing mechanism is overridden by shifts in the major rain-
500 bearing systems. We conclude that during interglacials regional wet phases are induced by
501 southward shifting westerlies (related to Antarctic warming trends) allowing for the influence of
502 the SIOCZ related TTT. During glacial periods, however, we observe an inverted relationship
503 between Antarctic warm events and regional humidity, and an additional correlation of several
504 humid intervals with extreme northern hemispheric cold events (HS). This suggests that the
505 mechanisms driving the millennial scale hydrological variability during glacials are not the same
506 as during interglacials. We attribute this to the global reorganization of climate systems during
507 the glacial as the large ice masses at both poles induce a southward shift of the thermal equator
508 and the ITCZ as well as a northward shift of the SHW. Our study site is located at the interface of
509 these “compressed” climate systems. As a result, during full glacial conditions, the region may
510 have received precipitation both from SHW related disturbances as well as from SIOCZ related
511 TTT (Fig. 5b). In this “compressed” state the northward shifts of the SHW and the South African
512 high pressure no longer have the net effect of blocking SIOCZ related precipitation; as this is
513 compensated by the increase in winter rains. Overall humidity therefore shows no considerable
514 decrease during MIS 2-4. Nevertheless, a shift in vegetation from woodland to grasslands takes
515 place during glacials; we attribute this to a reduced growing-season (summer) precipitation,

516 probably in combination with low temperatures and atmospheric CO₂. Our study shows that
517 these mechanisms are active in a spatially very restrained area resulting in small-scale variability.
518 These small-scale climatic dipoles or tripoles make the southeastern African coastal area
519 especially sensitive to shifts in the global climatic system.

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Captions

Fig. 1 A: Modern vegetation of southern Africa and the Incomati, Matola and Lusutfu catchments (after White 1983) and annual SST over the Indian Ocean (Locarnini et al., 2013). Grey arrows represent the main easterly transport of moisture from the warm Indian Ocean. The Mozambique current (MC), Agulhas current (AC), and counter current (cc) forming a coastal eddy are shown in black. Sites mentioned in the discussion are numbered as: 1) Wonderkrater (Truc et al., 2013); 2) Braamhoek (Norström et al., 2009); 3) Mfabeni (Miller et al., 2019a); 4) MD96-2048 (Dupont et al., 2011; Caley et al., 2011, 2018); 5) GeoB20610-1 (Miller et al., 2019b); 6) GIK16160-3 (Wang et al., 2013); 7) MD79-257 (Bard et al., 1997; Sonzogni et al., 1998; Levi et al., 2007); 8) GeoB9307-3 (Schefuß et al., 2011). B: Map of South Africa in austral summer showing the schematic position of the low-pressure system, the ITCZ (Intertropical Convergence Zone), the SIOCZ (South Indian Ocean convergence zone) and related rain bearing TTT (tropical temperate troughs). C: Map of South Africa in austral winter showing the schematic position of the high-pressure system, the

weaker TTT (tropical temperate troughs) and the frontal systems associated with the northward shifted SHW (southern hemispheric westerlies).

Fig. 2 Reference curves and age–depth model of core GeoB20616-1. A: LR04 benthic foraminifera $\delta^{18}\text{O}$ stack (Lisiecki and Raymo, 2005) (black) compared to GeoB20616-1 (red) *G. ruber* foraminifera $\delta^{18}\text{O}$ with indicated tie points. B: Age-depth model based on Bacon v. 2.2 (Blaauw and Christen, 2011; green) and $\delta^{18}\text{O}$ correlation (blue). Blue circles in panel B represent the positions of calibrated ^{14}C ages whereas blue circles indicate $\delta^{18}\text{O}$ tie points. Grey lines indicate uncertainty.

532 Fig. 3 Climatic patterns at orbital time scales recorded in GeoB20616-1. Panel a) shows down-
533 core $\delta^{13}\text{C}$ values of the C_{31} *n*-alkane in ‰ VPDB of GeoB20616-1 as indicators for shifts in
534 vegetation type (C_3 vs. C_4). Panel b) shows SST (sea surface temperatures) recorded by *G. ruber*
535 Mg/Ca (black line) in GeoB20616-1 as well as offshore Limpopo River (core MD96-2048) SST
536 calculated from TEX_{86} (dashed line) and from U^{K}_{37} (grey line) (Caley et al., 2011). Panel c) shows
537 Limpopo vegetation endmember EM2 from Dupont et al. (2011). The diamonds indicate C^{14} dates
538 (red) and $\delta^{18}\text{O}$ tie points (orange).

Fig. 4 Millennial scale hydrological variability recorded in core GeoB20616-1. Organic and inorganic down-core geochemistry (c-f: δD , red/blue, K/Al and Ca/Fe) of GeoB20616-1 as indicators for weathering type, fluvial input and aridity. Intervals identified as wet using these indicators are marked in blue or green, while dry phases are marked in red or yellow. Wet intervals marked in green are associated with southward shifts of the SHW (southern hemispheric westerlies) and the South African high-pressure cell allowing for the SIOCZ (South Indian Ocean convergence zone) and related rain bearing TTT (tropical temperate troughs) to move over the study area during interglacials. In turn, wet intervals marked in blue are associated with northward shifts of the SHW and/or southward shifts of the ITCZ during glacials. Arid phases during interglacials (marked in yellow) are related to northward shifts of the SHW as this induces the moisture-blocking effect of the South African high-pressure cell over the region. During glacials, however, southward shifts of the SHW are often associated with arid phases (marked in red) as the rain-bearing systems related to the SHW move south. Transitional intervals between arid and wet intervals are not colored. XRF scanning data is marked as a line, whereas discrete XRF measurements are represented by points. Panel c represents the δD of the C_{31} *n* alkane in

the unit ‰ VSMOW. For comparative purposes local insolation (Laskar, 2011) as well as Arctic and Antarctic ice core $d^{18}O$ records are plotted (NGRIP members, 2004; EPICA members, 2010). The most prominent AIM (Antarctic isotope maxima) and HS (Heinrich Stadial) events are named. The diamonds indicate C^{14} dates (red) and $\delta^{18}O$ tie points (orange).

Fig. 5 Conceptual model of precipitation shifts during glacial vs. interglacial (present conditions) intervals. The blue shaded boxes indicate the locations of the major regional rain-bearing systems: i) the TTT (tropical temperate troughs) moisture shifting with the SIOCZ (south Indian Ocean convergence zone) and bearing summer rain (therefore marked as SR) ii) the low-pressure systems related to the SHW (southern hemispheric westerlies), bringing mainly winter rain (therefore marked as WR). The orange shaded box marks South African high-pressure cell (HPC) shifting with the SHW. The HPC blocks SIOCZ and TTT related moisture and therefore causes aridity. The arrows mark the millennial scale variability of the position of these systems over the study area which is marked by a star. Please note that the millennial scale variations that the region experiences differ in the interglacial state (box A) and the glacial state (box B) since the organization of the major climatic systems (marked in red) is different (“decompressed” vs “compressed”). The conceptualization for interglacial states presented in box A is based on a schematic model by (Miller et al., 2019b). In this “decompressed” state latitudinal shifts of the SHW indirectly control precipitation at our study site via the moisture blocking effect of the South African HPC: southward shifts of the SHW and HPC allow the SIOCZ related TTT to bring SR to our site, whereas northward movements block this SR moisture (Miller et al., 2019b). During the “compressed” glacial state (box B) the SHW related WR reaches much further north, directly influencing the study site. The SR, in turn is shifted southward and an HPC blocking effect is not noted at our site.

Table. 1 AMS radiocarbon analyses of material from core GeoB20616-1. The modelled ocean average curve (Marine13) (Reimer et al., 2013) was used for calibration and a local ΔR of 121 ± 16 ^{14}C yr (Maboya et al., 2017) was applied. The ages were calibrated with Calib 7.1 software (Stuiver et al., 2019)

Supplement 1 GeoB20616-1 Oxygen and carbon isotopic composition of planktonic foraminifera (*G.ruber*).

Supplement 2 GeoB20616-1 downcore sea surface temperatures (SST) calculated following Lea et al., 2003 using Mg/Ca analysed on the planktonic foraminifer *G. ruber* (in mmol/mol).

Supplement 3 GeoB20616-1 organic geochemical down-core data. *n*-alkane isotopic composition and distribution descriptive parameters averaged. The elevated CPI values ranging from 3.8 to 14 indicate that the *n*-alkanes within the terrestrial and marine samples were likely derived from non-degraded, terrestrial, higher plant material (Eglinton & Hamilton, 1967). We focus the discussion on the isotopic signals of the *n*-C₃₁ alkane but note that the *n*-C₂₉ and *n*-C₃₃ alkanes reveal similar trends.

Supplement 4 GeoB20616-1 inorganic geochemical down-core data from discrete XRF measurements.

539 Contributor Roles

540 Annette Hahn: conceptualization, investigation, analysis, visualisation, writing

541 Enno Schefuß: funding acquisition, conceptualization, investigation, review & editing

542 Jeroen Groeneveld: analysis, interpretation, methodology, review & editing

543 Charlotte Miller: analysis, interpretation, review & editing

544 Matthias Zabel: funding acquisition, project administration, conceptualization, investigation,
545 review & editing

546 Sample and data availability

547 Samples and data are respectively archived at the GeoB Core Repository and PANGAEA
548 (www.pangaea.de) both located at MARUM, University of Bremen.

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Table. 1 AMS radiocarbon analyses of material from core GeoB20616-1. The modelled ocean average curve (Marine13) (Reimer et al., 2013) was used for calibration and a local ΔR of 121 ± 16 ^{14}C yr (Maboya et al. 2017) was applied. The ages were calibrated with Calib 7.1 software (Stuiver et al. 2018)

core	material	depth (cm)	lab num ^{14}C uncalib.	cal. age yrs BP		
				-2s	+2s	median
GeoB20616-1	bulk	0.5	Poz-89C 1640 \pm 30 BP	972	1168	1075
GeoB20616-1	<i>Globigerinoides ruber</i>	2	Poz-88C 2860 \pm 90 BP	2262	2718	2473
GeoB20616-1	<i>Globigerinoides ruber</i>	52	Poz-89C 5860 \pm 150 BP	5794	5796	6139
GeoB20616-1	<i>Globigerinoides ruber</i>	102	Poz-89C 14290 \pm 200 BF	16063	17248	16648
GeoB20616-1	<i>Globigerinoides ruber</i>	152	Poz-89C 13960 \pm 390 BF	15047	17400	16170
GeoB20616-1	<i>Globigerinoides ruber</i>	202	Poz-89C 19160 \pm 200 BF	22002	22971	22511
GeoB20616-1	<i>Globigerinoides ruber</i>	252	Poz-88C 20370 \pm 220 BF	23342	24413	23877
GeoB20616-1	<i>Globigerinoides ruber</i>	302	Poz-89C 22070 \pm 220 BF	25365	26216	25826
GeoB20616-1	<i>Globigerinoides ruber</i>	352	Poz-88C 30850 \pm 870 BF	32455	36152	34343
GeoB 20616-1	shell fragment	390	Poz-85C 35820 \pm 520 BF	38724	41007	39859
GeoB 20616-1	gastropod	634	Poz-85C >52000 BP	Date out of range		
GeoB 20616 -1	coral	664	Poz-85C >48000 BP	Date out of range		

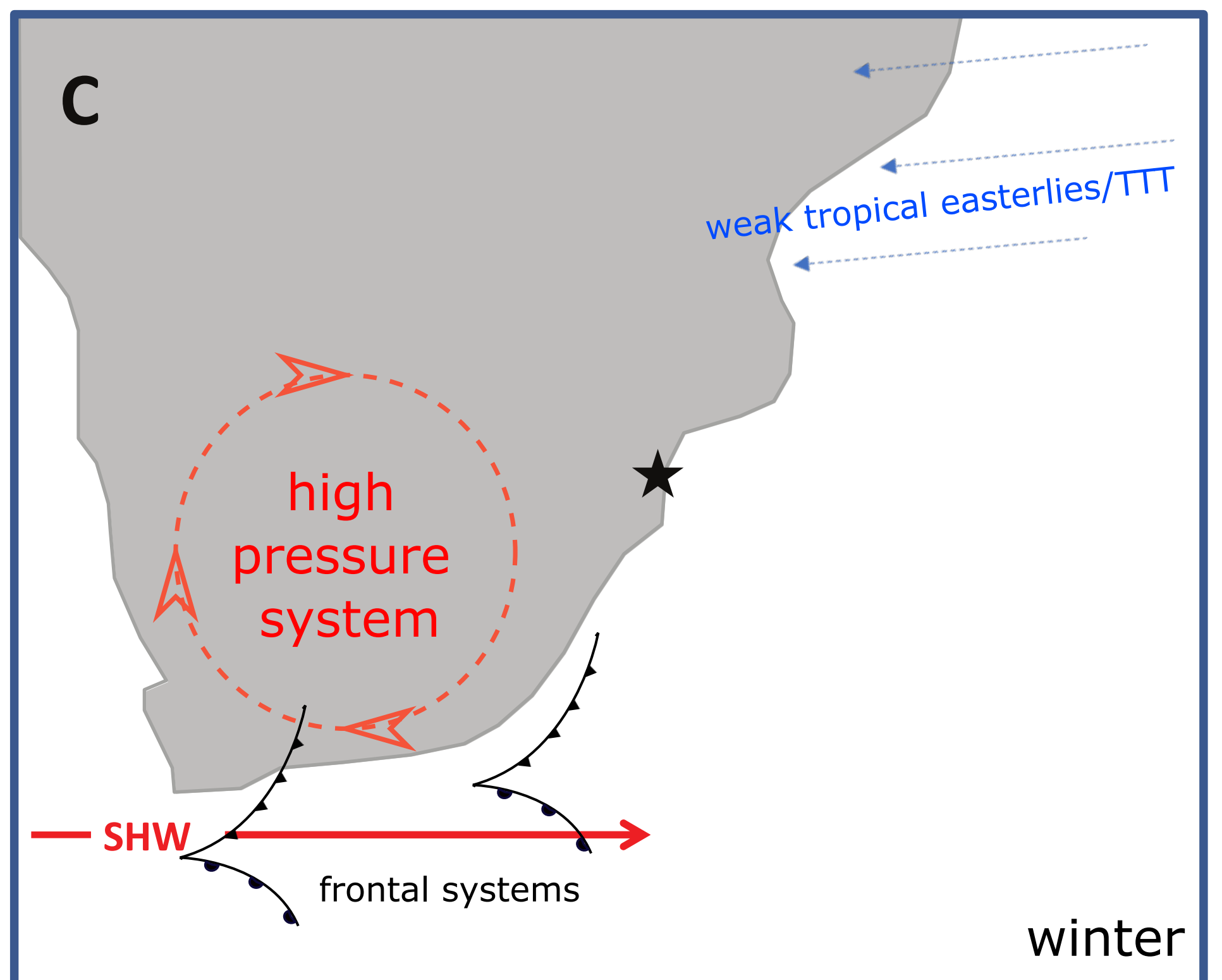
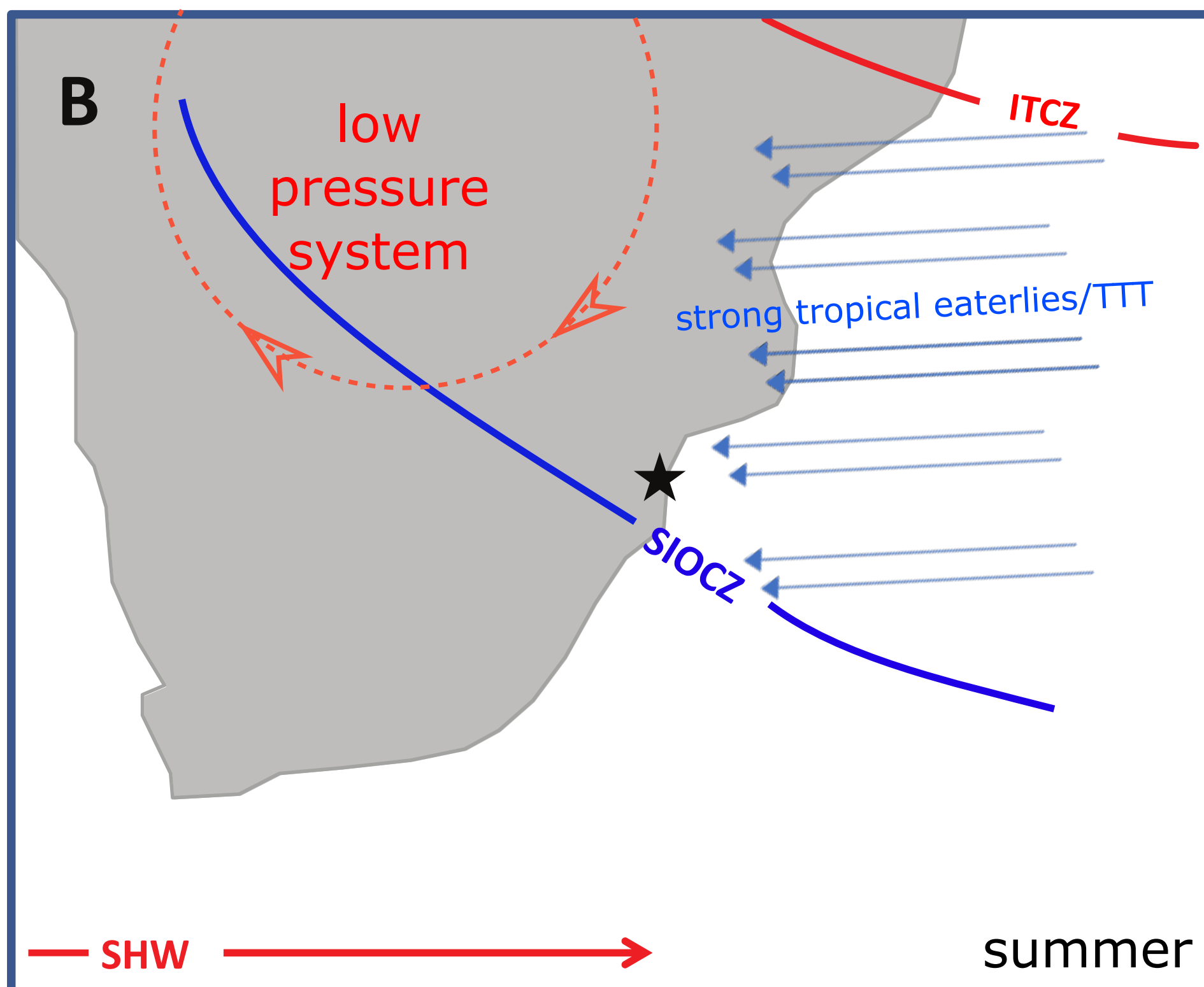
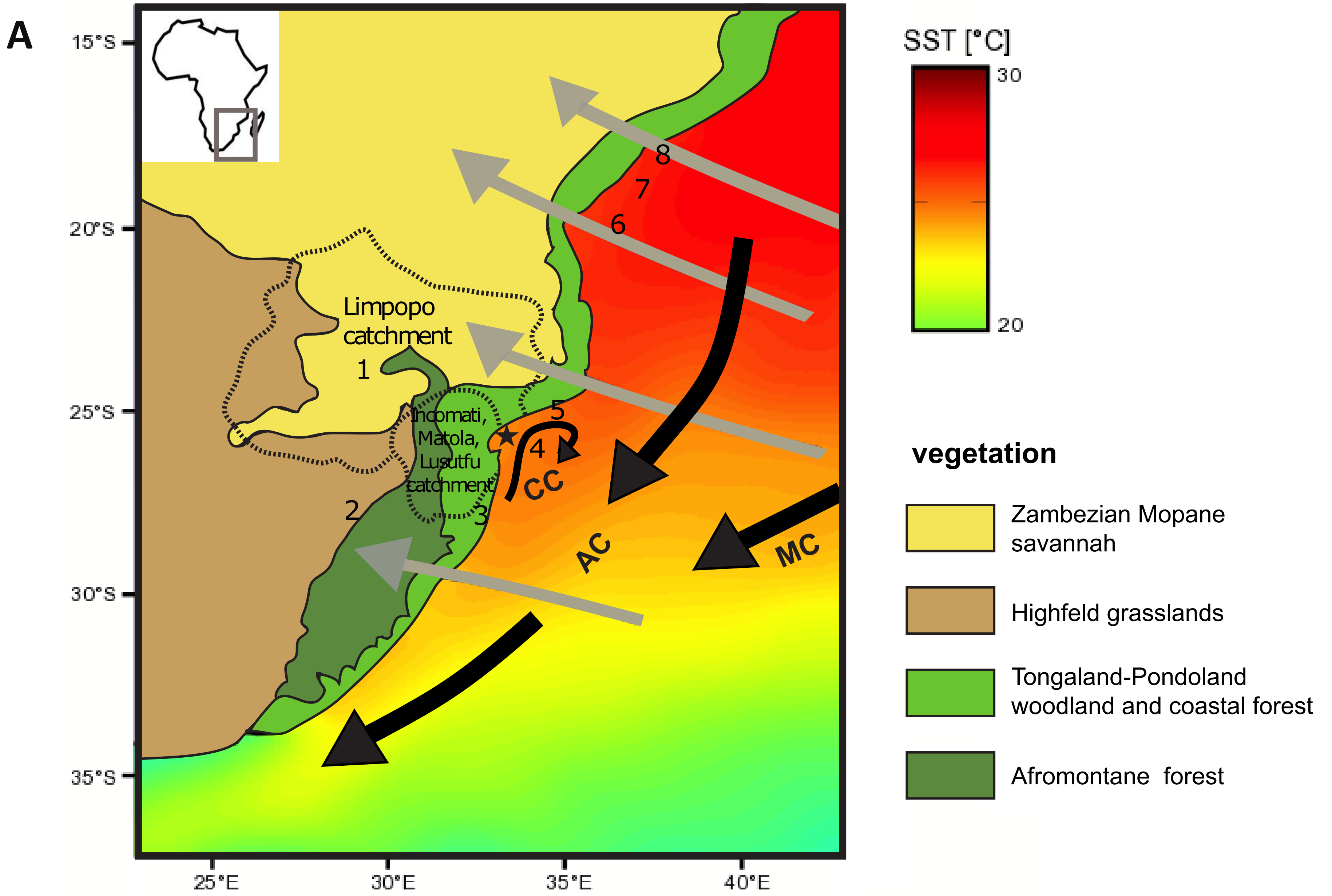


Figure 2a)

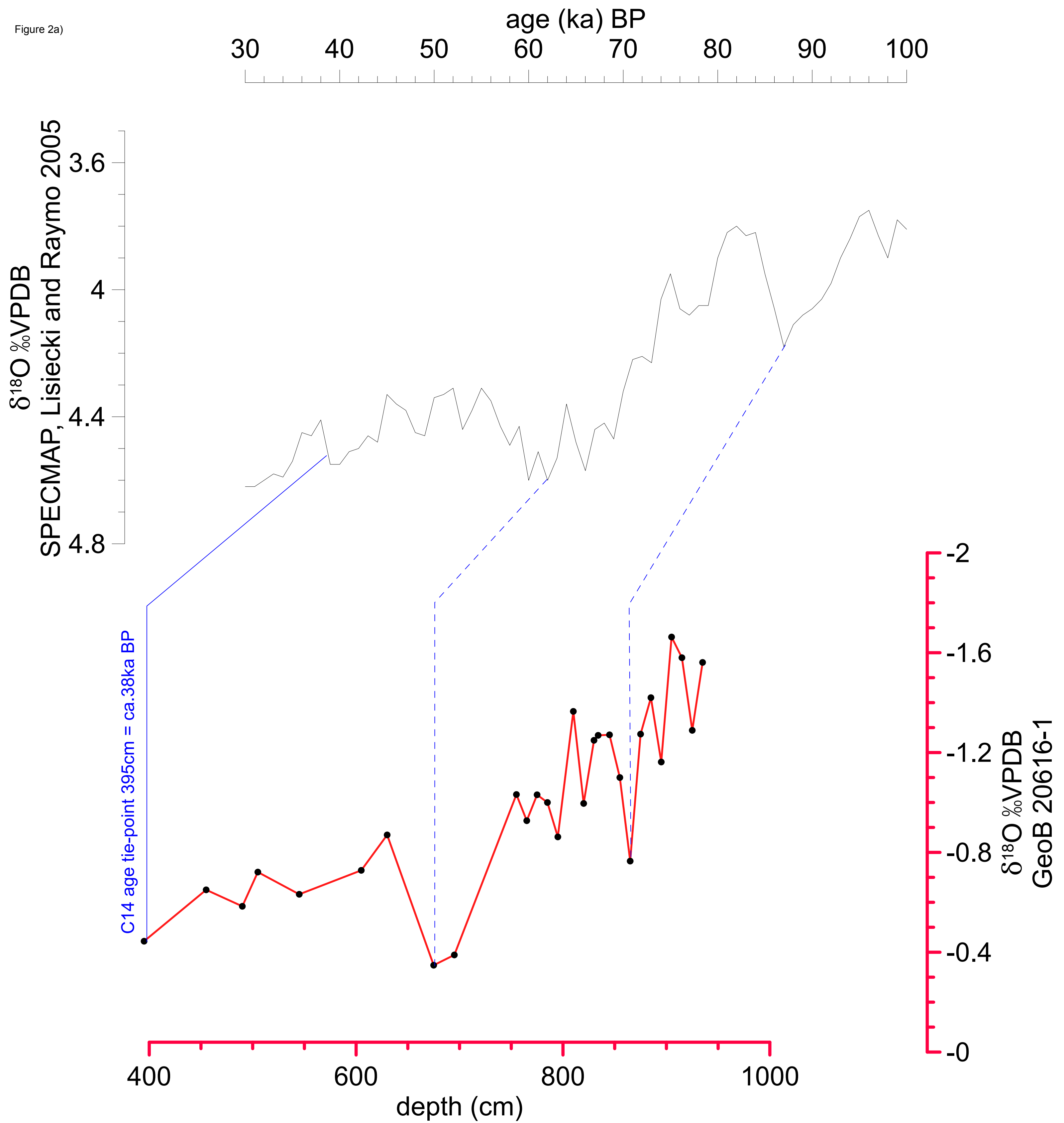


Figure 2b

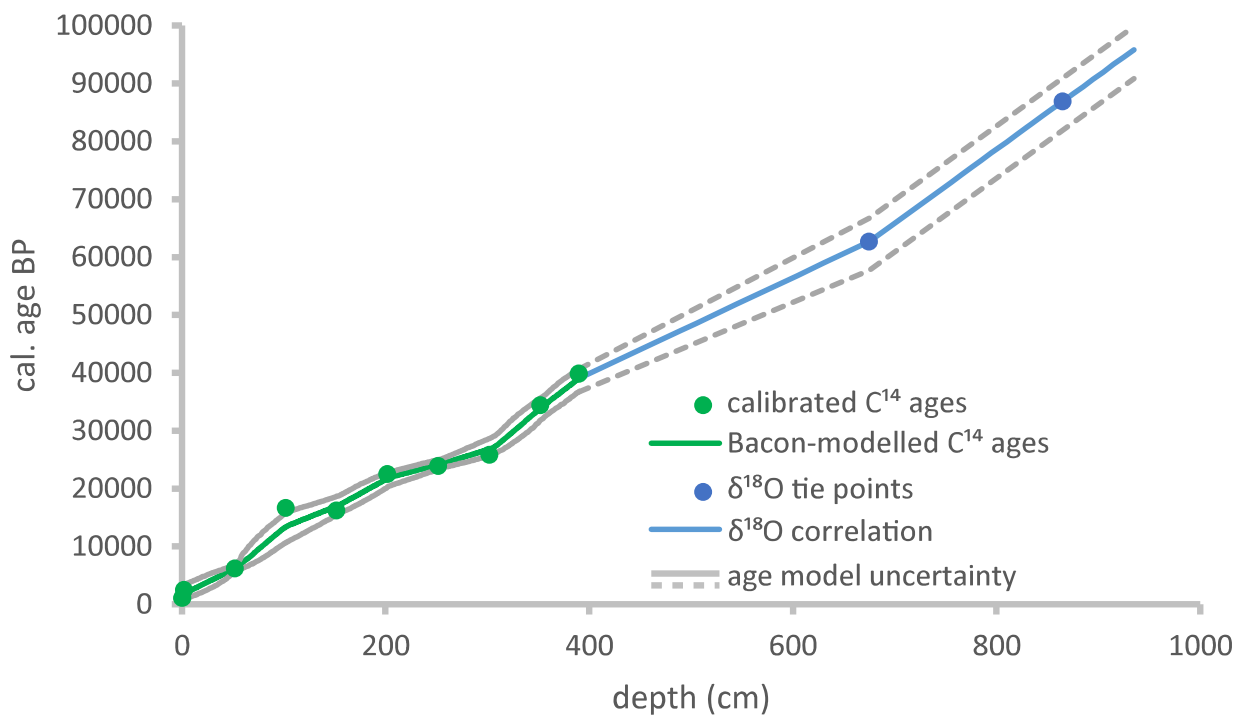


Figure 3

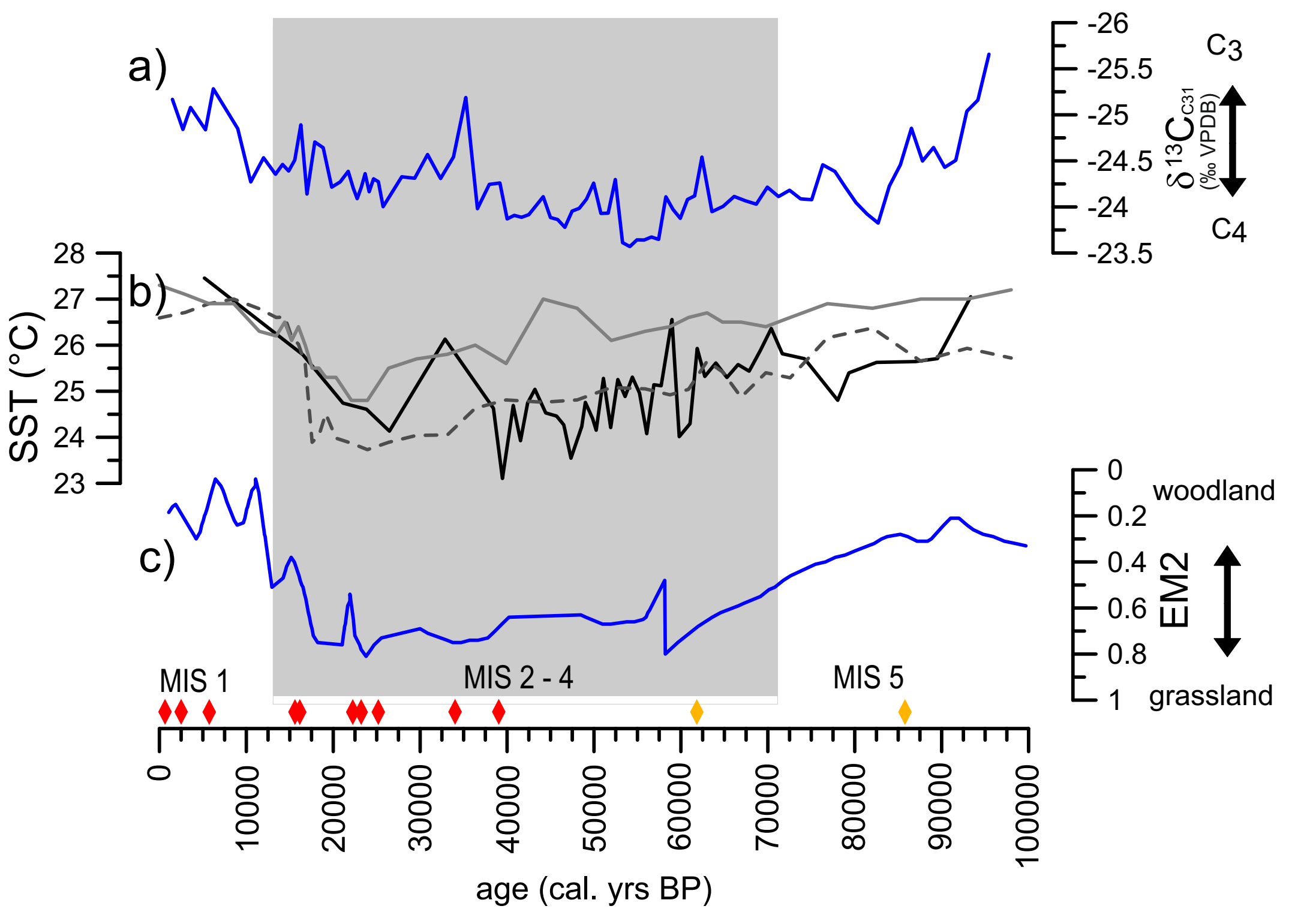
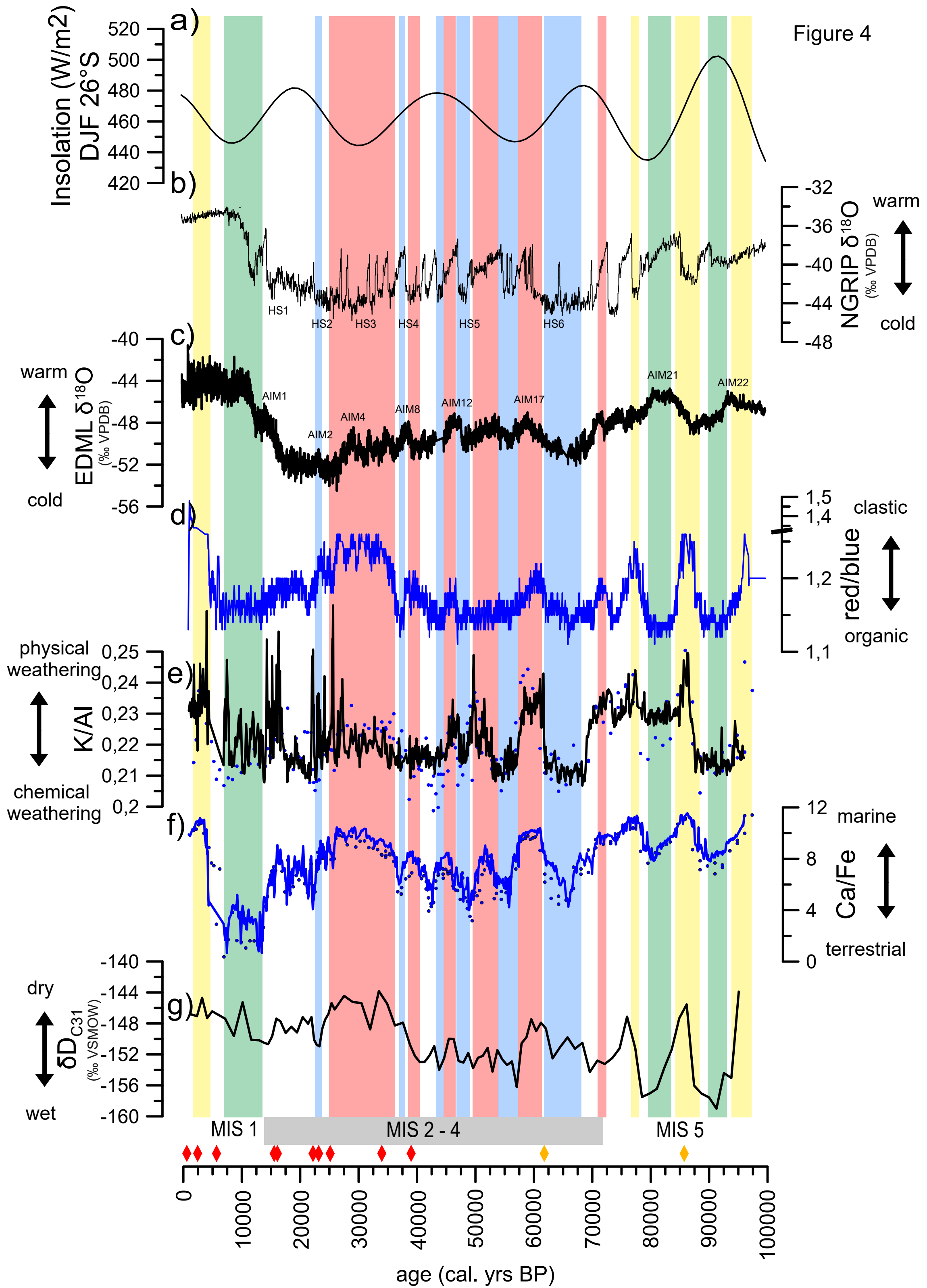
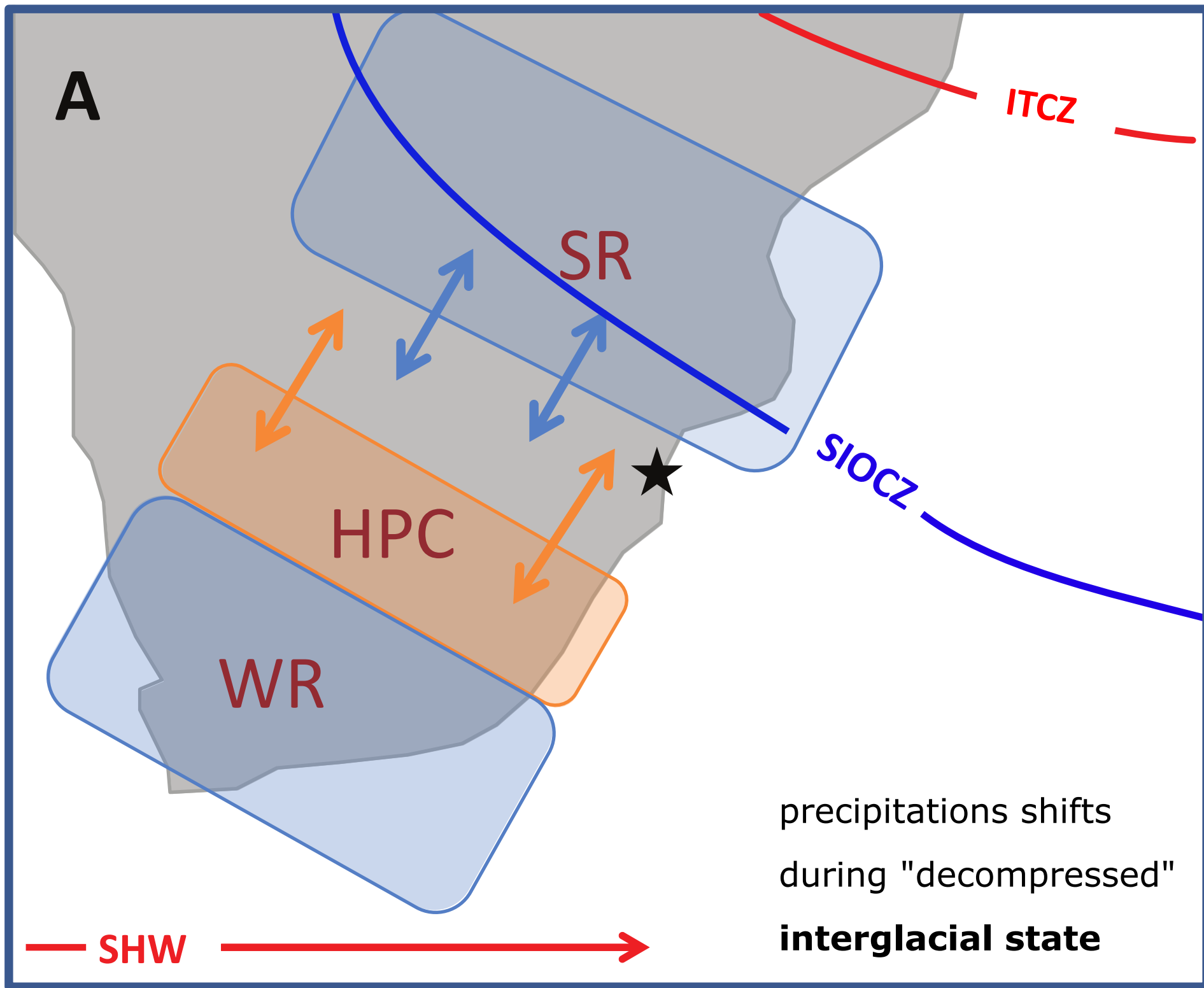
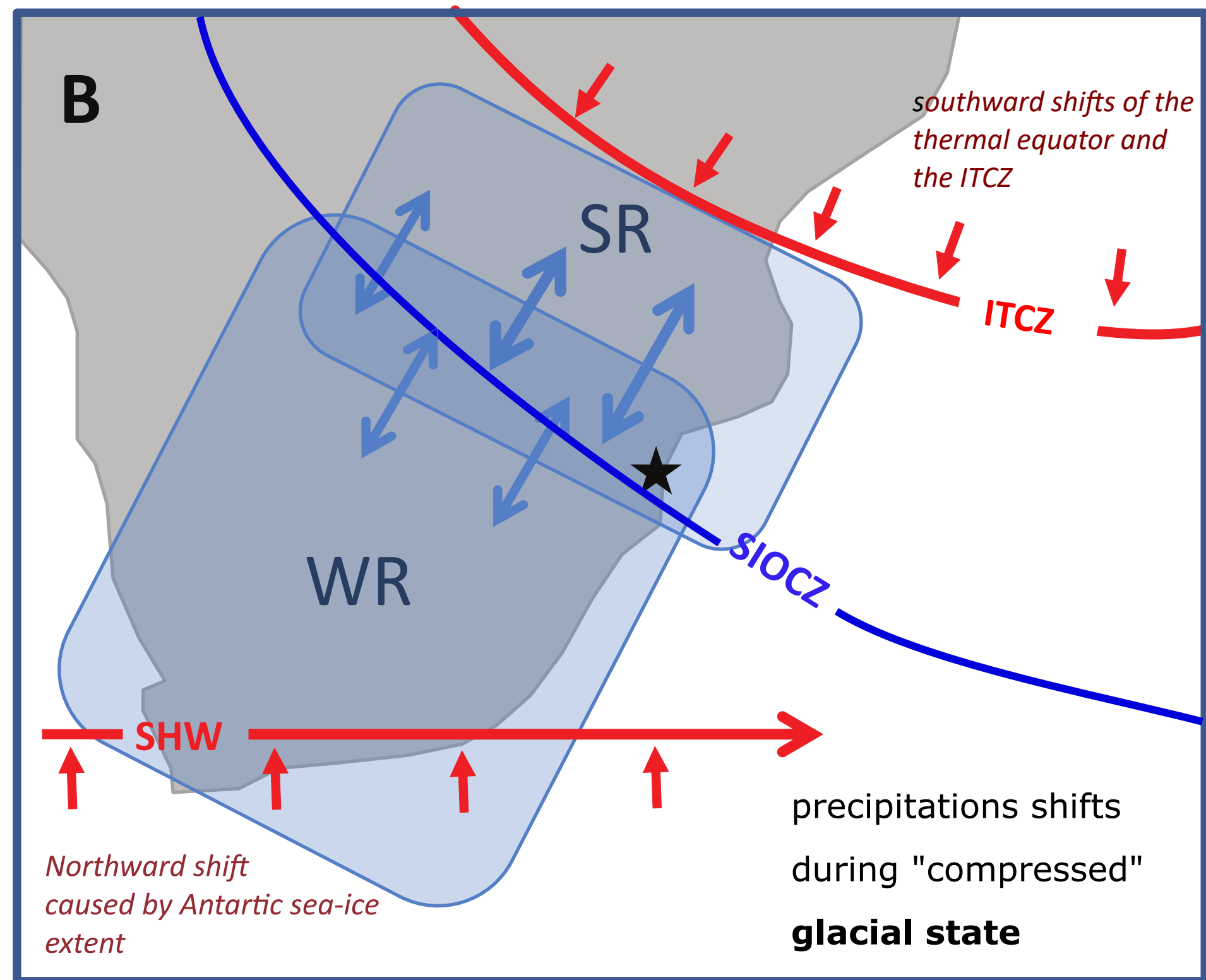


Figure 4





★ site GeoB20616-1



Supplement 1: GeoB20616-1 Oxygen and carbon isotopic composition of planktonic foraminifera.

age (cal. yrs BP)	depth (cm)	$\delta^{18}\text{O}$ (‰ VPDB)	$\delta^{13}\text{C}$ (‰ VPDB)
37173	395	-0.44	0.554
45285	455	-0.65	0.709
50017	490	-0.58	0.276
52045	505	-0.72	0.669
57453	545	-0.63	0.622
65565	605	-0.73	0.435
68945	630	-0.87	0.624
75029	675	-0.35	0.267
77733	695	-0.39	1.277
85845	755	-1.03	0.954
87197	765	-0.93	0.719
88549	775	-1.03	0.683
89901	785	-1.00	0.267
91253	795	-0.86	0.772
93281	810	-1.37	0.519
94633	820	-1.00	0.125
95985	830	-1.25	1.091
96525	834	-1.27	0.519
98013	845	-1.27	0.561
99365	855	-1.10	0.711
100717	865	-0.77	0.625
102069	875	-1.27	0.663
103421	885	-1.42	0.939
104773	895	-1.16	0.147
106125	905	-1.66	0.208
107477	915	-1.58	0.927
108829	925	-1.29	0.616
110181	935	-1.56	0.101

Supplement 2:GeoB20616-1 downcore sea surface temperatures (SST) calculated following Lea et al. 2003 using the listed ICP-OES measurement results.

age (cal. yrs BP)	depth (cm)	Mg/Ca	SST (°C)
5179	40.5	4.38	27.5
16512	145.5	3.77	25.8
21125	195.5	3.44	24.7
23832	245.5	3.40	24.6
26461	295.5	3.26	24.1
32869	345.5	3.89	26.1
38427	385.5	3.40	24.6
39467	395.5	2.97	23.1
40712	410.5	3.42	24.7
41542	420.5	3.20	23.9
42372	430.5	3.44	24.7
43202	440.5	3.53	25.0
44447	455.5	3.37	24.5
45692	470.5	3.35	24.5
46522	480.5	3.30	24.3
47352	490.5	3.09	23.5
48597	505.5	3.28	24.2
49012	510.5	3.44	24.8
49842	520.5	3.33	24.4
50258	525.5	3.26	24.2
51088	535.5	3.60	25.3
51918	545.5	3.28	24.2
52748	555.5	3.60	25.3
53578	565.5	3.48	24.9
54408	575.5	3.61	25.3
55238	585.5	3.50	25.0
56068	595.5	3.24	24.1
56898	605.5	3.56	25.1
57728	615.5	3.55	25.1
58973	630.5	4.04	26.6
59803	640.5	3.22	24.0
61048	655.5	3.30	24.3
61878	665.5	3.82	25.9
62748	675.5	3.62	25.3
64023	685.5	3.71	25.6
65298	695.5	3.61	25.3
66573	705.5	3.70	25.6
67848	715.5	3.66	25.4
69123	725.5	3.80	25.9
70397	735.5	3.97	26.4
71672	745.5	3.78	25.8
74222	765.5	3.74	25.7
78046	795.5	3.46	24.8
79321	805.5	3.64	25.4
82508	830.5	3.72	25.6
86970	865.5	3.72	25.6
89520	885.5	3.75	25.7
93344	915.5	4.22	27.1

Supplement 3: GeoB20616-1 organic geochemical down-core data. *n*-Alkane isotopic composition and distribution descriptive parameters averaged. The elevated CPI values ranging from 3.8 to 14 indicate that the *n* alkanes within the terrestrial and marine samples were likely derived from nondegraded, terrestrial, higher plant material (Eglinton & Hamilton, 1967). We focus the discussion on the isotopic signals of the *n*-C31 alkane but note that the *n*-C29 and *n*-C33 alkanes reveal similar trends.

age (cal. yrs BP)	Depth (cm)	$\delta^{13}\text{C}-n\text{C}_{29}$ (‰ VPDB)	$\delta^{13}\text{C}-n\text{C}_{31}$ (‰ VPDB)	$\delta^{13}\text{C}-n\text{C}_{33}$ (‰ VPDB)	$\delta\text{D}-n\text{C}_{29}$ (‰ VSMOW)	$\delta\text{D}-n\text{C}_{31}$ (‰ VSMOW)	$\delta\text{D}-n\text{C}_{33}$ (‰ VSMOW)	CPI ₂₅₋₃₃
1504	2	-26.0	-25.2	-23.3	-133	-147	-150	6
2705	12	-25.6	-24.8	-23.2	-140	-147	-150	6
3580	22	-26.2	-25.1	-23.3	-138	-145	-148	7
4442	32	-26.1	-25.0	-23.2	-144	-147	-151	7
5306	42	-26.0	-24.8	-23.0	-130	-146	-148	7
6197	52	-25.7	-25.3	-23.2				7
7535	62				-140	-147	-148	7
9007	72	-25.9	-24.9	-23.0	-137	-150	-150	8
10513	82	-25.2	-24.3	-22.5	-134	-145	-149	7
11985	92	-24.9	-24.5	-22.4	-136	-150	-151	8
13363	102	-25.1	-24.4	-22.5	-141	-150	-151	7
14163	112	-25.2	-24.5	-22.6	-136	-150	-150	7
14871	122	-25.2	-24.4	-22.5	-145	-151	-151	8
15571	132	-25.4	-24.5	-22.7	-135	-150	-149	7
16271	142	-25.5	-24.9	-22.8	-141	-147	-147	7
16979	152	-24.8	-24.1	-22.2	-139	-148	-145	7
17878	162	-25.0	-24.7	-22.6	-143	-149	-149	8
18839	172	-25.2	-24.6	-22.6	-135	-148	-149	7
19822	182	-24.9	-24.2	-22.3	-138	-149	-151	7
20787	192	-25.0	-24.3	-22.4	-139	-147	-147	7
21724	202	-25.1	-24.4	-22.5	-138	-148	-148	7
22300	212	-25.0	-24.2	-22.4	-130	-147	-148	7
22756	222	-24.7	-24.1	-22.2	-137	-150	-150	11
23217	232	-25.0	-24.2	-22.4	-135	-151	-149	8
23673	242	-25.5	-24.4	-22.5	-135	-151	-150	7
24131	252	-24.7	-24.2	-22.3	-132	-149	-148	7
24642	262	-25.3	-24.3	-22.5	-132	-148	-148	7
25187	272	-25.4	-24.3	-22.4	-131	-147	-148	7
25731	282	-25.0	-24.0	-22.3	-135	-145	-149	7
26273	292				-138	-146	-148	8
27880	312	-25.2	-24.3	-22.4	-138	-144	-148	7
29364	322	-25.4	-24.3	-22.6	-130	-145	-147	7
30853	332	-25.4	-24.6	-22.6	-132	-145	-147	7
32351	342	-25.3	-24.3	-22.5	-142	-149	-151	7
33833	352	-25.5	-24.5	-22.6	-127	-144	-147	7
35256	362	-25.9	-25.2	-23.2	-141	-145	-150	8
36591	372	-25.1	-24.0	-22.1	-133	-148	-152	8
37949	382	-25.1	-24.2	-22.3	-132	-148	-149	7
39177	392	-25.0	-24.3	-22.6	-143	-151	-153	7
40007	402	-24.9	-23.9	-22.2	-137	-152	-152	8
40837	412	-24.8	-23.9	-22.1	-143	-153	-155	7
41667	422	-24.8	-23.9	-22.0	-144	-153	-153	8
42497	432	-24.9	-23.9	-22.1	-142	-152	-154	8
43327	442	-25.0	-24.0	-22.2	-136	-151	-152	7
44157	452	-25.3	-24.1	-22.4	-138	-154	-154	7
44987	462	-24.9	-23.9	-22.2	-137	-153	-154	7
45817	472	-25.0	-23.9	-22.0	-143	-150	-152	7
46647	482	-24.7	-23.8	-22.0	-145	-150	-152	6
47477	492	-25.0	-24.0	-22.1	-138	-153	-154	7
48307	502	-24.7	-24.0	-22.1	-142	-153	-153	7
49137	512	-25.0	-24.1	-22.1	-145	-152	-153	7
49967	522	-24.9	-24.3	-22.2	-143	-154	-155	7
50797	532	-24.9	-23.9	-22.0	-142	-152	-154	7
51627	542	-24.9	-23.9	-22.1	-141	-152	-155	6
52457	552	-24.1	-24.3	-22.7	-139	-151	-154	7
53287	562	-24.7	-23.6	-22.0	-141	-154	-155	9
54117	572	-24.4	-23.6	-21.9	-137	-151	-153	7
54947	582	-24.6	-23.6	-22.1	-147	-153	-154	7
55777	592	-24.3	-23.6	-22.0	-147	-153	-155	7
56607	602	-24.8	-23.7	-21.9	-138	-153	-155	6
57437	612	-24.7	-23.6	-22.1	-147	-156	-156	7
58267	622	-25.1	-24.1	-22.3	-145	-151	-152	7
59097	632	-25.1	-24.0	-22.3	-138	-150	-152	7
59927	642	-25.0	-23.9	-22.1	-134	-147	-148	6
60757	652	-25.1	-24.1	-22.4	-139	-149	-148	7
61588	662	-25.1	-24.1	-22.4	-136	-148	-149	7
62418	672	-25.4	-24.5	-22.8	-132	-149	-148	7
63577	682	-25.4	-23.9	-22.5	-146	-153	-153	8
64852	692	-24.8	-24.0	-22.4	-134	-151	-152	7
66127	702	-25.0	-24.1	-22.6	-134	-150	-151	7
67402	712	-24.8	-24.1	-22.5	-134	-151	-153	7
68676	722	-25.1	-24.0	-22.6	-144	-151	-152	7
69951	732	-25.3	-24.2	-22.8	-138	-154	-156	7
71226	742	-25.6	-24.1	-22.7	-138	-153	-155	7
72501	752	-25.4	-24.2	-22.6	-138	-153	-156	7
73776	762	-25.4	-24.1	-22.6	-140	-152	-153	7
75050	772	-25.4	-24.1	-22.6	-145	-151	-153	7
76325	782	-26.3	-24.5	-23.0	-137	-147	-150	6
77728	793	-25.8	-24.4	-22.7	-142	-151	-154	8
78875	802	-25.2	-24.2	-22.3	-153	-157	-159	7
80150	812	-25.3	-24.0	-22.3	-137	-157	-159	6
81425	822	-25.3	-23.9	-22.3	-149	-156	-159	6
82699	832	-24.0	-23.8	-22.2	-137	-154	-155	5
83974	842	-25.5	-24.2	-22.6	-144	-151	-153	6
85249	852	-25.6	-24.5	-22.8	-141	-147	-152	7
86524	862	-26.2	-24.9	-23.1	-142	-146	-151	1
87799	872	-25.9	-24.5	-22.8	-146	-156	-157	6
89074	882	-26.2	-24.6	-22.9	-147	-157	-157	6
90348	892	-25.8	-24.4	-22.7	-151	-158	-161	7
91623	902	-26.1	-24.5	-22.9	-150	-159	-160	6
92898	912	-26.4	-25.0	-22.9	-139	-154	-157	7
94173	922	-26.6	-25.2	-23.1	-141	-155	-158	7
95448	932	-26.3	-25.7	-23.6	-134	-144	-146	7

Supplement 4: GeoB20616-1 inorganic geochemical down-core data from

depth (cm)	age (cal. years BP)	Al (mg/kg)	Ca (mg/kg)	Fe (mg/kg)	K (mg/kg)
5.5	2141	41601	177248	27139	8911
10.5	2575	40009	184378	26882	8863
15.5	3008	33894	202638	23765	8045
20.5	3446	32489	209794	22430	7864
25.5	3891	42712	174836	30180	10010
30.5	4315	51353	145437	36638	11646
35.5	4741	52964	143556	38025	12066
40.5	5179	61319	114217	41607	13549
45.5	5600	62755	114701	43780	13466
50.5	6032	76367	67954	51567	15949
55.5	6602	64118	106827	43037	13586
60.5	7317	81808	55271	53594	16917
65.5	8040	78369	59242	50854	16399
70.5	8781	75738	70803	48374	15809
75.5	9523	78203	60655	52427	16661
80.5	10290	78352	59011	51635	16528
85.5	11035	77321	59370	54169	16743
90.5	11767	76465	63916	55399	16351
95.5	12501	75170	61400	53243	16427
100.5	13211	77240	61674	55229	16505
105.5	13696	74527	68091	55522	16528
110.5	14057	74176	67078	52330	15914
115.5	14409	71905	75806	48928	15316
120.5	14766	68726	82184	47674	15031
125.5	15118	64537	95917	45311	13962
130.5	15468	61688	99668	41571	13308
135.5	15813	59928	106381	41391	13475
140.5	16168	62339	102200	42106	13815
145.5	16512	53917	124124	38125	12401
150.5	16868	53583	129426	38349	12385
155.5	17255	62403	104697	43747	13950
160.5	17734	66270	88069	48473	14453
165.5	18215	56286	115156	39825	13046
170.5	18696	67792	80244	44942	14654
175.5	19176	66981	88478	45807	14197
180.5	19674	62491	95931	42658	13873
185.5	20162	65334	99870	47296	14113
190.5	20643	62511	102887	41707	13467
195.5	21125	66868	96885	48235	14988
200.5	21597	67068	89420	49711	15021
205.5	22000	69028	90573	44979	14341
210.5	22233	60283	114739	42526	13499
215.5	22458	69104	88862	45349	14645
220.5	22687	70456	88409	45770	14638
225.5	22917	72078	84770	46615	14792
230.5	23146	65131	103541	43173	13557
235.5	23379	56941	129414	38257	12407
240.5	23605	60846	120300	40670	12692
245.5	23832	57609	129981	41183	12521
250.5	24063	58536	123484	41087	12795
255.5	24298	58042	123364	40032	12580
260.5	24562	57797	129772	43387	13060
280.5	25648	60102	118404	40438	13120
285.5	25922	59111	122979	41101	12896
290.5	26193	60619	123278	41523	12833
295.5	26461	48348	167591	34485	10447
300.5	26733	44819	174138	31605	10008
305.5	27045	44879	172727	32203	10102
310.5	27652	45798	169598	32696	10287
315.5	28407	51376	146621	36184	11618
320.5	29142	45342	164907	31759	10547
325.5	29884	54584	140547	36636	12082
330.5	30625	49338	155126	34580	11003
335.5	31378	49564	154649	34299	11218
340.5	32130	52464	140437	37184	11815
345.5	32869	53070	137093	36736	11702
350.5	33615	53940	137642	38276	12143
355	34273	55917	113821	35189	12547
355.5	34346	56963	129853	40731	12948
360	34982	56742	111906	36524	12790
360	34982	51631	124407	35717	11300
360.5	35050	57729	127739	40217	12990
365	35663	55346	112114	34237	12311
365.5	35731	56217	128293	39866	12775
370	36319	52984	117699	35315	11500
370	36319	54704	116866	36474	12137
370.5	36386	57846	110492	39138	13301
375.5	37069	66718	83800	46061	14718
380	37677	66930	72739	41065	14458
380	37677	64675	79088	44574	13757
380.5	37744	65197	85613	44766	14634
385.5	38427	64755	94671	44168	14123
390	39011	63041	93578	42042	12755
390.5	39052	64839	97063	45540	13991
395.5	39467	64293	101333	43352	13659
400	39841	56336	111917	37771	11815
400.5	39882	59540	116418	40174	12958
405	40256	60525	101730	35780	13075
405.5	40297	60053	113436	41620	13286
410	40671	56134	111014	37702	11909
410.5	40712	61267	115181	40783	13059
415.5	41127	68070	96946	45136	14410
420	41501	60132	92248	41222	12966
420.5	41542	63673	107364	44591	13908
425	41916	64280	79834	42446	14274
425.5	41957	67059	90673	43957	14495
430	42331	66538	74768	44034	13772
430.5	42372	74425	72721	49023	16000
435	42746	68276	73664	46167	14581
435.5	42787	74586	74830	48272	15428
440	43161	68894	68864	42636	13686
440.5	43202	73481	85417	52971	15420
445	43576	63726	90121	43258	13714
445.5	43617	70805	90745	47880	14455
450	43991	62794	94709	41966	12541

450.5	44032	66645	102400	44605	14024
455.5	44447	63058	110000	43305	13270
460	44821	60234	103253	41532	12445
460	44821	63467	94432	41145	13774
460.5	44862	66633	99157	45814	14019
465.5	45277	63091	106734	43179	13627
470	45651	58903	94189	39768	12457
470.5	45692	63933	103868	45098	14305
475	46066	60994	86668	37042	13787
475.5	46107	61837	98873	41100	14153
480	46481	56561	90832	40272	12613
480.5	46522	66192	89069	45694	14571
485.5	46937	67609	86077	46304	14804
490	47311	62425	78589	42526	13456
490.5	47352	73996	74298	50343	15312
495	47726	63854	82115	42127	14185
495.5	47767	70040	79558	47674	14918
500	48141	58443	92436	39597	12792
500.5	48182	67806	89654	41300	14255
505.5	48597	64302	95964	42143	13817
510	48971	56298	89156	36482	12774
510.5	49012	58933	107154	37850	13198
515.5	49427	56637	121832	39000	13166
520	49801	69152	66613	44369	14418
520.5	49842	61249	102619	40085	14223
525.5	50258	59082	98837	38056	13993
530	50631	63717	71262	40987	13969
530.5	50673	62272	86967	41175	14570
535.5	51088	66636	77489	41972	15207
540	51461	67956	65810	40760	14770
540.5	51503	68530	79364	46688	15272
545.5	51918	71167	71372	47010	16052
550.5	52333	69486	77430	47457	15274
555.5	52748	73000	67616	47939	15957
560	53121	70124	57144	42084	15288
560	53121	65831	79730	43561	13966
560.5	53163	70140	86254	47706	15075
565.5	53578	72087	78510	46632	15068
570	53951	66312	82360	42526	14264
570	53951	66194	76845	43042	13921
580	54781	66247	80417	44078	14268
580	54781	68014	77544	46462	13950
590	55611	66355	83582	44236	14347
590	55611	65058	82253	45714	13717
600	56441	61234	89130	40404	13039
610	57271	55032	110938	38905	12495
610	57271	58564	100873	40606	12782
620	58101	45455	139095	31370	10910
620	58101	44378	145060	31074	10138
625	58516	43060	142267	29805	10433
630	58931	42528	144291	29578	9941
635	59346	42342	162679	30808	10345
640	59761	43435	145528	30639	10129
645	60176	43778	146212	29584	10425
650	60591	42732	148481	29140	10062
660	61422	51553	125405	35513	11277
670	62252	61084	96695	42103	12882
670	62252	64483	93359	45537	13816
680	63322	67129	77902	46161	14021
680	63322	62970	93170	43272	13659
690	64597	67932	76483	44205	13923
690	64597	68020	73796	46466	14663
700	65872	67826	80960	48905	14043
710	67147	58768	103678	40525	12421
710	67147	62192	95677	50634	13671
720	68421	62300	100698	43941	13308
720	68421	59517	102095	41114	12571
730	69696	51990	130019	36401	11173
730	69696	60917	103143	43866	13069
740	70971	42149	152024	32335	9772
740	70971	48978	143668	38215	11380
750	72246	48501	141805	34406	11020
760	73521	45861	150455	33980	10725
760	73521	47125	143183	34141	10539
770	74795	42528	162159	31551	10067
770	74795	39344	169696	30045	9127
780	76070	34419	192887	25895	8236
780	76070	31427	202857	23010	7502
790	77345	35777	183667	26151	8677
790	77345	35244	183499	24784	8237
800	78620	51577	132777	38252	11201
810	79895	55158	111085	40599	11873
820	81170	50305	125661	37449	11178
825	81807	52630	126976	38524	12155
830	82444	48311	141565	35482	10618
835	83082	48136	145329	35219	11257
840	83719	47482	150996	34356	10533
850	84994	32646	192928	21969	7706
860	86269	22912	239594	17648	5737
860	86269	26057	230951	18877	6348
870	87544	28890	213965	20328	6753
870	87544	52404	134379	37382	11542
880	88819	62396	105431	42914	13482
880	88819	57738	112182	39138	11802
890	90093	54070	123836	39282	11467
890	90093	61059	108961	41761	13009
900	91368	63645	102706	44565	13416
900	91368	62597	112688	41009	13450
910	92643	61222	107700	40574	12949
910	92643	62867	108253	42496	13677
920	93918	55146	133032	37836	11767
920	93918	55676	134602	38464	12232
930	95193	51392	139805	33200	11087
930	95193	50522	153534	33390	11269
940	96468	44837	163431	28193	9756
940	96468	22365	244843	14395	5517
950	97742	21712	244971	13257	5156