

| Recessional phase | Advance phase | Distance (km) | Duration (ka BP) | Rate (m/yr) |
|--------------------|---------------|------------------|---------------------|----------------|
| Shelf edge-Røst | | 253 | 1.3 | 195 |
| | Røst | 65 | 0.3 | 216 |
| Røst-Værøy | | 96 | 0.35 | 274 |
| | Værøy | 51.5 | 0.2 | 258 |
| Værøy-pre Skarpnes | | 175.5 | 0.62 | 283 |