

Forum:[Hack Forums](#)

Thread: [How long can someone go without breathing?](#)

Linux X - October 15, 2020, 11:52 pm

My personal record is 2 min and 21 seconds. ?

jecoylecroy - October 16, 2020, 12:01 am

I can do 21 seconds without breathing. I thinking I have a heart problem.

(^_~)? - October 16, 2020, 12:17 am

Like 30 seconds, not sure why I tried this.

Yanix - October 16, 2020, 12:28 am

I guess I can do it in under a minute :D

Now it only makes me feel to go to try it out hahaha :D

OBAMASELF - October 16, 2020, 12:36 am

2 min and 10 seconds, Man if I do that I might end up in hospital lol

ItsMeFox - October 16, 2020, 12:52 am

50 seconds to 60 seconds was my best

Byter - October 16, 2020, 12:53 am

Forever, just like underwater.

sweatpants - October 16, 2020, 1:43 am

I just timed myself a wimpy 25 seconds lmao it's been a while since i've tried holding my breath

Maxie - October 16, 2020, 1:46 am

I just tried and went for a minute. Could probably have pushed it to 1:30, but it was getting a bit unpleasant. I wish I tried when I was running actively. I might have to start running again and see for myself.

2:10 seems crazy though, are you actively training yourself?

Scoppa - October 16, 2020, 2:59 am

I can do ~50-60 seconds max because my stoner ass

Linux X - October 16, 2020, 3:08 am

(Oct 16, 2020 12:28 AM)Yanix Wrote: [\[CITE\]](#) I guess I can do it in under a minute :D

Now it only makes me feel to go to try it out hahaha :D
try and let us know haha

(Oct 16, 2020 01:46 AM)Maxie Wrote: [\[CITE\]](#) I just tried and went for a minute. Could probably have pushed it to 1:30, but it was getting a bit unpleasant. I wish I tried when I was running actively. I might have to start running again and see for myself.

2:10 seems crazy though, are you actively training yourself?
2:21*, and yeah I workout almost every day. I rarely running.

Temp_reassign - October 16, 2020, 3:38 am

(Oct 15, 2020 11:52 PM)Pleasure Wrote: [\[CITE\]](#) My personal record is 2 min and 21 seconds. ?This is why i am not a pro at swimming. 20secs and ease out.

Yanix - October 16, 2020, 3:41 am

(Oct 16, 2020 03:08 AM)Pleasure Wrote: [\[CITE\]](#) try and let us know haha

2:21*, and yeah I workout almost every day. I rarely running.
hahaha I try it out 3x and the most is 1 min 26 secs :D

Prawnster - October 16, 2020, 3:51 am

I can do about 60 seconds lmao, am semi unfit I guess hahaha

Disease - October 16, 2020, 5:03 am

(Oct 15, 2020 11:52 PM)Pleasure Wrote: [\[CITE\]](#) My personal record is 2 min and 21 seconds. ?
When I was younger I was an avid swimmer. Every day during the summer I was in the pool. And at that point I remember being able to hold my breath for north of two minutes as well. These days, though, I'd probably push to two minutes, but it'd be a struggle. I just don't do it nearly enough any more.

That said, I also know I was able to do over two minutes when floating/still. Actively swimming and holding your breath is a whole other story. Out of my friends as a child I was always the best at traversing the long length of the pool (50, or so, feet) under water in one go. It would take me maybe 30 seconds or so to actually swim that distance. But I remember how much of a struggle it always was at the end.

Mr. Atlas - October 16, 2020, 4:49 pm

when I was little I was a real fish I could stay a very long time in the water without breathing

But today I would say 20 seconds is my maximum lmao

Hitler - October 16, 2020, 4:51 pm

My guess is until they die from self-asphyxiation.

Blogger - October 16, 2020, 5:46 pm

I used to be able to do about 4 minutes, but I haven't been in the water like that for some time now. Right now, I can do a minute and a half no problem, I struggle after that.

?ytes - October 16, 2020, 6:07 pm

(Oct 15, 2020 11:52 PM)Pleasure Wrote: [\[CITE\]](#) My personal record is 2 min and 21 seconds. ?
That's quite good and impressive. I can hold my breath a little under 3 minutes as well. 2 minutes 53 seconds as I tried lol.
It was quite tough as hell ?

Black Whale - October 16, 2020, 6:08 pm

3 minutes or so if just sitting still. My mom bought a house with a pool when I was 3 and I am a very strong swimmer.

Nyx - October 16, 2020, 6:47 pm

(Oct 16, 2020 12:01 AM)jecoylecoy Wrote: [\[CITE\]](#) I can do 21 seconds without breathing. I thinking I have a heart problem.

Wouldn't that be a lung problem?

Side note, I can hold my breath underwater for roughly 2 minutes.

jecoylecoy - October 16, 2020, 7:37 pm

(Oct 16, 2020 06:47 PM)Nyx Wrote: [\[CITE\]](#) Wouldn't that be a lung problem?

Side note, I can hold my breath underwater for roughly 2 minutes.

Yeah maybe a lung but I'm still thinking a heart problem because my heart was broke by someone ? . ?

A + - October 16, 2020, 7:56 pm

I've broke the two minute mark a couple of times when I was younger. I doubt it would be possible now.

SourceCode101 - October 16, 2020, 8:05 pm

let me grab a pillow a do a test to my mother-in-law
i will report shortly

Disease - October 16, 2020, 8:10 pm

(Oct 16, 2020 08:05 PM)SourceC?de Wrote: [\[CITE\]](#) let me grab a pillow a do a test to my mother-in-law
i will report shortly

Man, you need to warm up to the in-laws. Makes life much easier!

... who am I kidding? I cannot stand my wife's father. I'll join you in this test.

SourceCode101 - October 16, 2020, 8:13 pm

(Oct 16, 2020 08:10 PM)Disease Wrote: [\[CITE\]](#) Man, you need to warm up to the in-laws. Makes life much easier!

... who am I kidding? I cannot stand my wife's father. I'll join you in this test.
that was so damn good , lets do that test my brooda!Hope we will find a good results!

Antiquerra - October 16, 2020, 11:05 pm

under a minute but dude, are you okay with that 2 min?

Linux X - October 16, 2020, 11:13 pm

(Oct 16, 2020 11:05 PM)Antiquerra Wrote: [\[CITE\]](#) under a minute but dude, are you okay with that 2 min?

Yes I'm ok ?

Spiritual - October 16, 2020, 11:55 pm

I practice my freediving a lot but my personal best is 3:30

Blockonome - October 17, 2020, 4:57 am

Dude, I can not even go 30 seconds, my health is definitely not the best right now, need to fix that.

Linux X - October 17, 2020, 5:00 am

(Oct 17, 2020 04:57 AM)????? Wrote: [\[CITE\]](#) Dude, I can not even go 30 seconds, my health is definitely not the best right now, need to fix that.

?????? ??????? ?

Blockonome - October 17, 2020, 5:05 am

(Oct 17, 2020 05:00 AM)Pleasure Wrote: [\[CITE\]](#) ?????? ??????? ?

My plan was to start on this monday, but will start today when my GF comes over and we have to carve pumpkins (If I tell her I am carving her face in there, surely I will go running)

Linux X - October 17, 2020, 5:06 am

(Oct 17, 2020 05:05 AM)????? Wrote: [\[CITE\]](#) My plan was to start on this monday, but will start today when my GF comes over and we have to carve pumpkins (If I tell her I am carving her face in there, surely I will go running)

Hahahhaha ?. Good luck mate!

Blockonome - October 17, 2020, 5:07 am

(Oct 17, 2020 05:06 AM)Pleasure Wrote: [\[CITE\]](#) Hahahhaha ?. Good luck mate!

Hahahaha, it will be a marathon if she gets angry xD

Neon™ - October 17, 2020, 6:23 am

Just tried it, 30 seconds lmao.

Mr. Corleone - October 17, 2020, 3:12 pm

My record used to be like 1 minutes, until I tried the wim hof breathing method. I held my breath in for 5 minutes the first time.

You know how it feels when you start holding your breath? You feel nothing/no need for air?

With the wim hof breathing I had that for 4 minutes straight lol.

NODOX - October 17, 2020, 3:14 pm

(Oct 16, 2020 12:01 AM)jecoylecroy Wrote: [\[CITE\]](#) I can do 21 seconds without breathing. I thinking I have a heart problem.

What the hell is with the 21s haha

Grim - October 17, 2020, 3:40 pm

68 seconds holding my breath but i know there are some crazy people that can do like 4 mins

siddy357 - October 17, 2020, 8:47 pm

(Oct 15, 2020 11:52 PM)Pleasure Wrote: [\[CITE\]](#) My personal record is 2 min and 21 seconds. ? mine is at 1 min 42 sec it gets better with expereince.

Olympus - October 17, 2020, 9:07 pm

i just died lmao. good practice to do!