

Description of Additional Supplementary Files

File name: Supplementary Data 1

Description: Individual pore densities (PD) of *Planulina limbata* in the different core top samples. PDs after all four tested methods are listed. a: $[O_2]_{BW}$ taken from Supplementary Reference⁵; b: $[O_2]_{BW}$ taken from Supplementary Reference⁶.

File name: Supplementary Data 2

Description: Individual pore densities (PD) of *Planulina limbata* and calibrated ages (Cal. age) in the different samples for the downcore reconstructions. SD is the standard deviation of the cal. age. Samples in red were ignored, since they were below the hiatus at 10 cm depth in the sediment core and not from the Late Holocene.