

**Table S1.** Transformed z-score sequences

Site	yrs BP												
	200-400	400-600	600-800	800-1000	1000-1200	1200-1400	1400-1600	1600-1800	1800-2000	2000-2200	2200-2400	2400-2600	2600-2800
Gialova lagoon	-1.32	-1.37	-0.67	0.17	-0.46	1.51	1.78	1.28	0.41	0.2	-0.01	0.21	0.36
Lake Lerna	-0.3	-0.63	-0.34	-0.11	0.29	-0.56	-1.18	-0.64	0.82	1.34	1.79	0.21	-1.04
Aliko lagoon	0.84	0.22	1.26	1.13	1.35	0.91	-0.43	-0.59	-0.5	-0.62	-0.64	-0.93	-0.08
Lake Trichonida	0.09	0.85	0.69	0.84	0.01	0.6	-0.84	0.57	0.33	-0.67	-0.72	-1.05	-1.19
Lake Butrint	0.07	0.83	0.66	1.13	-0.5	-1.3	-1.83	-0.48	-0.02	0.04	-0.55	-0.4	-0.64
Lake Ohrid	0.18	1.19	1.52	1.25	1.02	0.19	-0.31	-0.49	-0.26	-0.34	-1.54	-0.65	-1.17
Lake Dojran	1.15	0.07	0.41	0.42	-0.08	-0.85	-1.48	-1.7	-1.14	-0.62	-0.06	-0.42	-0.42
Lake Cubuk	-0.09	0.92	-0.93	0.06	0.13	0.18	0.48	0.75	1.02	-0.42	-1.49	-0.02	0.51
Sofular cave	1.06	-0.06	-0.08	-0.38	-0.19	-0.96	0.28	-0.32	0.12	-0.3	-0.46	-1.14	-1.32
Lake Golhisar	0.46	0.36	0.5	0.33	-0.28	-0.67	-0.74	-0.83	-0.91	-0.85	-0.79	-0.77	0.006
Jeita cave	-1.32	-0.61	-1.06	0.11	0.47	1.05	0.7	0.62	0.87	0.76	1.08	-0.77	0.92
Lake Kinneret	-3.51	-0.96	-0.27	0.77	0.9	0.58	0.15	0.28	0.07	0.14	0.23	-0.98	0.55
Soreq cave	1.41	-0.75	-0.53	1.11	-0.5	-0.79	-0.5	0.31	0.43	0.56	0.25	-0.03	-1.13

**Figure S1.** Maps of the eastern Mediterranean presenting z-scores for each 200-yrs step.















