$b(E) \times 10^6$ [cm^{2}g^{-1}] for
water (ice) ($\mathbf{H_2}$O)
$\langle Z/A \rangle = 0.55509$

E [GeV]	$b_{\rm brems}$	$b_{\rm pair}$	$b_{\rm nucl}$	$b_{\rm tot}$
2.	0.2902	0.1278	0.4696	0.8876
5.	0.3937	0.3155	0.4973	1.2065
10.	0.4793	0.4763	0.4824	1.4380
20.	0.5695	0.6511	0.4601	1.6807
50.	0.6920	0.8973	0.4357	2.0251
100.	0.7830	1.0711	0.4239	2.2780
200.	0.8702	1.2312	0.4177	2.5191
500.	0.9727	1.3952	0.4168	2.7847
1000.	1.0384	1.4956	0.4235	2.9575
2000.	1.0930	1.5661	0.4348	3.0938
5000.	1.1476	1.6282	0.4559	3.2317
10000.	1.1766	1.6575	0.4773	3.3116
20000.	1.1972	1.6760	0.5026	3.3758
50000.	1.2149	1.6907	0.5420	3.4476
100000.	1.2235	1.6966	0.5759	3.4961