

	Age at Death	Age at Birth of Heir	Year Born (A.M.)	Year Died (A.M.)
Adam	930	130		930
Seth	912	105	130	1042
Enos	905	90	235	1140
Cainan	910	70	325	1235
Mahaleleel	895	65	395	1290
Jared	969	162	460	1422
Enoch	365	65	622	987
Methusaleh	969	187	687	1656
Lamech	777	182	874	1651
Noah	950	500	1056	2006
Shem	600	100	1558	2158
The Deluge				0
Arphaxad	438	35	1658	2096
Salah	433	30	1693	2126
Eber	464	34	1727	2191
Peleg	239	30	1757	1996
Reu	239	32	1787	2026
Seru	230	30	1819	2049
Nahor	178	29	1849	1997
Terah	205	130	1879	2083
Abraham	145	100	2008	2183
Isaac	180	60	2108	2288
Jacob	147		2168	2315

Adam Was Contemporary With		Noah Was Contemporary With		Shem Was Contemporary With	
	Years		Years		Years
Lamech	56	Lamech	594	Lamech	93
Methusaleh	243	Methusaleh	600	Methusaleh	98
Jared	470	Jared	366	Noah	448
Mahalaaleel	535	Mahalaaleel	234	Abraham	150
Cainan	605	Cainan	179	Isaac	50
Enos	695	Enos	84		

Event	A.M	B.C.	Adam	Seth	Enos	Cainan	Mahaleleel	Jared	Enoch	Methusaleh	Lamech	Noah	Shem	Arphaxad	Selah	Eber	Peleg	Reu	Serug	Nahor	Terah	Abraham	Isaac	Jacob
Adam created		4004																						
Seth born	130	3874	130																					
Enos born	235	3769	235	105																				
Cainan born	325	3679	325	195	90																			
Mahaleleel born	395	3609	395	265	160	70																		
Jared born	460	3544	460	330	225	135	65																	
Enoch born	622	3382	622	492	387	297	227	162																
Methuselah born	687	3317	687	557	452	362	292	227	65															
Lamech born	874	3130	874	744	639	549	479	414	252	187														
Adam died	930	3074	930	800	695	605	535	470	308	243	56													
Enoch translated	987	3017		857	752	662	592	527	365	300	113													
Seth died	1042	2962		912	807	717	647	582		355	168													
Noah born	1056	2948			821	731	661	596		369	182													
Enos died	1140	2864			905	815	745	680		453	266	84												
Cainan died	1235	2769				910	840	775		548	361	179												
Mahaleleel died	1290	2714					895	830		603	416	234												
Jared died	1422	2582						962		735	548	366												
Shem born	1558	2446								871	684	502												
Lamech died	1651	2353								964	777	595	93											
Methuselah died	1656	2348								969		600	98											
The Deluge	1656	2348										600	98											
Arphaxad born	1658	2346										602	100											
Selah born	1693	2311										637	135	35										
Eber born	1723	2281										667	165	65	30									
Peleg born	1757	2247										701	199	99	64	34								
Reu born	1787	2217										731	229	129	94	64	30							
Serug born	1819	2185										763	261	161	126	96	62	32						
Nahor born	1849	2155										793	291	191	156	126	92	62	30					
Terah born	1878	2126										822	320	220	185	155	121	91	59	29				
Peleg died	1996	2008										940	438	338	303	273	239	209	177	147	118			
Nahor died	1997	2007										941	439	339	304	274		210	178	148	119			
Noah died	2006	1998							950			448	348	313	283			219	187		128			
Abram born	2008	1996										450	350	315	285			221	189		130			
Reu died	2026	1978										468	368	333	303			239	207		148	18		
Serug died	2049	1955										491	391	356	326				230		171	41		
Terah died	2083	1921										525	425	390	360						205	75		
Arphaxad died	2096	1908										538	438	403	373							88		
Isaac born	2108	1896										550			415	385						100		
Selah died	2126	1878										568			433	403						118	18	
Shem died	2158	1846										600				435						150	50	
Jacob born	2168	1836														445						160	60	
Abraham died	2183	1821														460						175	75	15
Eber died	2187	1817														464							79	19
Isaac died	2288	1716																						120
Jacob died	2315	1689																					180	147