

| Year | Duration | Opressor | Judge | Scripture | Comment |
|----------|----------|-----------------------------------|-----------------|-----------------|--|
| ~1446 BC | | | | | Exodus |
| ~1406 BC | 40 | | | | Start of Conquest |
| ~1374 BC | 32 | | | | Death of Joshua (age: 110) |
| ~1338 BC | 36 | | | Judges 2:10 | Death of conquest generation |
| ~1330 BC | 8 | Mesopotamia | Othniel | Judges 3:7-11 | Israel oppressed |
| ~1391 BC | 39 | | | | Peace; Death of Othniel |
| ~1273 BC | 18 | Moab w/Ammonites & Amalekites | Ehud | Judges 3:12-30 | Israel oppressed |
| ~1266 BC | | | | Judges 3:31 | 1st mention of Philistines since Jacob |
| ~1265 BC | 8 | | | | Peace; Death of Ehud |
| ~1245 BC | 20 | Jabin of Hazor, King of Canaan | Deborah & Barak | Judges 4 & 5 | Israel oppressed |
| ~1205 BC | 40 | | | | Peace |
| ~1198 BC | 7 | Midianites | Gideon | Judges 6 & 7 | Oppressed; God defeats Midian w/300 |
| ~1158 BC | 40 | | | | Peace; Death of Gideon |
| ~1155 BC | 3 | Abimelech, Gideon's son, and gang | Tola | Judges 9 & 10:1 | Civil war; Shechem destroyed |
| ~1132 BC | 23 | | | | Peace in Israel |
| ~1110 BC | 22 | Issues with Ammonites? | Jair | Judges 10:3 | Growing dispute? Dating uncertain |
| ~1104 BC | 6 | Dispute w/Ammonites E. of Jordan | Jephthah | Judges 11 | Jephtha defeats Ammonites |
| ~1107 BC | | | Jephthah | Judges 11:26 | 300 years from death of Moses |
| ~1097 BC | 7 | | Izban | Judges 12:8-10 | Peace in Israel |
| ~1087 BC | 10 | | Elon | Judges 12:11 | Peace in Israel |
| ~1079 BC | 8 | | Abdon | Judges 12:13 | Peace in Israel |
| ~1059 BC | 20 | Philistines | | Judges 13,14,15 | Oppression; God raises up Samson |
| ~1039 BC | 20 | Philistines | Samson | Judges 16 | Oppression; Samson as judge 'til death |
| ~1022 BC | 17 | | Eli & Samuel | 1 Samuel 1-7 | |
| ~1010 BC | 12 | | Saul | 1 Samuel 8-31 | |
| ~970 BC | 40 | | David | 2 Samuel | |
| ~930 BC | 40 | | Solomon | 1 Kings 1-11 | |
| ~966 BC | | | | 1 Kings 6:1 | Temple started 480 yrs. after Exodus |