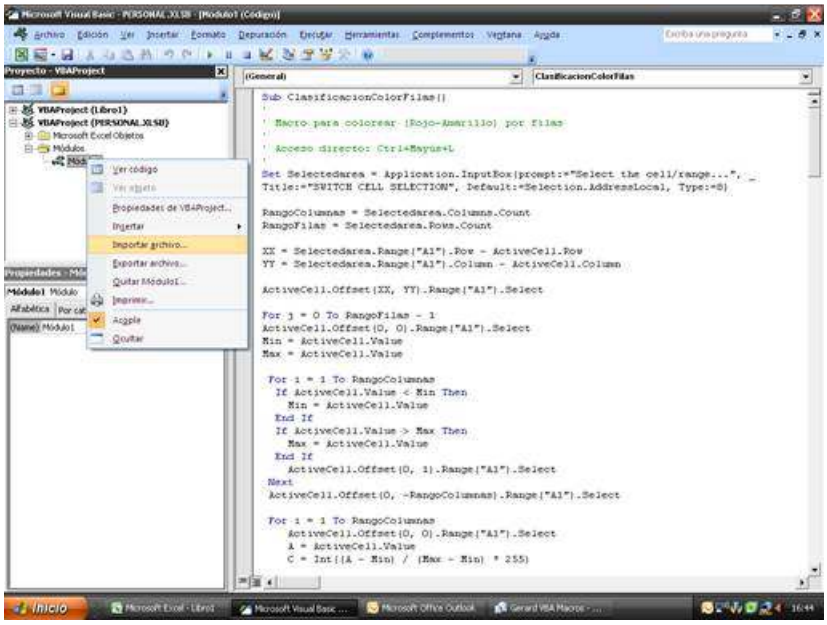
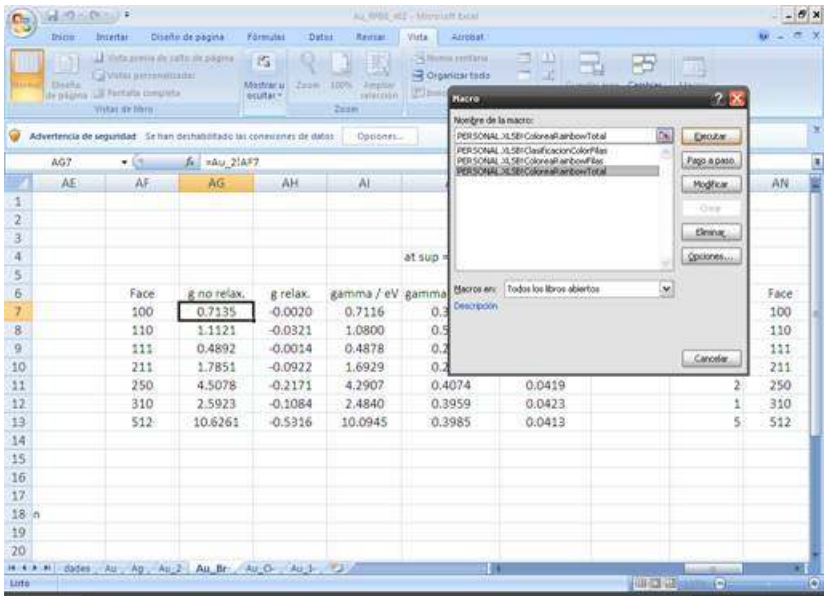
After see the method used by Crisa and Nuria for paint a table (background) in function of the maximum and minimum of the row. I decided make a Macro (VBA code) to do the same directly in Excel.
This code is in the attached file and can add at your personal macros codes. Open a Excel and press Alt+F11, you enter in a new window of compiling the code. In the VBAproject can see a folder of PERSONAL.XLSB that contain the personal macro codes. On the modules we can import the attached file to incorporate this code.



When this code is imported the new macros appears in the View -> Macros (Alt+F8) The first macro (ClasificaionColorFilas) change the Background of the cells row by row (minimum and maximum by row) with a scale of red to yellow. The other two macros (ColoreaRainbowFilas and ColoreaRainbowTotal) do the same but with a typical scale of blue to red and the last take the maximum and the minimum of the total range selected.



When you are select one of this macros and execute, one window appear to select a range of data to paint. Select the range and Accept, immediately the selected range are painted in function of the values selected.

Face	g no relax.	g relax.	gamma / eV	gamma / at. Sup	gamma / Angs.
100	0.7135	-0.0020	0.7116	0.3548	0.0400
110	1.1121	-0.0321	1.0800	0.5239	0.0417
111	0.4892	-0.0014	0.4878	0.2432	0.0274
211	1.7851	-0.0922	1.6929	0.2668	0.0368
250	4.5078	-0.2171	4.2907	0.4074	0.0419
310	2.5923	-0.1084	2.4840	0.3959	0.0423
512	10.6261	-0.5316	10.0945	0.3985	0.0413

I hope that you find this useful.

Best Regards,
Gerard Novell-Leruth