Table 1 Corral size and diffusion coefficients of particles in the nucleus and chromatin loci

Particle/locus	r_c (nm)[a]	D ($\mu m^2\ s^{-1}$)	Reference
Mx1-YFP[b]	280	1.8×10^{-4}	Görisch et al. 2004
Cajal bodies[b]	310	1.1×10^{-4}	Görisch et al. 2004
PML bodies[b]	260	1.2×10^{-4}	Görisch et al. 2004
Nanospheres[c]	150	4×10^{-4}	Tseng et al. 2004
Nucleoplasmic chromatin[d]	240	1.3×10^{-4}	Chubb et al. 2002
Telomeres[e]	230	1.8×10^{-4}	Molenaar et al. 2003
Dense chromatin regions	180	4.8×10^{-5}	Görisch et al. 2004
1-Mb chromatin domain	–	$0.5–1.5\times10^{-5}$	Bornfleth et al. 1999

[a]The size of the region in which a given particle or the chromatin locus can translocate its centre of mass during an observation time of up to a few minutes is defined by a circle with radius r_c

[b]The given diffusion coefficient refers to the value D_c according to Eq. 4, which is believed to reflect the mobility of the chromatin environment

[c]The value of D was determined from MSD measurements at times from 3 s to 10 s

[d]A lacO array with integration site 5p14 was studied, which corresponds to a G band with a preferred localisation in the interior of the nucleoplasm

[e]Value observed for the majority of telomeres. A ~10% fraction of telomeres showed a higher mobility with a diffusion coefficient of $D = 5.8\times10^{-4}\ \mu m^2\ s^{-1}$