

**Table S-3. Titer, volumes and disruption efficiency**

sample	titer (cells*ml <sup>-1</sup> )	disruption efficiency (%)	volume median (μm <sup>3</sup> )	volume standard deviation
<i>B. subtilis</i>				
t0	9.33E+08	99.98	1.13	0.37
t1	2.64E+09	99.97	0.62	0.35
t2	1.06E+09	99.81	0.85	0.38
<i>S. aureus</i>				
t0	3.14E+08	98.37	0.33	0.05
t1	5.46E+09	97.80	0.23	0.04
t2	5.08E+09	95.31	0.23	0.04

**Table S-3.** The cell titer of the samples directly at the time point of harvest, their determined disruption efficiency and average cell volumes of *B. subtilis* and *S. aureus* are given.