Table 1 — epoch (497 images)

epoch (497 imag)	low grad_norm	high grad_norm	low loss avg	high loss avg
0	0.9589	1.5129	0.783	1.8233
1	0.8483	1.1528	0.7434	1.183
2	0.9937	1.5827	0.6615	0.7703
3	0.821	2.0649	0.6456	0.9905
4	0.6109	1.946	0.6064	0.9861
5	0.5454	1.1074	0.4606	0.5696
6	0.791	2.7447	0.3661	0.8188
7	0.8522	13.841	0.4859	0.868
8	1.4048	4.3735	0.415	0.5512
9	0.8185	11.0199	0.3375	0.8386
10	1.1763	6.5131	0.2998	0.6279
11	3.6033	63.0338	0.2762	0.6961
12	2.2033	46.4517	0.2196	0.4827
13	1.3264	19.6522	0.1863	0.6518
14	3.3846	34.4191	0.2251	0.4126
15	3.1733	24.6822	0.144	0.6981
16	0.9148	78.5536	0.0773	0.2972
17	1.4384	72.907	0.0666	0.427
18	2.3552	31.2259	0.0603	0.4154
19	1.6773	37.7428	0.0607	0.2809
20	0.6818	26.858	0.0409	0.491
21	0.7271	88.9734	0.0392	0.483
22	1.2935	27.6244	0.1202	0.4909
23	1.4695	69.1341	0.0475	0.4499
24	1.8015	33.0138	0.0471	0.5411
25	0.9845	47.0587	0.0357	0.4526
26	1.6249	56.2815	0.054	0.3272
27	1.0662	29.7789	0.0828	0.4228
28	0.6681	21.7202	0.0388	0.422
29	0.5543	39.8664	0.0365	0.408
30	1.3235	30.9689	0.053	0.4771
31	1.8314	20.5259	0.1784	0.6269
32	0.6846	53.9016	0.0361	0.3896
33	0.735	4.7359	0.0311	0.4225
34	1.1279	61.8505	0.0388	0.5474
35	0.3903	62.6208	0.053	0.5497
36	1.5907	48.2058	0.0468	0.2699
37	1.1468	4.1351	0.0403	0.366
38	1.3373	46.2582	0.1792	0.4549
39	0.5361	43.909	0.0593	0.2993
40	0.4769	20.1129	0.0443	0.3999
41	2.3786	40.3005	0.0383	0.3476
42	0.3648	4.2936	0.0706	0.5088
43	0.415	48.0236	0.0334	0.4304
44	0.9154	26.6313	0.079	0.4015
45	0.7764	21.5255	0.0298	0.2673
46	0.5499	39.0175	0.0511	0.3856
47	2.4375	47.0355	0.1524	0.4514
48	0.3881	46.0735	0.0416	0.3996
49	0.537	28.2457	0.0391	0.4471
50	0.6446	7.6697	0.0362	0.2862
51	1.0996	6.5088	0.0423	0.4487
52	1.5856	36.1809	0.0425	0.4144
53	3	73.4279	0.1927	0.3386
54	0.688	19.03	0.0334	0.2935
55	0.6523	24.8797	0.0353	0.5695
56	0.7037	47.7299	0.0279	0.4805
57	0.5997	4.355	0.0976	0.5218
58	1.5153	47.7927	0.0399	0.4256
59	1.7435	47.9667	0.0312	0.4
60	0.6794	18.2862	0.0511	0.2786
61	0.8713	16.2008	0.0771	0.3773
62	3.3901	49.0808	0.1479	0.4946
63	0.709	14.4562	0.0366	0.515
64	0.5591	14.6039	0.0315	0.3887
65	2.2263	42.3998	0.1025	0.3279
66	1.1237	11.5991	0.0306	0.4027
67	1.1644	37.0197	0.0331	0.4576
68	2.2614	15.7785	0.0567	0.4333
69	1.1265	56.6958	0.0416	0.3652
70	0.6822	11.0936	0.0352	0.4148
71	3.9185	34.0684	0.1999	0.3822
72	2.7741	23.3917	0.2424	0.5898
73	0.9634	7.127	0.029	0.3193
74	0.5896	30.5737	0.0354	0.4219
75	0.6479	33.0572	0.0406	0.498
76	0.6041	5.4041	0.0365	0.3296
77	2.8598	48.3686	0.1373	0.5676
78	0.8056	25.947	0.0381	0.231
79	0.9368	7.1345	0.0443	0.3773
80	0.3814	3.0938	0.0358	0.3805
81	0.2989	17.0738	0.0344	0.3971
82	0.9802	33.6822	0.404	0.2428
83	0.4688	10.401	0.0329	0.3979
84	0.3471	6.3988	0.0351	0.3541
85	0.4727	7.8669	0.0338	0.437
86	2.1021	21.7183	0.1888	0.2795
87	0.5958	10.3558	0.0365	0.3017
88	0.6031	37.0873	0.0346	0.3662
89	0.4015	9.2583	0.0342	0.5193

Table 2 — epoch (11161 images)

epoch (11161 ima)	high loss	low loss	high grad	low grad	ssim high	ssim low
0	0.9219	0.7671	1.0002	0.7553	0.14	0.0208
1	0.6222	0.4962	2.8254	0.6637	0.5482	0.0195
2	0.3792	0.3016	13.0415	6.2966	0.6357	0.0185
3	0.2212	0.1733	19.8147	15.5759	0.8471	0.0228
4	0.159	0.1482	22.9236	20.963	0.8936	0.1092
5	0.1434	0.1389	23.3969	20.5441	0.8843	0.1387
6	0.1388	0.115	22.5482	20.987	0.8935	0.1217
7	0.1554	0.1343	26.4882	18.7162	0.8978	0.1233
8	0.1356	0.1277	19.4943	17.0609	0.898	0.0084
9	0.1359	0.13	19.9352	16.7011	0.9016	0.1122
10	0.1361	0.1307	20.3778	14.1471	0.9174	0.1207
11	0.1404	0.1216	13.0305	10.4092	0.9165	0.1039
12	0.1344	0.1254	13.2281	9.6935	0.8957	0.1636
13	0.1263	0.1231	8.7034	7.953	0.9013	0.1693
14	0.1224	0.1173	7.5434	6.9869	0.906	0.1544
15	0.1201	0.1157	6.4675	5.7793	0.9065	0.1546
16	0.1258	0.1162	6.3016	4.5432	0.9002	0.1184
17	0.1307	0.1161	6.1982	5.4033	0.9245	0.1341
18	0.1188	0.105	5.5071	4.1017	0.9068	0.1216
19	0.1242	0.1148	4.9508	4.265	0.8997	0.1494
20	0.1188	0.1112	4.968	4.319	0.9005	0.1011
21	0.1171	0.1098	4.334	3.4854	0.9242	0.128
22	0.1157	0.1022	4.3548	3.6931	0.9112	0.2024
23	0.1088	0.0948	3.776	3.2286	0.9077	0.1873
24	0.1092	0.1018	4.2407	3.628	0.9139	0.1343
25	0.1126	0.1029	4.0463	3.5069	0.9299	0.0958
26	0.1015	0.096	3.9212	3.1745	0.9173	0.053
27	0.1074	0.0977	3.9545	3.3637	0.9068	0.1102
28	0.1011	0.0903	3.4855	3.161	0.9258	0.2059
29	0.0992	0.0921	3.3874	3.0627	0.9074	0.1104
30	0.099	0.0919	4.1019	3.1647	0.9228	0.1244
31	0.1046	0.0897	3.3164	2.8906	0.9067	0.1817
32	0.0917	0.0872	4.0003	3.0315	0.9167	0.1404
33	0.0881	0.0741	3.0981	2.8019	0.9224	0.1461
34	0.1011	0.0856	3.018	2.3765	0.9065	0.1089
35	0.0874	0.0833	3.2478	2.8462	0.9068	0.165
36	0.0911	0.0815	3.2055	2.7214	0.9113	0.1945
37	0.0924	0.085	2.874	2.222	0.9196	0.1211
38	0.0956	0.0842	2.9025	2.3326	0.906	0.201
39	0.0891	0.0783	2.806	2.3975	0.9031	0.0881
40	0.0872	0.0834	4.3365	2.7576	0.9213	0.2293
41	0.094	0.0828	3.4427	2.4722	0.9017	0.2333
42	0.0943	0.0822	3.8037	2.6253	0.9209	0.2008
43	0.0829	0.0723	2.8527	2.4735	0.9258	0.2073
44	0.0854	0.0808	2.795	2.4118	0.9089	0.1055
45	0.0861	0.0799	2.9021	2.4466	0.9096	0.2203
46	0.0912	0.0787	2.6353	2.3112	0.9102	0.0795
47	0.0793	0.0732	2.4318	2.3901	0.9199	0.1148
48	0.0857	0.076	2.5534	2.3151	0.9166	0.1045
49	0.0795	0.0754	2.3882	1.6805	0.9229	0.1308
50	0.0785	0.0734	2.6087	1.9356	0.9103	0.0215
51	0.0754	0.0678	2.3254	2.0854	0.9145	0.1111
52	0.0757	0.0714	2.2823	1.8153	0.9243	0.1798
53	0.0854	0.0697	2.3829	2.2083	0.9283	0.1798
54	0.0779	0.0707	2.7559	2.2424	0.9381	0.1401
55	0.0724	0.0669	2.5332	1.8428	0.9381	0.2518
56	0.0773	0.0705	2.2591	2.0307	0.9337	0.1337
57	0.0771	0.0672	2.4027	2.0803	0.938	0.1181
58	0.0758	0.068	2.2116	1.6676	0.9391	0.2758
59	0.0763	0.0666	2.1762	1.8918	0.9318	0.231
60	0.0722	0.0657	2.1583	1.6379	0.937	0.1019
61	0.0699	0.0631	2.2027	1.8739	0.9449	0.0595
62	0.076	0.0676	2.0507	1.7204	0.9395	0.1806
63	0.0703	0.0673	2.3135	1.889	0.9396	0.2326
64	0.0683	0.064	2.4634	1.9199	0.9395	0.2177
65	0.0691	0.0641	2.1733	1.8333	0.9371	0.1629
66	0.0689	0.0641	2.1347	1.842	0.9384	0.1719
67	0.0699	0.0615	2.0133	1.7868	0.9373	0.2414
68	0.0681	0.063	1.878	1.7387	0.9407	0.1171
69	0.0648	0.0599	1.8965	1.5302	0.938	0.1115
70	0.0641	0.0585	1.8653	1.7232	0.9392	0.0296
71	0.0652	0.0605	2.0041	1.7233	0.9346	0.0403
72	0.0678	0.0637	1.7933	1.6283	0.9389	0.1229
73	0.0728	0.0639	1.9915	1.6889	0.9366	0.1171
74	0.0666	0.063	1.799	1.452	0.9417	0.2939
75	0.068	0.0636	1.73	1.5926	0.9448	0.249
76	0.0676	0.0625	1.7751	1.6337	0.9387	0.2353
77	0.0633	0.0547	1.7171	1.5572	0.9434	0.1217
78	0.0645	0.0574	1.7797	1.4548	0.945	0.1441
79	0.0727	0.0632	2.0359	1.5771	0.9375	0.2577
80	0.0629	0.0555	1.5655	1.4389	0.9395	0.2501
81	0.0646	0.0617	1.5718	1.4905	0.9418	0.243
82	0.0648	0.0625	1.8522	1.5201	0.9447	0.077
83	0.0704	0.0628	1.7212	1.477	0.9392	0.0999
84	0.0654	0.0621	1.5032	1.3768	0.9378	0.1257
85	0.0636	0.0599	1.6803	1.442	0.9428	0.2584
86	0.0691	0.062	1.4637	1.2137	0.9344	0.0205
87	0.0715	0.0625	1.7762	1.443	0.9428	0.1407
88	0.0655	0.0588	1.5386	1.3951	0.9403	0.1278
89	0.0667	0.0587	1.4822	1.343	0.9439	0.1181

Table 3 — epoch (11161 images)

epoch (11161 ima)	high training loss	low training loss	high gradient	low gradient	high training ssim	low training ssim	high val ssim	low val ssim	high val loss	low val loss
0										
1	0.3706	0.2225	0.7171	0.6052	0.3254	0.1234	0.6736	0.4901	0.1345	0.1176
2	0.1677	0.1094	0.6272	0.4526	0.7743	0.6052	0.8715	0.798	0.1065	0.0862
3	0.1123	0.0827	0.6022	0.481	0.8485	0.7519	0.8787	0.7821	0.1078	0.0875
4	0.1386	0.0941	0.7362	0.3776	0.8766	0.8345	0.8715	0.8043	0.0921	0.078
5	0.1092	0.0806	1.6091	0.8351	0.8514	0.7183	0.7804	0.7547	0.0675	0.0599
6	0.0643	0.0377	2.8145	0.9701	0.8034	0.7375	0.8605	0.8238	0.0402	0.0207
7	0.044	0.0205	2.3299	0.7499	0.854	0.8237	0.9001	0.8499	0.033	0.017
8	0.0224	0.0162	3.0932	0.4989	0.8827	0.8502	0.8705	0.821	0.0184	0.0123
9	0.0248	0.0139	2.2403	1.0009	0.8666	0.8286	0.8764	0.8338	0.0177	0.0075
10	0.0324	0.0132	2.7635	1.4544	0.8655	0.8016	0.917	0.8727	0.0153	0.0076
11	0.0171	0.0087	2.543	0.8802	0.8792	0.8447	0.8864	0.83	0.0227	0.011
12	0.017	0.0099	3.6919	1.5984	0.8744	0.8425	0.85	0.8321	0.0132	0.0072
13	0.0164	0.0049	2.5754	0.4641	0.9378	0.8601	0.8709	0.8513	0.0145	0.0087
14	0.024	0.0127	4.038	1.9535	0.8806	0.8225	0.8489	0.8338	0.0138	0.0079
15	0.0252	0.0116	2.4144	1.2816	0.8871	0.817	0.8689	0.835	0.0443	0.0132
16	0.0132	0.0091	2.9352	1.1856	0.8898	0.8396	0.857	0.8371	0.016	0.0067
17	0.0134	0.0074	1.9458	1.2001	0.9088	0.8582	0.958	0.9251	0.0171	0.0101
18	0.023	0.0086	2.6116	1.1352	0.9721	0.8808	0.911	0.8715	0.0125	0.0068
19	0.0177	0.0098	1.9307	0.8081	0.8972	0.8432	0.9338	0.8965	0.0118	0.0079
20	0.013	0.0068	2.1469	1.1063	0.9598	0.8931	0.9121	0.8607	0.0127	0.0066
21	0.0122	0.0066	1.4186	0.3557	0.907	0.8725	0.8666	0.8308	0.021	0.0086
22	0.0144	0.0083	1.6612	0.886	0.9336	0.854	0.9609	0.9095	0.0122	0.0079
23	0.0125	0.0059	0.6189	0.4117	0.9669	0.9261	0.9672	0.9576	0.0101	0.0065
24	0.0122	0.0045	0.6333	0.3855	0.9872	0.9398	0.9899	0.9468	0.0125	0.0038
25	0.0208	0.0067	0.7382	0.2789	0.9659	0.9143	0.9839	0.9514	0.0106	0.0033
26	0.0153	0.0096	0.6721	0.2928	0.9531	0.8999	0.9706	0.9391	0.0115	0.0061
27	0.0154	0.0079	0.7317	0.3862	0.9551	0.9194	0.9703	0.9522	0.0097	0.0062
28	0.0096	0.0036	0.503	0.2621	0.9909	0.9524	0.9637	0.8803	0.0281	0.0086
29	0.0221	0.0092	0.7422	0.3917	0.9604	0.9132	0.9502	0.931	0.0212	0.0082
30	0.0159	0.0082	0.7688	0.4175	0.9567	0.9294	0.974	0.9416	0.0129	0.0062
31	0.026	0.0092	0.7846	0.3929	0.9629	0.8935	0.9907	0.9521	0.0105	0.0035
32	0.0212	0.0069	0.5126	0.2295	0.9662	0.8669	0.9905	0.9488	0.0104	0.0034
33	0.0105	0.0041	0.4305	0.1824	0.9696	0.9475	0.9649	0.9044	0.0216	0.0078
34	0.0118	0.0071	0.4375	0.2885	0.962	0.9011	0.9904	0.9588	0.0089	0.0034
35	0.0124	0.0054	0.6373	0.2569	0.9805	0.9348	0.9907	0.9456	0.0111	0.0041
36	0.0218	0.0088	0.623	0.3813	0.963	0.8782	0.9905	0.9441	0.0119	0.0037
37	0.0108	0.0054	0.4167	0.2207	0.9787	0.953	0.9623	0.8469	0.0409	0.0089
38	0.0111	0.0063	0.7397	0.3272	0.9743	0.9439	0.99	0.9417	0.0137	0.0041
39	0.0098	0.0057	12.324	0.3825	0.9799	0.9557	0.9794	0.9626	0.0114	0.0068
40	0.0174	0.0039	0.4118	0.2298	0.9881	0.9323	0.9896	0.9482	0.0119	0.0031
41	0.0132	0.0054	0.6773	0.3305	0.982	0.9558	0.9908	0.9616	0.0092	0.0039
42	0.011	0.0037	0.5465	0.2871	0.9894	0.9469	0.9905	0.9535	0.0101	0.0036
43	0.011	0.0061	0.3812	0.281	0.9792	0.9524	0.9702	0.878	0.0242	0.007
44	0.0159	0.0065	0.4045	0.2509	0.9737	0.9419	0.9805	0.9599	0.0093	0.0054
45	0.0131	0.0034	0.5851	0.3003	0.9915	0.9333	0.9909	0.9557	0.0116	0.003
46	0.0185	0.0077	0.4608	0.2596	0.9671	0.9249	0.9908	0.9513	0.0112	0.0033
47	0.0263	0.0076	0.363	0.2308	0.9646	0.9069	0.9694	0.9492	0.0185	0.0079
48	0.0092	0.0037	0.4329	0.2898	0.992	0.9595	0.9909	0.9564	0.0093	0.003
49	0.0117	0.0052	0.3607	0.2815	0.9803	0.9572	0.9908	0.945	0.0123	0.0032
50	0.0212	0.0072	0.3218	0.1968	0.9717	0.9179	0.9905	0.9527	0.009	0.0035
51	0.0122	0.0072	0.3107	0.229	0.9682	0.941	0.9908	0.9567	0.009	0.0035
52	0.0152	0.0045	0.4579	0.2654	0.9674	0.9327	0.9796	0.9215	0.0196	0.0053
53	0.0099	0.0034	0.3057	0.1765	0.9904	0.9567	0.9907	0.955	0.0092	0.0034
54	0.0092	0.0039	0.3227	0.2594	0.9889	0.9605	0.9726	0.9349	0.0133	0.0067
55	0.0111	0.0039	0.4472	0.2563	0.9886	0.9533	0.9726	0.9349	0.0133	0.0067
56	0.0195	0.0084	0.369	0.2192	0.9639	0.9023	0.9622	0.9269	0.0144	0.0085
57	0.009	0.0031	0.2886	0.1915	0.9922	0.959	0.9714	0.9302	0.0147	0.0071
58	0.0174	0.0074	0.3025	0.2148	0.9672	0.9202	0.9669	0.9146	0.0202	0.008
59	0.0177	0.0082	0.3192	0.2298	0.965	0.9285	0.9893	0.9411	0.0118	0.0033
60	0.0094	0.0029	0.3999	0.1978	0.9921	0.9453	0.977	0.9324	0.0164	0.0057
61	0.0094	0.0035	0.349	0.2254	0.9891	0.9577	0.9908	0.9552	0.0104	0.0031
62	0.0113	0.0051	0.4085	0.2242	0.9854	0.9338	0.9752	0.9307	0.0175	0.0067
63	0.0265	0.0079	0.2529	0.1714	0.9703	0.9078	0.9908	0.9623	0.0089	0.0035
64	0.0113	0.0049	0.2725	0.1756	0.9893	0.9427	0.908	0.9623	0.0089	0.0035
65	0.009	0.004	0.3099	0.2092	0.9868	0.9611	0.9904	0.943	0.0129	0.0035
66	0.0137	0.0037	0.4625	0.1619	0.989	0.9329	0.9907	0.9646	0.0086	0.0033
67	0.015	0.0075	0.3642	0.1769	0.9753	0.9576	0.9907	0.9352	0.0134	0.0031
68	0.0107	0.0043	0.2493	0.1728	0.9886	0.9454	0.9747	0.9301	0.0145	0.0064
69	0.0102	0.0033	0.3093	0.2314	0.9899	0.9529	0.9904	0.9574	0.01	0.0032
70	0.0134	0.0073	0.3142	0.2101	0.9675	0.9339	0.9721	0.9382	0.0129	0.9382
71	0.0094	0.0029	0.2836	0.2126	0.9908	0.9571	0.9908	0.9527	0.0155	0.0033

Top block — left table (epochs 90–99):

epoch	high training loss	low training loss	high gradient	low gradient
90	0.6098	7.9128	0.033	0.2685
91	0.2357	14.9404	0.0319	0.5179
92	0.7303	4.2902	0.035	0.4104
93	0.2509	18.4465	0.0323	0.5124
94	0.7405	24.3653	0.0906	0.3275
95	0.2929	11.1196	0.0273	0.3883
96	0.8745	23.8348	0.0494	0.3232
97	0.3801	10.21	0.0425	0.3057
98	1.2249	21.9004	0.0435	0.3432
99	0.5884	34.543	0.1202	0.4018

Top block — middle table (epochs 90–99):

epoch					high val loss	low val loss
90	0.0685	0.0615	1.5907	1.371	0.9483	0.124
91	0.0654	0.0599	1.4463	1.3102	0.9392	0.0496
92	0.0631	0.0604	1.3871	1.2526	0.9469	0.1267
93	0.065	0.0588	1.6036	1.3386	0.9365	0.1447
94	0.0629	0.0563	1.3626	1.2702	0.9377	0.1091
95	0.0651	0.0614	1.396	1.3072	0.9444	0.2805
96	0.07	0.0621	1.4451	1.3165	0.9435	0.1254
97	0.07	0.0617	1.4631	1.3524	0.9459	0.1176
98	0.0672	0.0618	1.4091	1.3396	0.9395	0.1187
99	0.071	0.0615	1.913	1.3442	0.9347	0.0164

Main left table:

epoch (11161 im	high training loss	low training loss	high gradient	low gradient	high training ssim	low training ssim	high val ssim	low val ssim	high val loss	low val loss
0	0.6938	0.4831	4.896	4.1353	0.1015	0.0882	0.3073	0.2863	0.1466	0.131
1	0.298	0.2428	3.878	2.9651	0.1571	0.1278	0.2263	0.2085	0.1708	0.1626
2	0.2209	0.1727	3.1326	2.5646	0.2166	0.157	0.1424	0.1165	0.2961	0.2784
3	0.1391	0.1035	2.6269	2.2728	0.3638	0.2803	0.0797	0.0329	0.5108	0.4471
4	0.1215	0.0646	2.7015	2.2166	0.5002	0.413	0.0582	0.0191	0.5808	0.5118
5	0.0988	0.054	3.3698	2.5697	0.5477	0.4605	0.0901	0.0048	0.5499	0.4892
6	0.0247	0.0146	4.4549	2.421	0.5616	0.5357	0.0218	0.0092	0.5861	0.5386
7	0.0335	0.0182	2.7398	1.7464	0.5572	0.4561	0.0186	0.0063	0.5895	0.5551
8	0.0458	0.0102	4.5872	2.42	0.57	0.5408	0.0169	0.0076	0.5895	0.5663
9	0.016	0.0106	3.9073	1.9754	0.5934	0.5661	0.0154	0.0053	0.584	0.5716
10	0.0234	0.0112	2.8889	1.6271	0.5786	0.5204	0.0157	0.0068	0.6013	0.5766
11	0.014	0.008	2.8033	1.7661	0.5803	0.5528	0.0148	0.0056	0.591	0.5777
12	0.0182	0.0123	3.3853	2.1965	0.5897	0.5748	0.0144	0.0049	0.5942	0.5796
13	0.0131	0.0079	2.4864	1.413	0.5831	0.5751	0.0144	0.0067	0.5918	0.5795
14	0.0277	0.0122	2.5031	1.2457	0.5806	0.5187	0.0143	0.0052	0.5841	0.5769
15	0.0158	0.0073	3.3744	1.3385	0.5846	0.5762	0.0143	0.0061	0.6001	0.5787
16	0.0175	0.0094	2.7632	1.9694	0.5928	0.5744	0.0138	0.0058	0.5874	0.578
17	0.022	0.0113	2.9005	1.4808	0.587	0.5708	0.0138	0.0054	0.6029	0.5803
18	0.0157	0.0084	2.7535	1.561	0.5935	0.5797	0.0136	0.0053	0.5893	0.58
19	0.0139	0.005	2.2892	1.2498	0.5821	0.5705	0.0136	0.0062	0.5853	0.5781
20	0.0121	0.0071	2.31	1.3259	0.5826	0.5696	0.0139	0.0067	0.5886	0.5783
21	0.0202	0.0118	4.1892	1.9682	0.5849	0.5753	0.014	0.005	0.5854	0.5779
22	0.0136	0.0078	2.5387	1.7216	0.5835	0.5747	0.0138	0.0058	0.5907	0.5786
23	0.0135	0.008	2.3634	0.9764	0.937	0.5741	0.0132	0.0047	0.5819	0.5773
24	0.0118	0.0057	2.1883	1.5662	0.5924	0.579	0.0131	0.0064	0.5898	0.5769
25	0.0158	0.0068	2.1091	1.1739	0.5805	0.5706	0.0132	0.0053	0.5845	0.5783
26	0.0123	0.007	2.1295	1.3237	0.5901	0.5781	0.0133	0.0067	0.5867	0.5777
27	0.0132	0.0054	2.031	1.0296	0.5846	0.5608	0.0143	0.0067	0.5958	0.5778
28	0.0129	0.0064	1.9956	1.1083	0.5825	0.5716	0.0132	0.0048	0.5934	0.5777
29	0.0184	0.0073	2.6456	1.137	0.5792	0.5695	0.0129	0.0053	0.5912	0.5774
30	0.0182	0.0099	4.539	1.7155	0.5854	0.5762	0.0128	0.0047	0.5848	0.5757
31	0.0301	0.0097	2.0021	1.0191	0.5806	0.5359	0.0129	0.005	0.5895	0.5776
32	0.0313	0.01	2.6649	1.8788	0.5886	0.5643	0.0129	0.0045	0.5925	0.5784
33	0.0142	0.0086	2.1899	1.579	0.5848	0.5702	0.0126	0.0061	0.5902	0.5785
34	0.0117	0.0077	1.8978	1.3093	0.5946	0.5784	0.0124	0.0046	0.5846	0.5759
35	0.0131	0.0052	2.4288	1.7377	0.5849	0.5758	0.0126	0.0057	0.6011	0.578
36	0.017	0.009	2.1342	0.9717	0.5857	0.5741	0.0123	0.0048	0.5863	0.5768
37	0.0201	0.0086	1.9504	0.879	0.5862	0.5689	0.0127	0.0055	0.6043	0.5792
38	0.0346	0.0085	3.0129	1.7602	0.5865	0.5675	0.0122	0.0051	0.59	0.5794
39	0.0114	0.0083	1.7471	0.845	0.5819	0.576	0.0123	0.0057	0.5873	0.5782
40	0.016	0.0096	1.9916	1.3245	0.5823	0.5565	0.0124	0.0063	0.5903	0.5782
41	0.0126	0.0055	1.9534	0.8897	0.5837	0.5681	0.0136	0.0052	0.5858	0.5781
42	0.0126	0.0083	2.5629	1.2623	0.5816	0.5577	0.0122	0.0052	0.5918	0.5793
43	0.0143	0.009	2.2987	1.3366	0.59	0.5789	0.0125	0.0049	0.585	0.5786
44	0.0303	0.0092	2.0476	1.2206	0.5851	0.5564	0.0121	0.0055	0.5948	0.5783
45	0.0119	0.0069	2.0827	1.2368	0.587	0.5785	0.0122	0.0052	0.5858	0.5798
46	0.0123	0.0073	3.9072	1.6135	0.5906	0.5775	0.0123	0.0055	0.589	0.5794
47	0.0137	0.0068	1.91	1.2333	0.5882	0.578	0.0125	0.0063	0.5978	0.5798
48	0.0145	0.0083	1.8706	0.8499	0.5816	0.5704	0.012	0.0045	0.5953	0.5796
49	0.0117	0.0072	1.6313	1.156	0.5826	0.5682	0.012	0.005	0.5932	0.5795
50	0.0109	0.0052	2.3495	1.4028	0.5901	0.5781	0.0121	0.0045	0.5866	0.5783
51	0.0115	0.0069	1.6879	0.9102	0.584	0.5769	0.0121	0.0047	0.5953	0.5802
52	0.0106	0.0061	1.5778	1.0838	0.5876	0.5791	0.012	0.0045	0.5875	0.5791
53	0.0108	0.0063	1.7187	1.0343	0.5964	0.5709	0.0121	0.0058	0.5886	0.5797
54	0.0119	0.0061	1.5082	0.9115	0.5854	0.5747	0.012	0.0072	0.5905	0.5789
55	0.0128	0.0075	2.1796	1.2107	0.5867	0.5733	0.0119	0.0066	0.5903	0.5796
56	0.0152	0.0078	1.5615	0.9279	0.5826	0.572	0.0123	0.0054	0.5901	0.5724
57	0.011	0.00159	1.8016	1.3208	0.5897	0.5776	0.0119	0.0055	0.5904	0.5791
58	0.0108	0.0076	1.4722	0.9061	0.5997	0.5795	0.0118	0.0053	0.5866	0.5737
59	0.0113	0.0068	1.5125	1.0553	0.5914	0.5782	0.012	0.0058	0.5823	0.5766
60	0.0122	0.0072	2.1814	1.2839	0.5903	0.5776	0.0118	0.0049	0.5867	0.5785
61	0.0182	0.008	2.1861	1.0197	0.5855	0.5755	0.0122	0.0059	0.5979	0.578
62	0.0157	0.0097	2.3896	1.3423	0.5825	0.5742	0.012	0.0057	0.592	0.5781
63	0.0122	0.0057	1.5402	0.7366	0.5839	0.5672	0.0127	0.006	0.5967	0.5777
64	0.0122	0.007	1.523	0.8068	0.5808	0.5524	0.0118	0.0045	0.5997	0.5779
65	0.0107	0.008	1.4584	0.9646	0.584	0.5668	0.0118	0.0053	0.5877	0.5742
66	0.0283	0.0074	1.4938	1.1625	0.5795	0.5512	0.0124	0.0051	0.5912	0.5756
67	0.0299	0.008	1.4926	1.091	0.5837	0.565	0.012	0.005	0.5875	0.5765
68	0.0106	0.0067	1.532	1.0828	0.583	0.5754	0.0119	0.0045	0.5927	0.5766
69	0.0131	0.0068	1.6613	1.1429	0.5852	0.5745	0.0127	0.0056	0.5844	0.5747
70	0.0168	0.0093	1.331	0.7692	0.5817	0.5676	0.0118	0.005	0.588	0.5762
71	0.0106	0.0053	1.4768	0.7522	0.5828	0.5732	0.0117	0.0051	0.5935	0.5759
72	0.0251	0.0089	1.5598	1.0438	0.5828	0.5659	0.0117	0.0052	0.5897	0.5762
73	0.0141	0.0083	1.3825	0.8088	0.585	0.5707	0.012	0.0049	0.5849	0.5757
74	0.0115	0.0063	1.5639	0.7918	0.6002	0.5759	0.0116	0.0056	0.5848	0.5751
75	0.0116	0.0066	1.5955	1.1556	0.5822	0.5643	0.0117	0.0051	0.5855	0.5753
76	0.0112	0.008	1.2763	0.7336	0.5864	0.5744	0.0119	0.0056	0.5812	0.5753

Main right table:

epoch (11161 im	high training loss	low training loss	high gradient	low gradient	high training ssim	low training ssim	high val ssim	low val ssim	high val loss	low val loss
0	0.677	0.5035	1.2684	0.9896	0.0965	0.083	0.3495	0.3085	0.1367	0.1128
1	0.3155	0.163	0.8177	0.6624	0.3634	0.1302	0.0673	0.0412	0.7884	0.5897
2	0.1088	0.0491	0.7275	0.6246	0.8403	0.5217	0.0551	0.0252	0.926	0.6293
3	0.0492	0.0216	0.5695	0.5022	0.9707	0.8912	0.0428	0.0202	0.9721	0.918
4	0.082	0.0312	0.9108	0.5475	0.949	0.8938	0.0274	0.0111	0.9716	0.8768
5	0.0422	0.0171	2.1154	1.4023	0.9371	0.7848	0.0159	0.0067	0.9816	0.9405
6	0.0144	0.0066	2.6436	1.5556	0.9797	0.9491	0.0131	0.0062	0.9837	0.9674
7	0.0178	0.0064	2.8475	1.9563	0.9799	0.9533	0.0125	0.0065	0.9831	0.9621
8	0.0376	0.0054	4.4218	1.5271	0.983	0.9363	0.0123	0.0054	0.9836	0.9699
9	0.0123	0.0083	3.5359	2.3925	0.9775	0.9653	0.0117	0.0053	0.9841	0.9707
10	0.0134	0.0083	3.4725	0.8331	0.9761	0.9647	0.012	0.0058	0.9842	0.971
11	0.0107	0.0065	3.5692	0.5228	0.9801	0.9716	0.0145	0.0073	0.9838	0.9707
12	0.0153	0.0099	9.1166	3.1804	0.9732	0.9622	0.0136	0.0087	0.9831	0.9703
13	0.0115	0.0091	6.814	2.9097	0.9819	0.9716	0.012	0.0066	0.984	0.9711
14	0.018	0.01	4.3611	1.9337	0.973	0.9505	0.0167	0.0107	0.9836	0.9701
15	0.0184	0.0097	5.3525	2.2376	0.9781	0.9656	0.0111	0.0051	0.984	0.9713
16	0.0139	0.0071	2.2344	0.3326	0.9781	0.9666	0.0112	0.0049	0.9841	0.9713
17	0.0161	0.0074	2.0352	0.376	0.9752	0.9591	0.0115	0.0049	0.9842	0.971
18	0.0121	0.0068	1.4407	0.2316	0.9794	0.9684	0.011	0.0054	0.9841	0.971
19	0.0113	0.0069	1.5295	0.3585	0.9779	0.9689	0.0117	0.0057	0.9841	0.9711
20	0.0107	0.0062	1.1391	0.4962	0.9806	0.9725	0.0112	0.0061	0.9839	0.9715
21	0.0161	0.0082	1.1829	0.2196	0.9732	0.9576	0.0115	0.0071	0.9838	0.9693
22	0.012	0.0069	1.2076	0.3695	0.9786	0.9705	0.0105	0.0048	0.9845	0.9722
23	0.0111	0.006	0.9361	0.3409	0.9808	0.9702	0.0106	0.0048	0.9845	0.972
24	0.0096	0.0054	0.8679	0.4114	0.9831	0.9694	0.0101	0.0052	0.9846	0.9731
25	0.0144	0.0058	0.7432	0.2753	0.9808	0.9636	0.0115	0.0053	0.9846	0.9681
26	0.0093	0.0063	0.7035	0.4534	0.9808	0.9736	0.0107	0.0053	0.9844	0.9731
27	0.0101	0.0059	0.7168	0.4943	0.9808	0.9725	0.0101	0.0049	0.9849	0.9739
28	0.0124	0.0062	0.8156	0.4387	0.9811	0.9694	0.0098	0.0054	0.9846	0.9741
29	0.014	0.006	0.7194	0.3733	0.9804	0.9667	0.0097	0.0044	0.9849	0.9737
30	0.0094	0.0062	0.6263	0.2896	0.9793	0.9736	0.0102	0.0049	0.9848	0.9742
31	0.0275	0.0073	0.9976	0.5144	0.9788	0.942	0.0097	0.0045	0.9849	0.9742
32	0.0287	0.0058	0.5642	0.247	0.9819	0.9483	0.0093	0.0047	0.985	0.9744
33	0.0095	0.0059	0.5602	0.2464	0.9812	0.9724	0.0113	0.0069	0.9849	0.9742
34	0.0089	0.0059	0.9625	0.4939	0.9822	0.9747	0.0097	0.0056	0.985	0.9741
35	0.0094	0.0053	0.609	0.3556	0.9845	0.9719	0.009	0.0051	0.9852	0.9736
36	0.0102	0.0061	0.5475	0.3906	0.9793	0.972	0.0091	0.005	0.9849	0.9727
37	0.0184	0.0053	0.7328	0.276	0.982	0.9563	0.0083	0.005	0.9848	0.9715
38	0.0305	0.0063	0.6945	0.2605	0.9802	0.9199	0.0081	0.0052	0.9849	0.9707
39	0.0082	0.0059	0.6537	0.3778	0.9801	0.9748	0.009	0.0056	0.9848	0.9733
40	0.0095	0.0069	0.9769	0.4228	0.9769	0.9652	0.008	0.0047	0.9852	0.973
41	0.0092	0.0053	0.4919	0.2941	0.9805	0.9725	0.0074	0.0051	0.9849	0.9716
42	0.0095	0.0057	0.4597	0.3072	0.9788	0.9719	0.0074	0.0049	0.9851	0.9722
43	0.008	0.0062	0.5117	0.3659	0.9796	0.9746	0.0072	0.0047	0.985	0.9728
44	0.0195	0.0066	0.4289	0.3136	0.9778	0.942	0.0077	0.0053	0.985	0.9379
45	0.0081	0.0063	0.6533	0.3806	0.98	0.9737	0.0077	0.005	0.985	0.9726
46	0.0081	0.0056	0.8785	0.3768	0.9819	0.9723	0.007	0.0048	0.9853	0.9721
47	0.0077	0.0055	0.4391	0.2883	0.9829	0.9679	0.0069	0.0045	0.9848	0.9735
48	0.01	0.0058	0.4372	0.2892	0.9797	0.9683	0.0069	0.0044	0.9849	0.9722
49	0.0079	0.0055	0.4869	0.248	0.9799	0.9731	0.0068	0.005	0.9849	0.9729
50	0.0075	0.0049	0.5319	0.363	0.9825	0.9745	0.0067	0.0045	0.985	0.9721
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77	0.0125	0.0073	1.42	0.9158	0.5775	0.5694	0.0119	0.0056	0.5813	0.575		77
78	0.0134	0.008	1.2703	0.7782	0.5835	0.5757	0.0116	0.0051	0.5682	0.575		78
79	0.0111	0.0075	1.2582	0.8819	0.5783	0.57	0.0119	0.0056	0.6022	0.5744		79
80	0.0124	0.0084	1.848	1.1464	0.5792	0.5711	0.0116	0.005	0.5849	0.5732		80
81	0.108	0.0072	1.2738	0.8324	0.589	0.5743	0.0117	0.0051	0.5807	0.5705		81
82	0.0126	0.0072	1.2361	0.7918	0.5791	0.5681	0.0118	0.0054	0.5806	0.5694		82
83	0.0106	0.0059	1.2431	0.7473	0.5761	0.5671	0.0119	0.0053	0.5899	0.5721		83
84	0.0105	0.0056	1.6583	1.1474	0.5955	0.5748	0.0117	0.0053	0.5867	0.5735		84
85	0.0143	0.0073	1.2588	0.748	0.5944	0.569	0.0118	0.0057	0.5935	0.5719		85
86	0.0188	0.0096	1.369	0.9812	0.575	0.5606	0.0117	0.005	0.5802	0.5697		86
87	0.0576	0.0097	1.5085	0.9646	0.5761	0.5368	0.0119	0.0052	0.5781	0.5692		87
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