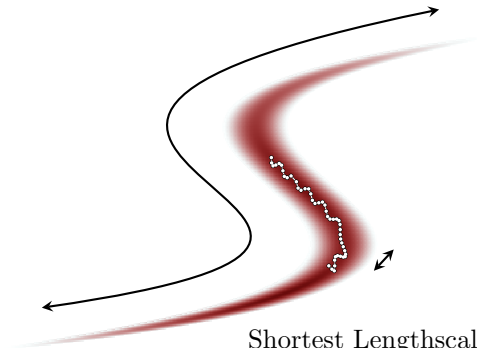Longest Lengthscale Determines
Optimal Integration Time

Shortest Lengthscale Determines
Optimal Step Size