60/1H00 60 75/1H15 75 75 minutes 60 minutes 1H00/60 75 1H15/75 60 90/1H30 90 105/1H45 105 105 minutes 90 minutes 90 1H30/90 105 1H45/105

120/2H00 120 PAUSE **PAUSE PAUSE** 120 minutes **PAUSE** 120 2H00/120 **PAUSE** 180/3H00 180 180 minutes

180

3H00/180

