

| Phase | Lunges | Time (hours) | Rate |
|----------|--------|--------------|----------|
| Total | 20 | 7.9400278 | 2.518883 |
| Day | 15 | 7.3048256 | 2.053437 |
| Night | 0 | 0.0000000 | NA |
| Twilight | 5 | 0.6352022 | 7.871509 |