

| Phase    | Lunges | Time (hours) | Rate     |
|----------|--------|--------------|----------|
| Total    | 20     | 1.125278     | 17.77339 |
| Day      | 20     | 1.125278     | 17.77339 |
| Night    | 0      | 0.000000     | NA       |
| Twilight | 0      | 0.000000     | NA       |