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TL; DR

- Fire good attacker krug
- Electric might be the best attacker, though, with Ice as also good
- Magic and Martial suck as attackers, but that's okay
- Earth and Void might be the best defenders, but Metal, Nature, and Water are good, too
- Some types have an immunity, but Electric is healed by other Electric Types instead of damaged

Note: Types may be found, analyzed, and modified using an EditorUtilityWidget found under Content/Editor/Type-Advantage, right-clicking the TypeAdvantages widget, and selecting Run Editor Utility Widget.

Quick Stats

Note: "immune" and "healed" are grouped into "ineffective" (attacking) and "resists" (defending).

Attacking

- Type with most effective attacks: Fire (4)
 - Fire has a good number of ineffective attack (4; the same as its number of effective attacks).
- Type with best ratio of effective-to-ineffective attacks: Spirit (0:0) then Ice (3:2) and Electric (3:2, but those 2 are immune and healed by)
 - Electric might be a dominant Type, but that's okay. One of them should be dominant.
 - Earth takes zero damage from it, making it a solid check (although Electric + Metal/Nature/Water might be a terrifying combination, with Electric + Nature being able to take on other Electric Types).
- Type with the least effective attacks: Magic (0)

- Toxic deserves a special mention here as the only Type with zero attack against two other Types (Poison and Metal). It has 3 effective attacks, though, making it not so bad.
- Type with the worst ratio of effective-to-ineffective attacks: Magic (0:1) then Martial (2:3)
 - It's okay that Magic and Martial suck. Magic should be used for utility reasons and Martial should be used for raw power.

Defending

- Type with the most resists: Earth (4), Metal (4), Nature (4), Void (4), and Water (4).
 - This is way fewer than Pokémon has. For example, Fire in Pokémon has 6 resists,
 Poison has 5, and Steel has a whopping 10.
 - To be fair, Pokémon also has more types overall (18 vs our 15).
 - Of ours, Earth and Void are the "best", since they only have 3 weaknesses and one of their resists is an immunity.
- Type with the most immunities: Air (1), Earth (1), Metal (1), Toxic (1), and Void (1)
 - Electric gets a special mention as the only Type to have a "healed by" other Electric Types, which is better than being immune.