Cumulative Energy(0.2 - 0.5 Hz) at seconds = 1
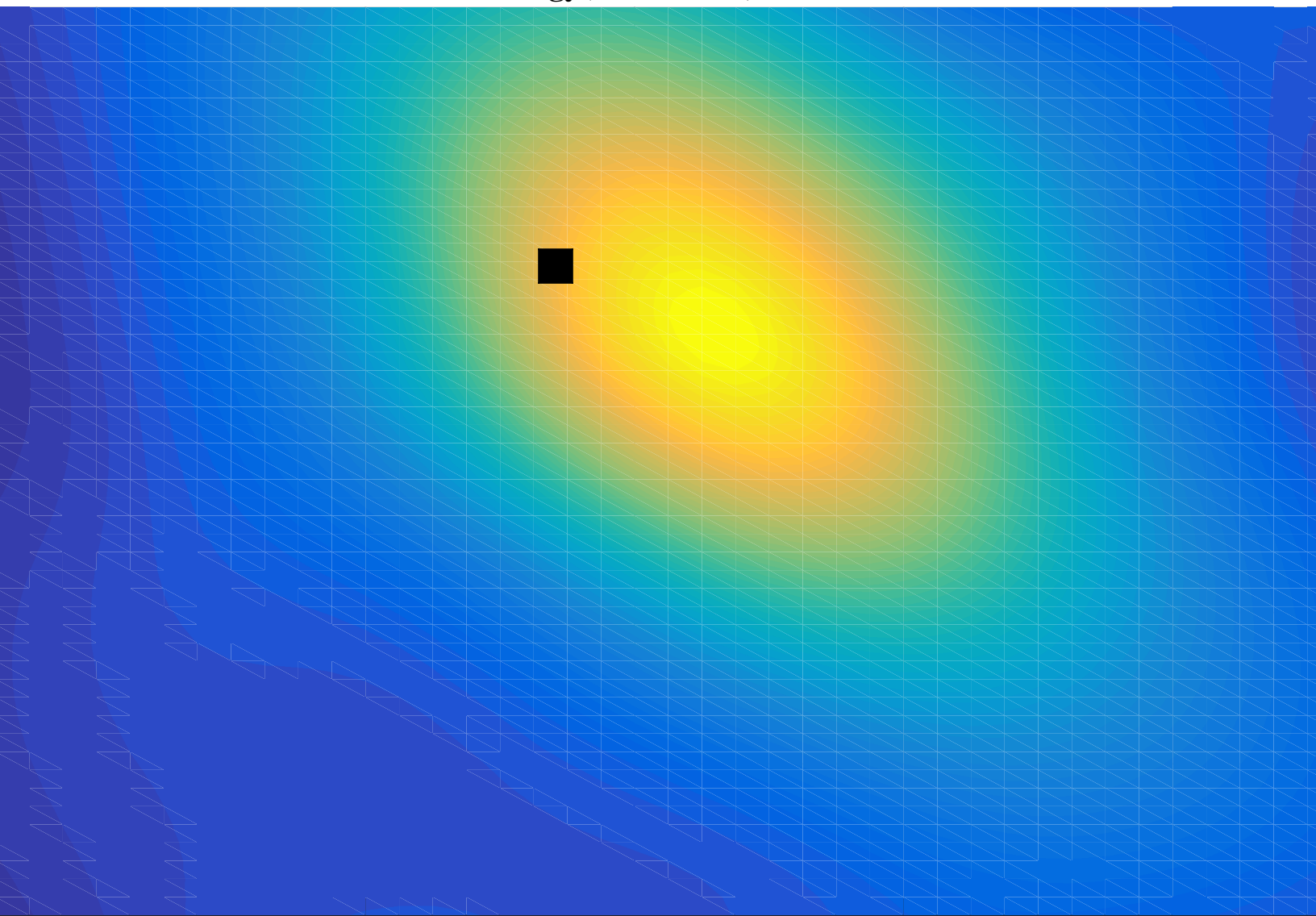
Long/degree