1 D:\Anaconda\envs\sammed3d\python.exe D:/Desktop/3D_segmentation/3D-DRSAM/3D-DRSAM-Git/
   train_single_3D_debug.py
2 Dr-SAM init
3 --- create training dataloader ---
4 -------------------------- train --------------------------------
5 --->>> train dataset 0 / 1   lumbar_spine_MRi <<<---
6 -im- lumbar_spine_MRi D:\Desktop\3D_segmentation\3D-DRSAM\3DDrsam_data\train\imagesTr : 33
7 -gt- lumbar_spine_MRi D:\Desktop\3D_segmentation\3D-DRSAM\3DDrsam_data\train\labelsTr : 33
8 33 train dataloaders created
9 --- create valid dataloader ---
10 -------------------------- valid --------------------------------
11 --->>> valid dataset 0 / 1   lumbar_spine_MRi_val <<<---
12 -im- lumbar_spine_MRi_val D:\Desktop\3D_segmentation\3D-DRSAM\3DDrsam_data\val\img : 12
13 -gt- lumbar_spine_MRi_val D:\Desktop\3D_segmentation\3D-DRSAM\3DDrsam_data\val\msk : 12
14 1 valid dataloaders created
15 --- define optimizer ---
16 Loaded checkpoint from checkpoint/sam_med3d_turbo.pth
17 epoch: 0   learning rate: 1e-06
18 Epoch 0/499:   3%|█ | 1/33 [00:14<07:49, 14.66s/it]print_dice: 0.0019580370280891657
   ,   print_iou: 0.0009799780091270804
19 [0/33] eta: 0:08:03   time: 14.6626 data: 6.4897
20 Epoch 0/499:   6%|█ | 2/33 [00:21<05:10, 10.01s/it]print_dice: 0.003840422024950385
   ,   print_iou: 0.001939052198827267
21 Epoch 0/499:   9%|██ | 3/33 [00:27<04:11, 8.39s/it]print_dice: 0.01851025596261 0245
   ,   print_iou: 0.009341585449874401
22 print_dice: 0.009184936992824078,   print_iou: 0.004613656550645828
23 Epoch 0/499: 15%|██ | 5/33 [00:41<03:29, 7.47s/it]print_dice: 0.05006754398345947,
   print_iou: 0.025676552206277847
24 Epoch 0/499: 18%|██▉ | 6/33 [00:48<03:15, 7.24s/it]print_dice: 0.007477257400751114
   ,   print_iou: 0.003752658376470208
25 Epoch 0/499: 21%|██ | 7/33 [00:55<03:08, 7.25s/it]print_dice: 0.00048411390162073076
   ,   print_iou: 0.00024211555137299
26 print_dice: 0.02554958686232567,   print_iou: 0.012940100394189358
27 Epoch 0/499: 27%|███▉ | 9/33 [01:09<02:47, 6.99s/it]print_dice: 0.059547752141952515
   ,   print_iou: 0.030687563121318817
28 Epoch 0/499: 30%|███ | 10/33 [01:16<02:38, 6.88s/it]print_dice: 0.13774923980236053
   ,   print_iou: 0.07396922260522842
29 print_dice: 0.03413316607475281,   print_iou: 0.017362909391522408
30 Epoch 0/499: 36%|████▉ | 12/33 [01:30<02:26, 6.96s/it]print_dice: 0.12925401329994202
   ,   print_iou: 0.06909222900867462
31 Epoch 0/499: 39%|████▉ | 13/33 [01:36<02:18, 6.94s/it]print_dice: 0.015326065942645073
   ,   print_iou: 0.007722208742052317
32 print_dice: 0.023074869066476822,   print_iou: 0.011672100983560085
33 Epoch 0/499: 45%|█████ | 15/33 [01:50<02:02, 6.81s/it]print_dice: 0.045874930918216705
   ,   print_iou: 0.023475943133234978
34 Epoch 0/499: 48%|█████ | 16/33 [01:57<01:56, 6.87s/it]print_dice: 0.012577659450471401
   ,   print_iou: 0.006328629329800606
35 Epoch 0/499: 52%|██████▉ | 17/33 [02:04<01:50, 6.92s/it]print_dice: 0.04800703376531601
   ,   print_iou: 0.024593854323029518
36 Epoch 0/499: 55%|██████ | 18/33 [02:10<01:42, 6.81s/it]print_dice: 0.0936773419380188,
   print_iou: 0.04914034157991409
37 print_dice: 0.09833314269781113,   print_iou: 0.051708921790122986
38 Epoch 0/499: 61%|███████ | 20/33 [02:24<01:28, 6.82s/it]print_dice: 0.026958081871271133
   ,   print_iou: 0.013663208112120628
39 Epoch 0/499: 64%|███████▉ | 21/33 [02:31<01:22, 6.91s/it]print_dice: 0.028809476643800735
   ,   print_iou: 0.014615267515182495
40 Epoch 0/499: 67%|███████ | 22/33 [02:38<01:16, 6.94s/it]print_dice: 0.08438166230916977
   ,   print_iou: 0.04404930770397186
41 print_dice: 0.12957023084163666,   print_iou: 0.0692729726433754
42 Epoch 0/499: 73%|████████▉ | 24/33 [02:52<01:01, 6.86s/it]print_dice: 0.05037645250558853
   ,   print_iou: 0.0258390661329031
43 print_dice: 0.05215614661574364,   print_iou: 0.026776349171996117
44 Epoch 0/499: 79%|█████████ | 26/33 [03:06<00:48, 6.95s/it]print_dice: 0.1585087925195694,
   print_iou: 0.08607631921768188
45 print_dice: 0.1080954372882843,   print_iou: 0.057135775685310364
46 Epoch 0/499: 85%|██████████ | 28/33 [03:19<00:33, 6.79s/it]print_dice: 0.098508819937706,
   print_iou: 0.05180608853697777
47 Epoch 0/499: 88%|██████████ | 29/33 [03:26<00:27, 6.86s/it]print_dice: 0.08806120604276657
   ,   print_iou: 0.04605858772993088

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48 Epoch 0/499:  91%|████████▌   | 30/33 [03:33<00:20,  6.92s/it]print_dice: 0.10809890180826187
   ,  print_iou: 0.05713712836265564
49 print_dice: 0.0910709947347641,  print_iou: 0.047707896679639816
50 Epoch 0/499:  97%|█████████▌| 32/33 [03:46<00:06,  6.73s/it]print_dice: 0.09012571722269058
   ,  print_iou: 0.047189343720674515
51 Epoch 0/499: 100%|██████████| 33/33 [03:53<00:00,  6.77s/it]print_dice: 0.15929044783115387
   ,  print_iou: 0.08653752505779266
52   [32/33] eta: 0:00:07   time: 6.8312  data: 0.0030
53 Epoch 0/499: 100%|██████████| 33/33 [03:54<00:00,  7.10s/it]
54  Total time: 0:03:54 (7.1020 s / it)
55 Averaged stats: training_loss: 212.8977 (212.8977)  loss_mask: 212.3339 (212.3339)  loss_dice
   : 0.5638 (0.5638)
56   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8360447936684
57 Validating...
58 Valid_dataloader len: 12
59 print_dice: 0.18406186997890472,  print_iou: 0.10135910660028458
60   [ 0/12] eta: 0:01:48   time: 9.0145  data: 4.8294
61  17%|██        | 2/12 [00:13<01:05,  6.56s/it]print_dice: 0.2136874794960022,  print_iou: 0.
   11962491273880005
62 print_dice: 0.1711897850036621,  print_iou: 0.09360718727111816
63  33%|███▏      | 4/12 [00:23<00:42,  5.34s/it]print_dice: 0.18808746337890625,  print_iou: 0.
   1038060337305069
64  42%|████▏     | 5/12 [00:28<00:36,  5.17s/it]print_dice: 0.19207444787025452,  print_iou: 0.
   10624024271965027
65  50%|████▌     | 6/12 [00:33<00:30,  5.09s/it]print_dice: 0.17223210632801056,  print_iou: 0.
   09423084557056427
66  58%|█████▌    | 7/12 [00:37<00:24,  4.99s/it]print_dice: 0.16456596553325653,  print_iou: 0.
   08966051787137985
67  67%|██████▌   | 8/12 [00:42<00:19,  4.80s/it]print_dice: 0.22207048535346985,  print_iou: 0.
   12490399181842804
68 print_dice: 0.19474439322948456,  print_iou: 0.10787635296583176
69  83%|████████▎ | 10/12 [00:51<00:09,  4.58s/it]print_dice: 0.20128226280212402,  print_iou: 0
   .11190319806337357
70  92%|█████████▏| 11/12 [00:55<00:04,  4.51s/it]print_dice: 0.20749855041503906,  print_iou: 0
   .11575920879840851
71 print_dice: 0.18824948370456696,  print_iou: 0.10390475392341614
72 100%|██████████| 12/12 [00:59<00:00,  4.41s/it] [11/12] eta: 0:00:04   time: 4.9707  data
   : 0.4030
73 100%|██████████| 12/12 [01:00<00:00,  5.03s/it]
74  Total time: 0:01:00 (5.0266 s / it)
75 ============================
76 Averaged stats:
77 Epoch 1/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
78 epoch:    1   learning rate:   1e-06
79 print_dice: 0.14030689001083374,  print_iou: 0.07544626295566559
80   [ 0/33] eta: 0:07:08   time: 12.9997  data: 6.3059
81 Epoch 1/499:   6%|▌         | 2/33 [00:19<04:38,  9.00s/it]print_dice: 0.1515985131263733,
   print_iou: 0.0820160061120987
82 print_dice: 0.10328961908817291,  print_iou: 0.05445724353194237
83 Epoch 1/499:  12%|█▏        | 4/33 [00:32<03:32,  7.31s/it]print_dice: 0.22644633054733276
   ,  print_iou: 0.12767943739891052
84 print_dice: 0.17987817525863647,  print_iou: 0.0988275408744812
85 Epoch 1/499:  18%|█▊        | 6/33 [00:45<03:05,  6.88s/it]print_dice: 0.06739027053117752
   ,  print_iou: 0.03487008810043335
86 Epoch 1/499:  21%|██        | 7/33 [00:51<02:56,  6.78s/it]print_dice: 0.16116271913051605
   ,  print_iou: 0.0876438170671463
87 Epoch 1/499:  24%|██▍       | 8/33 [00:58<02:46,  6.67s/it]print_dice: 0.18127739429473877
   ,  print_iou: 0.09967292100191116
88 print_dice: 0.0748211145401001,  print_iou: 0.03886450082063675
89 Epoch 1/499:  30%|███       | 10/33 [01:11<02:31,  6.61s/it]print_dice: 0.105267733335495,
   print_iou: 0.05555810406804085
90 Epoch 1/499:  33%|███▎      | 11/33 [01:17<02:25,  6.60s/it]print_dice: 0.1512007713317871
   ,  print_iou: 0.0817832350730896
91 Epoch 1/499:  36%|███▌      | 12/33 [01:24<02:18,  6.58s/it]print_dice: 0.09753310680389404
   ,  print_iou: 0.05126665160059929
92 Epoch 1/499:  39%|███▉      | 13/33 [01:31<02:12,  6.61s/it]print_dice: 0.09508682042360306
   ,  print_iou: 0.04991661384701729
93 Epoch 1/499:  42%|████▏     | 14/33 [01:37<02:04,  6.57s/it]print_dice: 0.08182492107152939
   ,  print_iou: 0.04265769198536873
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 94 print_dice: 0.08118843287229538,    print_iou: 0.042311832308769226
 95 Epoch 1/499:  48%|███▊    | 16/33 [01:50<01:51,  6.57s/it]print_dice: 0.12065861374139786
    ,    print_iou: 0.0642026066780093
 96 print_dice: 0.1212461437320709,    print_iou: 0.06453539431095123
 97 Epoch 1/499:  55%|███▊   | 18/33 [02:04<01:38,  6.59s/it]print_dice: 0.12656888365745544
    ,    print_iou: 0.06755993515253067
 98 print_dice: 0.18078547716140747,    print_iou: 0.09937556833028793
 99 Epoch 1/499:  61%|███▊   | 20/33 [02:17<01:25,  6.58s/it]print_dice: 0.1472845822572708
    ,    print_iou: 0.0794966071844101
100 Epoch 1/499:  64%|███▊   | 21/33 [02:24<01:19,  6.66s/it]print_dice: 0.11315726488828659
    ,    print_iou: 0.059971753507852554
101 Epoch 1/499:  67%|███▊   | 22/33 [02:30<01:12,  6.59s/it]print_dice: 0.1747288554906845
    ,    print_iou: 0.09572761505842209
102 print_dice: 0.12077633291482925,    print_iou: 0.06426926702260971
103 Epoch 1/499:  73%|███▊   | 24/33 [02:43<00:58,  6.53s/it]print_dice: 0.1344015747308731
    ,    print_iou: 0.0720420703291893
104 Epoch 1/499:  76%|███▊   | 25/33 [02:49<00:52,  6.54s/it]print_dice: 0.1774471551179886
    ,    print_iou: 0.09736187011003494
105 Epoch 1/499:  79%|███▊   | 26/33 [02:56<00:45,  6.52s/it]print_dice: 0.18256837129592896
    ,    print_iou: 0.10045404732227325
106 print_dice: 0.1358768375873566,    print_iou: 0.07289096713066101
107 Epoch 1/499:  85%|███▊   | 28/33 [03:09<00:32,  6.48s/it]print_dice: 0.2637404799461365
    ,    print_iou: 0.15190152823925018
108 Epoch 1/499:  88%|███▊ | 29/33 [03:15<00:26,  6.54s/it]print_dice: 0.19518575072288513
    ,    print_iou: 0.1081472858786583
109 Epoch 1/499:  91%|███▊  | 30/33 [03:22<00:19,  6.59s/it]print_dice: 0.1885247677564621
    ,    print_iou: 0.10407251119613647
110 Epoch 1/499:  94%|███▊ | 31/33 [03:29<00:13,  6.63s/it]print_dice: 0.18740251660346985
    ,    print_iou: 0.10338892787694931
111 Epoch 1/499:  97%|███▊ | 32/33 [03:35<00:06,  6.59s/it]print_dice: 0.22803860902786255
    ,    print_iou: 0.12869276106357574
112 Epoch 1/499: 100%|███████| 33/33 [03:42<00:00,  6.52s/it]print_dice: 0.15375162661075592
    ,    print_iou: 0.0832778662443161
113  [32/33]  eta: 0:00:06   time: 6.5560  data: 0.0027
114 Epoch 1/499: 100%|███████| 33/33 [03:42<00:00,  6.76s/it]
115  Total time: 0:03:42 (6.7558 s / it)
116 Averaged stats: training_loss: 206.7057 (206.7057)  loss_mask: 206.0156 (206.0156)  loss_dice
    : 0.6900 (0.6900)
117    0%|        | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8357858085146
118 Validating...
119 Valid_dataloader len: 12
120    8%|█       | 1/12 [00:08<01:36,  8.77s/it]print_dice: 0.2757996916770935,  print_iou: 0.
    15995803475379944
121  [ 0/12]  eta: 0:01:45   time: 8.7680  data: 4.6996
122 print_dice: 0.2236655354499817,  print_iou: 0.1259140968322754
123   25%|██      | 3/12 [00:17<00:47,  5.33s/it]print_dice: 0.1787770390510559,  print_iou: 0.
    0981631875038147
124   33%|██▊     | 4/12 [00:22<00:40,  5.03s/it]print_dice: 0.1892728954553604,  print_iou: 0.
    10452866554260254
125   42%|███▊    | 5/12 [00:26<00:33,  4.85s/it]print_dice: 0.229566752910614,  print_iou: 0.
    1296669989824295
126   50%|████    | 6/12 [00:30<00:28,  4.71s/it]print_dice: 0.17100471258163452,  print_iou: 0.
    09349653124809265
127   58%|████▊   | 7/12 [00:35<00:23,  4.68s/it]print_dice: 0.15731438994407654,  print_iou: 0.
    08537235110998154
128   67%|█████▊  | 8/12 [00:40<00:18,  4.59s/it]print_dice: 0.20512579381465912,  print_iou: 0.
    1142842173576355
129   75%|██████  | 9/12 [00:44<00:13,  4.52s/it]print_dice: 0.2048657089471817,  print_iou: 0.
    11412277072668076
130 print_dice: 0.2810850441455841,  print_iou: 0.16352470219135284
131   92%|████████▊| 11/12 [00:53<00:04,  4.48s/it]print_dice: 0.3093807101249695,  print_iou: 0.
    1829984486103058
132  100%|█████████| 12/12 [00:57<00:00,  4.46s/it]print_dice: 0.20378191769123077,  print_iou: 0
    .1134505420923233
133  [11/12]  eta: 0:00:04   time: 4.8059  data: 0.3922
134 100%|█████████| 12/12 [00:58<00:00,  4.84s/it]
135  Total time: 0:00:58 (4.8407 s / it)
136 =============================
137 Averaged stats:
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138 Epoch 2/499:   0%|            | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
139 epoch:    2    learning rate:    1e-06
140 Epoch 2/499:   3%|▌          | 1/33 [00:10<05:37, 10.56s/it]print_dice: 0.1844867467880249,
    print_iou: 0.10161685198545456
141   [ 0/33] eta: 0:05:48   time: 10.5570  data: 4.1647
142 Epoch 2/499:   6%|▌          | 2/33 [00:16<04:07,  8.00s/it]print_dice: 0.22083991765975952
    ,  print_iou: 0.12412593513727188
143 Epoch 2/499:   9%|█         | 3/33 [00:23<03:38,  7.30s/it]print_dice: 0.20233134925365448
    ,  print_iou: 0.11255208402872086
144 print_dice: 0.15951980650424957,  print_iou: 0.08667292445898056
145 Epoch 2/499:  15%|█▌        | 5/33 [00:36<03:12,  6.86s/it]print_dice: 0.2215593159198761,
    print_iou: 0.12458066642284393
146 print_dice: 0.2861417531967163,  print_iou: 0.16695766150951385
147 Epoch 2/499:  21%|██        | 7/33 [00:49<02:52,  6.65s/it]print_dice: 0.2832408845424652,
    print_iou: 0.1649858057498932
148 print_dice: 0.1722182333469391,  print_iou: 0.0942225381731987
149 Epoch 2/499:  27%|██▌       | 9/33 [01:02<02:38,  6.62s/it]print_dice: 0.1419396698474884,
    print_iou: 0.0763913094997406
150 print_dice: 0.20692765712738037,  print_iou: 0.11540396511554718
151 Epoch 2/499:  33%|███       | 11/33 [01:15<02:24,  6.57s/it]print_dice: 0.2561257779598236
    ,  print_iou: 0.14687170088291168
152 Epoch 2/499:  36%|███▌      | 12/33 [01:22<02:17,  6.55s/it]print_dice: 0.26383769512176514
    ,  print_iou: 0.15196603536605835
153 Epoch 2/499:  39%|███▌      | 13/33 [01:28<02:09,  6.49s/it]print_dice: 0.2612723410129547
    ,  print_iou: 0.1502663940191269
154 Epoch 2/499:  42%|████      | 14/33 [01:35<02:04,  6.53s/it]print_dice: 0.1746463179588318
    ,  print_iou: 0.09567807614803314
155 Epoch 2/499:  45%|████      | 15/33 [01:41<01:57,  6.55s/it]print_dice: 0.22808825969696045
    ,  print_iou: 0.12872439622879028
156 Epoch 2/499:  48%|████▌     | 16/33 [01:48<01:51,  6.58s/it]print_dice: 0.2144480049610138
    ,  print_iou: 0.12010180205106735
157 print_dice: 0.2230878323316574,  print_iou: 0.12554803490638733
158 Epoch 2/499:  55%|█████▌    | 18/33 [02:01<01:38,  6.57s/it]print_dice: 0.28837570548057556
    ,  print_iou: 0.16848072409629822
159 print_dice: 0.2540140151977539,  print_iou: 0.1454845666885376
160 Epoch 2/499:  61%|██████    | 20/33 [02:14<01:24,  6.52s/it]print_dice: 0.25652438402175903
    ,  print_iou: 0.14713390171527863
161 Epoch 2/499:  64%|██████▌   | 21/33 [02:20<01:18,  6.53s/it]print_dice: 0.27825039625167847
    ,  print_iou: 0.16160908341407776
162 print_dice: 0.26919955015182495,  print_iou: 0.15553471446037292
163 Epoch 2/499:  70%|███████   | 23/33 [02:34<01:05,  6.53s/it]print_dice: 0.28523555397987366
    ,  print_iou: 0.16634094715118408
164 Epoch 2/499:  73%|███████▌  | 24/33 [02:40<00:58,  6.55s/it]print_dice: 0.26485875248908997
    ,  print_iou: 0.15264391899108887
165 print_dice: 0.2895669937133789,  print_iou: 0.1692945510149002
166 Epoch 2/499:  79%|████████  | 26/33 [02:53<00:45,  6.50s/it]print_dice: 0.22135932743549347
    ,  print_iou: 0.12445421516895294
167 print_dice: 0.307475209236145,  print_iou: 0.18166658282279968
168 Epoch 2/499:  85%|████████▌ | 28/33 [03:06<00:32,  6.49s/it]print_dice: 0.27921080589294434
    ,  print_iou: 0.16225741803646088
169 Epoch 2/499:  88%|████████▌ | 29/33 [03:12<00:25,  6.47s/it]print_dice: 0.2522272765636444
    ,  print_iou: 0.14431354403495789
170 Epoch 2/499:  91%|█████████ | 30/33 [03:19<00:19,  6.48s/it]print_dice: 0.28040972352027893
    ,  print_iou: 0.1630677580833435
171 Epoch 2/499:  94%|█████████▌| 31/33 [03:25<00:12,  6.48s/it]print_dice: 0.24616900086402893
    ,  print_iou: 0.1403607279062271
172 Epoch 2/499:  97%|█████████▌| 32/33 [03:32<00:06,  6.44s/it]print_dice: 0.2913638651371002
    ,  print_iou: 0.1705242395401001
173 Epoch 2/499: 100%|██████████| 33/33 [03:38<00:00,  6.40s/it]print_dice: 0.3291483223438263
    ,  print_iou: 0.196994349360466
174   [32/33] eta: 0:00:06   time: 6.5023  data: 0.0005
175 Epoch 2/499: 100%|██████████| 33/33 [03:38<00:00,  6.63s/it]
176  Total time: 0:03:38 (6.6349 s / it)
177 Averaged stats: training_loss: 175.9481 (175.9481)  loss_mask: 175.5261 (175.5261)  loss_dice
    : 0.4220 (0.4220)
178 Net parameter norm: 1054.83572032761
179 Validating...
180 Valid_dataloader len: 12
181   8%|█         | 1/12 [00:08<01:28,  8.01s/it]print_dice: 0.2984757721424103,  print_iou: 0.
```

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181 17541669309139252
182   [ 0/12]  eta: 0:01:36   time: 8.0078  data: 3.9947
183 print_dice: 0.2896788716316223,  print_iou: 0.16937105357646942
184  25%|██         | 3/12 [00:16<00:46,  5.16s/it]print_dice: 0.19203682243824005,  print_iou: 0.
    10621722042560577
185  33%|███        | 4/12 [00:21<00:39,  4.96s/it]print_dice: 0.3244010806083679,  print_iou: 0.
    19360306859016418
186 print_dice: 0.32758378982543945,  print_iou: 0.19587455689907074
187  50%|████       | 6/12 [00:30<00:27,  4.63s/it]print_dice: 0.2566690444946289,  print_iou: 0.
    14722910523414612
188  58%|█████      | 7/12 [00:34<00:22,  4.58s/it]print_dice: 0.17013554275035858,  print_iou: 0.
    0929771289229393
189 print_dice: 0.2968638241291046,  print_iou: 0.17430421710014343
190  75%|███████    | 9/12 [00:43<00:13,  4.48s/it]print_dice: 0.29372698068618774,  print_iou: 0.
    17214536666870117
191  83%|████████   | 10/12 [00:47<00:08,  4.46s/it]print_dice: 0.29706478118896484,  print_iou: 0
    .17444278299808502
192 print_dice: 0.23825417459011078,  print_iou: 0.13523754477500916
193 100%|█████████| 12/12 [00:56<00:00,  4.36s/it]print_dice: 0.31847405433654785,  print_iou: 0
    .18939585983753204
194   [11/12]  eta: 0:00:04   time: 4.6928  data: 0.3334
195 100%|█████████| 12/12 [00:56<00:00,  4.73s/it]
196  Total time: 0:00:56 (4.7261 s / it)
197 ============================
198 Averaged stats:
199 Epoch 3/499:   0%|           | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
200 epoch:   3   learning rate:   1e-06
201 Epoch 3/499:   3%|▏          | 1/33 [00:10<05:41, 10.69s/it]print_dice: 0.29399222135543823
    ,  print_iou: 0.17232759296894073
202   [ 0/33]  eta: 0:05:52   time: 10.6859  data: 4.1664
203 print_dice: 0.3039366602897644,   print_iou: 0.17920124530792236
204 Epoch 3/499:   9%|█          | 3/33 [00:23<03:42,  7.42s/it]print_dice: 0.2819051742553711,
    print_iou: 0.16408009827136993
205 print_dice: 0.2677725851535797,   print_iou: 0.15458281338214874
206 Epoch 3/499:  15%|█          | 5/33 [00:36<03:13,  6.91s/it]print_dice: 0.2609173357486725,
    print_iou: 0.15003158152103424
207 Epoch 3/499:  18%|██         | 6/33 [00:43<03:02,  6.77s/it]print_dice: 0.2482842206954956,
    print_iou: 0.14173772931098938
208 Epoch 3/499:  21%|██         | 7/33 [00:49<02:54,  6.70s/it]print_dice: 0.2615772783756256,
    print_iou: 0.1504681557416916
209 Epoch 3/499:  24%|██▏        | 8/33 [00:56<02:45,  6.63s/it]print_dice: 0.34459927678108215
    ,   print_iou: 0.2081666737794876
210 Epoch 3/499:  27%|██▏        | 9/33 [01:02<02:39,  6.64s/it]print_dice: 0.3038921654224396,
    print_iou: 0.179170310497728394
211 Epoch 3/499:  30%|██▏        | 10/33 [01:09<02:31,  6.61s/it]print_dice: 0.30582645535469055
    ,   print_iou: 0.18051660060882568
212 print_dice: 0.3265517055988312,   print_iou: 0.19513700902462006
213 Epoch 3/499:  36%|███▏       | 12/33 [01:22<02:17,  6.55s/it]print_dice: 0.30040261149406433
    ,   print_iou: 0.17674928903579712
214 print_dice: 0.3498062193393707,   print_iou: 0.21197888255119324
215 Epoch 3/499:  42%|███▏       | 14/33 [01:35<02:04,  6.57s/it]print_dice: 0.3647851049900055
    ,   print_iou: 0.2230808436870575
216 print_dice: 0.37583276629447937,   print_iou: 0.2314002960920334
217 Epoch 3/499:  48%|████▏      | 16/33 [01:48<01:51,  6.56s/it]print_dice: 0.291185587644577,
    print_iou: 0.17040212452411652
218 Epoch 3/499:  52%|████▏      | 17/33 [01:55<01:44,  6.55s/it]print_dice: 0.29494011402130127
    ,   print_iou: 0.17297933995723724
219 print_dice: 0.2816539406776428,   print_iou: 0.1639098972082138
220 Epoch 3/499:  58%|█████▏     | 19/33 [02:08<01:31,  6.54s/it]print_dice: 0.35360705852508545
    ,   print_iou: 0.21477684378623962
221 Epoch 3/499:  61%|█████▏     | 20/33 [02:14<01:24,  6.52s/it]print_dice: 0.33743155002593994
    ,   print_iou: 0.20295797288417816
222 print_dice: 0.2863110601902008,   print_iou: 0.16707293689250946
223 Epoch 3/499:  67%|██████▏    | 22/33 [02:27<01:11,  6.48s/it]print_dice: 0.33382686972618103
    ,   print_iou: 0.2003545527935028
224 Epoch 3/499:  70%|██████▏    | 23/33 [02:34<01:04,  6.47s/it]print_dice: 0.3408525586128235
    ,   print_iou: 0.2054837547302246
225 print_dice: 0.36432018876075745,   print_iou: 0.22273319959640503
226 Epoch 3/499:  76%|███████    | 25/33 [02:47<00:52,  6.52s/it]print_dice: 0.3348561227321625
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226 ,    print_iou: 0.20109741389751434
227 Epoch 3/499:  79%|████████▌   | 26/33 [02:53<00:45,  6.49s/it]print_dice: 0.39078399538993835
    ,    print_iou: 0.24284124374389648
228 Epoch 3/499:  82%|████████▊   | 27/33 [03:00<00:39,  6.56s/it]print_dice: 0.3629129230976105
    ,    print_iou: 0.221682163892746
229 Epoch 3/499:  85%|█████████   | 28/33 [03:06<00:32,  6.55s/it]print_dice: 0.3366539478302002
    ,    print_iou: 0.20239561796188354
230 Epoch 3/499:  88%|█████████▍  | 29/33 [03:13<00:26,  6.56s/it]print_dice: 0.30742403864860535
    ,    print_iou: 0.18163086473941803
231 print_dice: 0.36085087060928345,    print_iou: 0.22014522552490234
232 Epoch 3/499:  94%|██████████▍ | 31/33 [03:26<00:13,  6.54s/it]print_dice: 0.38286125659942627
    ,    print_iou: 0.23675225675106049
233 print_dice: 0.3632620573043823,    print_iou: 0.2219427078962326
234 Epoch 3/499: 100%|████████████| 33/33 [03:39<00:00,  6.51s/it]print_dice: 0.3403525650501251
    ,    print_iou: 0.2050752192735672
235  [32/33]  eta: 0:00:06    time: 6.5180  data: 0.0006
236 Epoch 3/499: 100%|████████████| 33/33 [03:39<00:00,  6.66s/it]
237  Total time: 0:03:39 (6.6624 s / it)
238 Averaged stats: training_loss: 176.6934 (176.6934)  loss_mask: 176.1942 (176.1942)  loss_dice
    : 0.4992 (0.4992)
239   0%|            | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8359050519357
240 Validating...
241 Valid_dataloader len: 12
242   8%|█          | 1/12 [00:07<01:27,  7.96s/it]print_dice: 0.23209264874458313,  print_iou: 0.
    13128100335597992
243  [ 0/12]  eta: 0:01:35    time: 7.9567  data: 3.9152
244 print_dice: 0.26975056529045105,  print_iou: 0.155902698636055
245  25%|██         | 3/12 [00:16<00:46,  5.16s/it]print_dice: 0.24548326432704926,  print_iou: 0.
    13991503417491913
246  33%|███        | 4/12 [00:21<00:39,  4.89s/it]print_dice: 0.23115673661231995,  print_iou: 0.
    13068242371082306
247 print_dice: 0.3068792521953583,  print_iou: 0.1812506467103958
248  50%|█████      | 6/12 [00:29<00:27,  4.62s/it]print_dice: 0.24282218515872955,  print_iou: 0.
    13818873465061188
249 print_dice: 0.1948946714401245,  print_iou: 0.10796858370304108
250  67%|███████    | 8/12 [00:38<00:18,  4.51s/it]print_dice: 0.27370449900627136,  print_iou: 0.
    1585501879453659
251 print_dice: 0.34576350450515747,  print_iou: 0.20901697874069214
252  83%|████████▊  | 10/12 [00:47<00:08,  4.44s/it]print_dice: 0.2363952398300171,  print_iou: 0.
    1340409368276596
253  92%|█████████▋ | 11/12 [00:51<00:04,  4.39s/it]print_dice: 0.26874014735221863,  print_iou: 0
    .15522807836532593
254 100%|██████████| 12/12 [00:56<00:00,  4.34s/it]print_dice: 0.35859349370002747,  print_iou: 0
    .21846720576286316
255  [11/12]  eta: 0:00:04    time: 4.6788  data: 0.3268
256 100%|██████████| 12/12 [00:56<00:00,  4.71s/it]
257  Total time: 0:00:56 (4.7148 s / it)
258 ============================
259 Averaged stats:
260 Epoch 4/499:   0%|           | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
261 epoch:    4   learning rate:   1e-06
262 Epoch 4/499:   3%|▏          | 1/33 [00:10<05:35, 10.47s/it]print_dice: 0.39642462134361267
    ,    print_iou: 0.2472129762172699
263  [ 0/33]  eta: 0:05:45    time: 10.4740  data: 4.1601
264 Epoch 4/499:   6%|▌          | 2/33 [00:16<04:08,  8.02s/it]print_dice: 0.34317684173583984
    ,    print_iou: 0.20712943375110626
265 Epoch 4/499:   9%|▊          | 3/33 [00:23<03:39,  7.33s/it]print_dice: 0.36531776189804077
    ,    print_iou: 0.22347937524318695
266 Epoch 4/499:  12%|█▏         | 4/33 [00:29<03:24,  7.05s/it]print_dice: 0.4316733777523041,
    print_iou: 0.2752445638179779
267 print_dice: 0.37530457973480225,    print_iou: 0.23099996149539948
268 Epoch 4/499:  18%|█▊         | 6/33 [00:42<03:02,  6.75s/it]print_dice: 0.33794572949409485
    ,    print_iou: 0.2033301442861557
269 print_dice: 0.388967901468277,  print_iou: 0.24144019186496735
270 Epoch 4/499:  24%|██▍        | 8/33 [00:56<02:46,  6.67s/it]print_dice: 0.41610822081565857
    ,    print_iou: 0.2627125382423401
271 Epoch 4/499:  27%|██▋        | 9/33 [01:02<02:38,  6.62s/it]print_dice: 0.3635403513908386,
    print_iou: 0.222150519490242
272 Epoch 4/499:  30%|███        | 10/33 [01:09<02:32,  6.63s/it]print_dice: 0.3754754364490509
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272 ,    print_iou: 0.23112943768501282
273 Epoch 4/499:  33%|██     | 11/33 [01:15<02:25,  6.63s/it]print_dice: 0.4084484875202179
    ,    print_iou: 0.2566354274749756
274 Epoch 4/499:  36%|██     | 12/33 [01:22<02:20,  6.68s/it]print_dice: 0.35952627658843994
    ,    print_iou: 0.2191600352525711
275 Epoch 4/499:  39%|██     | 13/33 [01:29<02:12,  6.63s/it]print_dice: 0.35167837142944336
    ,    print_iou: 0.2133554369211197
276 print_dice: 0.36830925941467285,    print_iou: 0.22572246193885803
277 Epoch 4/499:  45%|███    | 15/33 [01:42<01:59,  6.62s/it]print_dice: 0.36031287908554077
    ,    print_iou: 0.219744489092826843
278 print_dice: 0.40502434968948364,    print_iou: 0.25393763184547424
279 Epoch 4/499:  52%|███▌   | 17/33 [01:55<01:45,  6.57s/it]print_dice: 0.44182974100112915
    ,    print_iou: 0.2835567593574524
280 Epoch 4/499:  55%|███▌   | 18/33 [02:02<01:38,  6.58s/it]print_dice: 0.3289739787578583
    ,    print_iou: 0.19686944782733917
281 Epoch 4/499:  58%|███▊   | 19/33 [02:08<01:31,  6.55s/it]print_dice: 0.4270454943180084
    ,    print_iou: 0.271492600440979
282 Epoch 4/499:  61%|████   | 20/33 [02:15<01:25,  6.54s/it]print_dice: 0.3931986689567566
    ,    print_iou: 0.24470895528793335
283 Epoch 4/499:  64%|████▎  | 21/33 [02:21<01:18,  6.52s/it]print_dice: 0.3807421326637268
    ,    print_iou: 0.23513372242450714
284 Epoch 4/499:  67%|████▌  | 22/33 [02:28<01:12,  6.58s/it]print_dice: 0.3550693690776825
    ,    print_iou: 0.21585674583911896
285 print_dice: 0.4096904993057251,    print_iou: 0.2576168179512024
286 Epoch 4/499:  73%|█████  | 24/33 [02:41<00:59,  6.59s/it]print_dice: 0.4312528371810913
    ,    print_iou: 0.27490270137786865
287 print_dice: 0.3599390387535095,    print_iou: 0.21946687996387482
288 Epoch 4/499:  79%|█████▌ | 26/33 [02:54<00:45,  6.56s/it]print_dice: 0.41916146874427795
    ,    print_iou: 0.26515135169029236
289 print_dice: 0.3505077660083771,    print_iou: 0.21249434351921082
290 Epoch 4/499:  85%|██████ | 28/33 [03:07<00:32,  6.53s/it]print_dice: 0.40514305233955383
    ,    print_iou: 0.2540309727191925
291 Epoch 4/499:  88%|██████▌| 29/33 [03:13<00:25,  6.50s/it]print_dice: 0.3948863446712494
    ,    print_iou: 0.2460176944732666
292 Epoch 4/499:  91%|██████▊| 30/33 [03:20<00:19,  6.51s/it]print_dice: 0.4027147889137268
    ,    print_iou: 0.25212451815605164
293 print_dice: 0.4152047038078308,    print_iou: 0.2619926333427429
294 Epoch 4/499:  97%|███████| 32/33 [03:33<00:06,  6.48s/it]print_dice: 0.417617529630661,
    print_iou: 0.263916939496994
295 Epoch 4/499: 100%|███████| 33/33 [03:39<00:00,  6.46s/it]print_dice: 0.40393245220184326
    ,    print_iou: 0.2530798017978668
296  [32/33]  eta: 0:00:06   time: 6.5314  data: 0.0005
297 Epoch 4/499: 100%|███████| 33/33 [03:40<00:00,  6.67s/it]
298  Total time: 0:03:40 (6.6744 s / it)
299 Averaged stats: training_loss: 136.3372 (136.3372)  loss_mask: 135.9579 (135.9579)  loss_dice
    : 0.3793 (0.3793)
300 Net parameter norm: 1054.8361537954042
301 Validating...
302 Valid_dataloader len: 12
303   8%|█      | 1/12 [00:08<01:28,  8.05s/it]print_dice: 0.26252028346061707,  print_iou: 0.
    15109257400035858
304  [ 0/12]  eta: 0:01:36   time: 8.0527  data: 3.9502
305  17%|██     | 2/12 [00:12<00:58,  5.82s/it]print_dice: 0.35019269585609436,  print_iou: 0.
    21226277947425842
306 print_dice: 0.24596244096755981,  print_iou: 0.14022643864154816
307  33%|███▊   | 4/12 [00:21<00:39,  4.89s/it]print_dice: 0.2590913474559784,  print_iou: 0.
    14882534742355347
308 print_dice: 0.3244365155696869,  print_iou: 0.19362829625606537
309  50%|█████  | 6/12 [00:29<00:27,  4.61s/it]print_dice: 0.24022075533866882,  print_iou: 0.
    13650618493556976
310 print_dice: 0.21905507147312164,  print_iou: 0.12299934774637222
311  67%|██████▌| 8/12 [00:38<00:17,  4.49s/it]print_dice: 0.36125314235687256,  print_iou: 0.
    22044475376605988
312  75%|███████| 9/12 [00:43<00:13,  4.47s/it]print_dice: 0.3722825348377228,  print_iou: 0.
    2287144660949707
313  83%|███████▊| 10/12 [00:47<00:08,  4.50s/it]print_dice: 0.3202344477176666,  print_iou: 0.
    1906423419713974
314  92%|████████| 11/12 [00:52<00:04,  4.43s/it]print_dice: 0.3291810154914856,  print_iou: 0.
    19701775908470154
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315 100%|████████| 12/12 [00:56<00:00,  4.35s/it]print_dice: 0.29965025186538696,  print_iou: 0
    .1762286126613617
316  [11/12]  eta: 0:00:04   time: 4.6849  data: 0.3301
317 100%|████████| 12/12 [00:56<00:00,  4.72s/it]
318  Total time: 0:00:56 (4.7177 s / it)
319 ============================
320 Averaged stats:
321 Epoch 5/499:   0%|         | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
322 epoch:   5   learning rate:   1e-06
323 Epoch 5/499:   3%|▌        | 1/33 [00:10<05:34, 10.47s/it]print_dice: 0.36618736386299133
    ,   print_iou: 0.22413058578968048
324  [ 0/33]  eta: 0:05:45   time: 10.4666  data: 3.9611
325 Epoch 5/499:   6%|▌        | 2/33 [00:16<04:06,  7.94s/it]print_dice: 0.41677919030189514
    ,   print_iou: 0.26324766874313354
326 print_dice: 0.3957560062408447,  print_iou: 0.24669316411018372
327 Epoch 5/499:  12%|█        | 4/33 [00:29<03:22,  6.99s/it]print_dice: 0.4498935639858246,
    print_iou: 0.2902339696884155
328 print_dice: 0.44508156180381775,  print_iou: 0.2862410843372345
329 Epoch 5/499:  18%|█▌       | 6/33 [00:42<03:01,  6.71s/it]print_dice: 0.43437573313713074
    ,   print_iou: 0.2774457335472107
330 Epoch 5/499:  21%|█▌       | 7/33 [00:49<02:54,  6.71s/it]print_dice: 0.4411662817001343,
    print_iou: 0.28301048278808594
331 print_dice: 0.43568548560142517,  print_iou: 0.2785152792930603
332 Epoch 5/499:  27%|██       | 9/33 [01:02<02:38,  6.59s/it]print_dice: 0.39606449007987976
    ,   print_iou: 0.24693292379379272
333 Epoch 5/499:  30%|██       | 10/33 [01:08<02:30,  6.54s/it]print_dice: 0.4128103256225586
    ,   print_iou: 0.26008886098861694
334 print_dice: 0.4507576823234558,  print_iou: 0.2909536361694336
335 Epoch 5/499:  36%|██▌      | 12/33 [01:22<02:18,  6.60s/it]print_dice: 0.3896249830722809
    ,   print_iou: 0.2419467270374298
336 Epoch 5/499:  39%|██▌      | 13/33 [01:28<02:11,  6.58s/it]print_dice: 0.48368945717811584
    ,   print_iou: 0.3189910352230072
337 Epoch 5/499:  42%|███      | 14/33 [01:35<02:04,  6.57s/it]print_dice: 0.38552340865135193
    ,   print_iou: 0.2387915849685669
338 print_dice: 0.4062439799308777,  print_iou: 0.25489720702171326
339 Epoch 5/499:  48%|███▌     | 16/33 [01:48<01:50,  6.52s/it]print_dice: 0.46273714303970337
    ,   print_iou: 0.30101367831230164
340 Epoch 5/499:  52%|███▌     | 17/33 [01:54<01:44,  6.54s/it]print_dice: 0.48869118094444275
    ,   print_iou: 0.3233562707901001
341 Epoch 5/499:  55%|███▌     | 18/33 [02:01<01:38,  6.54s/it]print_dice: 0.412431925535202,
    print_iou: 0.25978851318359375
342 Epoch 5/499:  58%|████     | 19/33 [02:07<01:31,  6.55s/it]print_dice: 0.427092581987381,
    print_iou: 0.2715306580066681
343 print_dice: 0.4462099075317383,  print_iou: 0.28717514872550964
344 Epoch 5/499:  64%|████▌    | 21/33 [02:20<01:18,  6.53s/it]print_dice: 0.4325127601623535
    ,   print_iou: 0.27592745423316956
345 Epoch 5/499:  67%|████▌    | 22/33 [02:27<01:11,  6.50s/it]print_dice: 0.4765162765979767
    ,   print_iou: 0.3127806782722473
346 print_dice: 0.4597005844116211,  print_iou: 0.2984488308429718
347 Epoch 5/499:  73%|█████    | 24/33 [02:40<00:58,  6.49s/it]print_dice: 0.4515494108200073
    ,   print_iou: 0.29161369800567627
348 print_dice: 0.4544394910335541,  print_iou: 0.2940289080142975
349 Epoch 5/499:  79%|█████▌   | 26/33 [02:53<00:45,  6.50s/it]print_dice: 0.4476602375507355
    ,   print_iou: 0.2883777320384979
350 print_dice: 0.4888257682323456,  print_iou: 0.32347413897514343
351 Epoch 5/499:  85%|██████   | 28/33 [03:06<00:32,  6.53s/it]print_dice: 0.4798465073108673
    ,   print_iou: 0.3156566321849823
352 Epoch 5/499:  88%|██████▌  | 29/33 [03:12<00:26,  6.54s/it]print_dice: 0.4786343276500702
    ,   print_iou: 0.3146083354949951
353 print_dice: 0.5010194182395935,  print_iou: 0.3342401087284088
354 Epoch 5/499:  94%|██████▌  | 31/33 [03:25<00:13,  6.52s/it]print_dice: 0.4118659198284149
    ,   print_iou: 0.25933951139450073
355 print_dice: 0.465160608291626,  print_iou: 0.3030679225921631
356 Epoch 5/499: 100%|████████| 33/33 [03:38<00:00,  6.46s/it]print_dice: 0.3871553838253021
    ,   print_iou: 0.24004505574703217
357  [32/33]  eta: 0:00:06   time: 6.5049  data: 0.0003
358 Epoch 5/499: 100%|████████| 33/33 [03:39<00:00,  6.64s/it]
359  Total time: 0:03:39 (6.6426 s / it)
360 Averaged stats: training_loss: 123.9026 (123.9026)  loss_mask: 123.4550 (123.4550)  loss_dice
```

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360 : 0.4476 (0.4476)
361 Net parameter norm: 1054.836386830255
362 Validating...
363 Valid_dataloader len: 12
364   8%|█             | 1/12 [00:07<01:27,  7.98s/it]print_dice: 0.3952239453792572,  print_iou: 0.
    24627980589866638
365  [ 0/12] eta: 0:01:35   time: 7.9827  data: 3.9348
366  17%|██            | 2/12 [00:12<00:57,  5.78s/it]print_dice: 0.4166482388973236,  print_iou: 0.
    2631431818008423
367 print_dice: 0.3822387456893921,  print_iou: 0.23627635836601257
368  33%|████          | 4/12 [00:20<00:38,  4.81s/it]print_dice: 0.41704946756362915,  print_iou: 0.
    2634633779525757
369 print_dice: 0.42067596316337585,  print_iou: 0.26636457443237305
370  50%|██████        | 6/12 [00:29<00:27,  4.58s/it]print_dice: 0.3514743447303772,  print_iou: 0.
    2132052630186081
371  58%|███████       | 7/12 [00:34<00:22,  4.58s/it]print_dice: 0.263631135225296,  print_iou: 0.
    15182898938655853
372 print_dice: 0.32704153656959534,  print_iou: 0.19548693299293518
373  75%|█████████     | 9/12 [00:43<00:13,  4.51s/it]print_dice: 0.33796659111976624,  print_iou: 0.
    20334523916244507
374  83%|██████████    | 10/12 [00:47<00:08,  4.42s/it]print_dice: 0.32238587737083435,  print_iou: 0
    .19216927886009216
375  92%|███████████   | 11/12 [00:51<00:04,  4.39s/it]print_dice: 0.3807709217071533,  print_iou: 0.
    23515568673610687
376 print_dice: 0.33655232191085815,  print_iou: 0.20232217013835907
377  [11/12] eta: 0:00:04   time: 4.6575  data: 0.3285
378 100%|████████████| 12/12 [00:56<00:00,  4.69s/it]
379  Total time: 0:00:56 (4.6894 s / it)
380 ============================
381 Averaged stats:
382 Epoch 6/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
383 epoch:   6   learning rate:   1e-06
384 Epoch 6/499:   3%|▏         | 1/33 [00:10<05:44, 10.78s/it]print_dice: 0.45760151743888855
    ,  print_iou: 0.29668179154396057
385  [ 0/33] eta: 0:05:55   time: 10.7790  data: 4.2866
386 print_dice: 0.4198113679885864,  print_iou: 0.26567167043685913
387 Epoch 6/499:   9%|█         | 3/33 [00:23<03:41,  7.39s/it]print_dice: 0.4740258455276489,
    print_iou: 0.3106381893157959
388 Epoch 6/499:  12%|█         | 4/33 [00:30<03:24,  7.05s/it]print_dice: 0.46278220415115356
    ,  print_iou: 0.3010518252849579
389 Epoch 6/499:  15%|█         | 5/33 [00:36<03:12,  6.88s/it]print_dice: 0.4370112121105194,
    print_iou: 0.27959969639778137
390 print_dice: 0.47831153869628906,  print_iou: 0.31432947516441345
391 Epoch 6/499:  21%|██        | 7/33 [00:49<02:52,  6.64s/it]print_dice: 0.4281376302242279,
    print_iou: 0.27237603068351746
392 print_dice: 0.3987402617931366,  print_iou: 0.24901661276817322
393 Epoch 6/499:  27%|██        | 9/33 [01:02<02:38,  6.58s/it]print_dice: 0.38612380623817444
    ,  print_iou: 0.23925243318080902
394 Epoch 6/499:  30%|███       | 10/33 [01:09<02:30,  6.56s/it]print_dice: 0.457826167345047,
    print_iou: 0.2968706786632538
395 Epoch 6/499:  33%|███       | 11/33 [01:15<02:23,  6.53s/it]print_dice: 0.4198143780231476
    ,  print_iou: 0.26567408442497253
396 Epoch 6/499:  36%|███       | 12/33 [01:22<02:16,  6.51s/it]print_dice: 0.3787935674190521
    ,  print_iou: 0.23364919424057007
397 print_dice: 0.4447084963321686,  print_iou: 0.2859325706958771
398 Epoch 6/499:  42%|████      | 14/33 [01:35<02:04,  6.55s/it]print_dice: 0.44829511642456055
    ,  print_iou: 0.2889048755168915
399 print_dice: 0.4314827024936676,  print_iou: 0.2750895321369171
400 Epoch 6/499:  48%|████      | 16/33 [01:48<01:51,  6.55s/it]print_dice: 0.4389713406562805
    ,  print_iou: 0.2812064588069916
401 Epoch 6/499:  52%|█████     | 17/33 [01:54<01:44,  6.54s/it]print_dice: 0.3933452069759369
    ,  print_iou: 0.24482247233390808
402 print_dice: 0.4347165524959564,  print_iou: 0.27772384881973267
403 Epoch 6/499:  58%|█████     | 19/33 [02:07<01:31,  6.51s/it]print_dice: 0.5033139586448669
    ,  print_iou: 0.3362855911254883
404 Epoch 6/499:  61%|██████    | 20/33 [02:14<01:25,  6.60s/it]print_dice: 0.4362313151359558
    ,  print_iou: 0.27896153926849365
405 Epoch 6/499:  64%|██████    | 21/33 [02:21<01:19,  6.59s/it]print_dice: 0.4745677411556244
    ,  print_iou: 0.31110379099845886
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406 Epoch 6/499: 67%|███████▌ | 22/33 [02:27<01:12, 6.60s/it]print_dice: 0.4542016386985779
    , print_iou: 0.2938298285007477
407 Epoch 6/499: 70%|███████▊ | 23/33 [02:34<01:05, 6.56s/it]print_dice: 0.40416330099105835
    , print_iou: 0.2532610595226288
408 print_dice: 0.3937755823135376, print_iou: 0.24515601992607117
409 Epoch 6/499: 76%|████████▎ | 25/33 [02:47<00:52, 6.61s/it]print_dice: 0.4521070718765259
    , print_iou: 0.29207903146743774
410 Epoch 6/499: 79%|████████▌ | 26/33 [02:54<00:46, 6.58s/it]print_dice: 0.4622561037540436
    , print_iou: 0.30060669779777527
411 Epoch 6/499: 82%|████████▊ | 27/33 [03:00<00:39, 6.55s/it]print_dice: 0.4568445384502411
    , print_iou: 0.2960456907749176
412 Epoch 6/499: 85%|█████████ | 28/33 [03:07<00:32, 6.56s/it]print_dice: 0.4463251233100891
    , print_iou: 0.28727060556411743
413 Epoch 6/499: 88%|█████████▎ | 29/33 [03:14<00:26, 6.65s/it]print_dice: 0.4659314453601837
    , print_iou: 0.30372270941734314
414 Epoch 6/499: 91%|█████████▌ | 30/33 [03:20<00:19, 6.60s/it]print_dice: 0.5342882871627808
    , print_iou: 0.36452481150627136
415 print_dice: 0.383037805557251, print_iou: 0.23688729107379913
416 Epoch 6/499: 97%|█████████▊ | 32/33 [03:33<00:06, 6.54s/it]print_dice: 0.48445871472358704
    , print_iou: 0.3196605443954468
417 Epoch 6/499: 100%|██████████| 33/33 [03:39<00:00, 6.49s/it]print_dice: 0.4177911877632141
    , print_iou: 0.26405563950538635
418 [32/33] eta: 0:00:06 time: 6.5619 data: 0.0004
419 Epoch 6/499: 100%|██████████| 33/33 [03:40<00:00, 6.68s/it]
420 Total time: 0:03:40 (6.6783 s / it)
421 Averaged stats: training_loss: 155.2241 (155.2241) loss_mask: 154.5440 (154.5440) loss_dice
    : 0.6802 (0.6802)
422   0%| | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8367195904138
423 Validating...
424 Valid_dataloader len: 12
425   8%|▊ | 1/12 [00:08<01:29, 8.14s/it]print_dice: 0.4312637150287628, print_iou: 0.
    2749115526676178
426 [0/12] eta: 0:01:37 time: 8.1374 data: 3.9809
427 print_dice: 0.410582959651947, print_iou: 0.25832298398017883
428 25%|██ | 3/12 [00:16<00:46, 5.19s/it]print_dice: 0.33991849422454834, print_iou: 0.
    2047601193189621
429 33%|███ | 4/12 [00:21<00:39, 4.91s/it]print_dice: 0.4532737731933594, print_iou: 0.
    29305365681648254
430 42%|███▊ | 5/12 [00:25<00:32, 4.70s/it]print_dice: 0.3750079572200775, print_iou: 0.
    23077526688575745
431 50%|████ | 6/12 [00:30<00:27, 4.64s/it]print_dice: 0.3462098240852356, print_iou: 0.
    20934325456619263
432 58%|█████ | 7/12 [00:34<00:22, 4.58s/it]print_dice: 0.35528621077537537, print_iou: 0.
    21601703763008118
433 67%|██████ | 8/12 [00:38<00:18, 4.50s/it]print_dice: 0.418691486120224, print_iou: 0.
    2647753357887268
434 75%|███████ | 9/12 [00:43<00:13, 4.45s/it]print_dice: 0.40382257103919983, print_iou: 0.
    25299352407455444
435 83%|███████▊ | 10/12 [00:47<00:08, 4.42s/it]print_dice: 0.42857563495635986, print_iou: 0
    .27273067831993103
436 92%|████████▊| 11/12 [00:52<00:04, 4.41s/it]print_dice: 0.4739082455635071, print_iou: 0.
    310537189245224
437 100%|█████████| 12/12 [00:56<00:00, 4.38s/it]print_dice: 0.38178524374961853, print_iou: 0
    .23592989146709442
438 [11/12] eta: 0:00:04 time: 4.6950 data: 0.3321
439 100%|█████████| 12/12 [00:56<00:00, 4.73s/it]
440 Total time: 0:00:56 (4.7303 s / it)
441 ============================
442 Averaged stats:
443 Epoch 7/499:   0%| | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
444 epoch: 7 learning rate: 1e-06
445 print_dice: 0.40996497869491577, print_iou: 0.25783392786979675
446 [0/33] eta: 0:05:50 time: 10.6137 data: 4.1781
447 Epoch 7/499:   6%|▌ | 2/33 [00:16<04:07, 7.98s/it]print_dice: 0.4555507004261017,
    print_iou: 0.2949599623680115
448 Epoch 7/499:   9%|█ | 3/33 [00:23<03:41, 7.39s/it]print_dice: 0.47409164905548096
    , print_iou: 0.31069469451904297
449 Epoch 7/499: 12%|█▏ | 4/33 [00:29<03:24, 7.05s/it]print_dice: 0.503932535648346,
    print_iou: 0.33683809638023376

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450 Epoch 7/499:  15%|█             | 5/33 [00:36<03:14,  6.95s/it]print_dice: 0.48668336868286133
    ,   print_iou: 0.3216004967689514
451 print_dice: 0.41770607233047485,   print_iou: 0.26398766040802
452 Epoch 7/499:  21%|█             | 7/33 [00:49<02:54,  6.72s/it]print_dice: 0.4352366030216217,
    print_iou: 0.27814850211143494
453 print_dice: 0.48885414004325867,   print_iou: 0.32349899411201477
454 Epoch 7/499:  27%|██            | 9/33 [01:02<02:39,  6.63s/it]print_dice: 0.5319658517837524,
    print_iou: 0.3623661696910858
455 Epoch 7/499:  30%|██            | 10/33 [01:09<02:31,  6.57s/it]print_dice: 0.4589490592479706
    ,   print_iou: 0.29781562089920044
456 Epoch 7/499:  33%|███           | 11/33 [01:15<02:24,  6.57s/it]print_dice: 0.4640320837497711
    ,   print_iou: 0.3021105229854584
457 Epoch 7/499:  36%|███           | 12/33 [01:22<02:18,  6.59s/it]print_dice: 0.42933207750320435
    ,   print_iou: 0.27334365248680115
458 Epoch 7/499:  39%|███           | 13/33 [01:29<02:12,  6.60s/it]print_dice: 0.5152671933174133
    ,   print_iou: 0.3470437228679657
459 print_dice: 0.40403077006340027,   print_iou: 0.25315698981285095
460 Epoch 7/499:  45%|████          | 15/33 [01:42<01:58,  6.58s/it]print_dice: 0.5085527896881104
    ,   print_iou: 0.3409793972969055
461 Epoch 7/499:  48%|████          | 16/33 [01:48<01:51,  6.53s/it]print_dice: 0.4915322959423065
    ,   print_iou: 0.3258487284183502
462 Epoch 7/499:  52%|████          | 17/33 [01:55<01:44,  6.56s/it]print_dice: 0.4547399878501892
    ,   print_iou: 0.2942805588245392
463 print_dice: 0.48777663707733154,   print_iou: 0.3225559592247009
464 Epoch 7/499:  58%|█████         | 19/33 [02:08<01:31,  6.53s/it]print_dice: 0.46588796377182007
    ,   print_iou: 0.3036857545375824
465 Epoch 7/499:  61%|█████         | 20/33 [02:14<01:24,  6.51s/it]print_dice: 0.4477764964103699
    ,   print_iou: 0.2884742319583893
466 Epoch 7/499:  64%|█████         | 21/33 [02:21<01:18,  6.54s/it]print_dice: 0.4421510100364685
    ,   print_iou: 0.2838214933872223
467 print_dice: 0.46609917283058167,   print_iou: 0.3038652539253235
468 Epoch 7/499:  70%|██████        | 23/33 [02:34<01:05,  6.53s/it]print_dice: 0.46799713373184204
    ,   print_iou: 0.30548059940338135
469 print_dice: 0.4048101603984833,   print_iou: 0.25376927852630615
470 Epoch 7/499:  76%|██████        | 25/33 [02:47<00:52,  6.55s/it]print_dice: 0.49702030420303345
    ,   print_iou: 0.3306899666786194
471 print_dice: 0.4039774537086487,   print_iou: 0.25311511754989624
472 Epoch 7/499:  82%|███████       | 27/33 [03:00<00:39,  6.53s/it]print_dice: 0.3772166073322296
    ,   print_iou: 0.23245036602020264
473 print_dice: 0.4581807255744934,   print_iou: 0.29716891050338745
474 Epoch 7/499:  88%|████████      | 29/33 [03:13<00:26,  6.53s/it]print_dice: 0.44219741225242615
    ,   print_iou: 0.2838596999645233
475 print_dice: 0.41973066329956055,   print_iou: 0.2656070291996002
476 Epoch 7/499:  94%|████████      | 31/33 [03:26<00:13,  6.53s/it]print_dice: 0.46334612369537354
    ,   print_iou: 0.30152925848960876
477 print_dice: 0.46061158180236816,   print_iou: 0.29921725392341614
478 Epoch 7/499: 100%|█████████     | 33/33 [03:39<00:00,  6.48s/it]print_dice: 0.482866495847702,
    print_iou: 0.3182755410671234
479  [32/33]  eta: 0:00:06   time: 6.5163  data: 0.0004
480 Epoch 7/499: 100%|█████████     | 33/33 [03:39<00:00,  6.66s/it]
481  Total time: 0:03:39 (6.6629 s / it)
482 Averaged stats: training_loss: 9.2604 (9.2604)  loss_mask: 9.0737 (9.0737)  loss_dice: 0.1867
    (0.1867)
483   0%|              | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.837103905913
484 Validating...
485 Valid_dataloader len: 12
486 print_dice: 0.37844783067703247,  print_iou: 0.23338614404201508
487  [ 0/12]  eta: 0:01:35   time: 7.9224  data: 3.9487
488  17%|██            | 2/12 [00:12<00:57,  5.78s/it]print_dice: 0.438692569732666,  print_iou: 0.
    28097769618034363
489 print_dice: 0.41415509581565857,  print_iou: 0.26115739345550537
490  33%|███           | 4/12 [00:20<00:38,  4.84s/it]print_dice: 0.3554290235042572,  print_iou: 0.
    21612262725830078
491 print_dice: 0.4520914852619171,  print_iou: 0.2920660078525543
492  50%|████          | 6/12 [00:29<00:27,  4.58s/it]print_dice: 0.35873737931251526,  print_iou: 0.
    21857403218746185
493  58%|█████         | 7/12 [00:34<00:22,  4.53s/it]print_dice: 0.3700122535228729,  print_iou: 0.
    2270030826330185
494  67%|██████        | 8/12 [00:38<00:17,  4.47s/it]print_dice: 0.43018481135368347,  print_iou: 0.
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494 27403533458709717
495  75%|██████      | 9/12 [00:42<00:13,  4.47s/it]print_dice: 0.40864428877830505,  print_iou: 0.
    25679004192352295
496 print_dice: 0.4352159798145294,  print_iou: 0.2781316637992859
497  92%|████████    | 11/12 [00:51<00:04,  4.41s/it]print_dice: 0.44140803813934326,  print_iou: 0
    .28320950269699097
498 100%|████████    | 12/12 [00:55<00:00,  4.36s/it]print_dice: 0.4192834198474884,  print_iou: 0.
    26524895429611206
499  [11/12]  eta: 0:00:04   time: 4.6618  data: 0.3297
500 100%|████████| 12/12 [00:56<00:00,  4.69s/it]
501  Total time: 0:00:56 (4.6947 s / it)
502 ============================
503 Averaged stats:
504 Epoch 8/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
505 epoch:   8   learning rate:   1e-06
506 print_dice: 0.4549960196018219,  print_iou: 0.2944950461387634
507  [ 0/33]  eta: 0:05:44   time: 10.4422  data: 4.0072
508 Epoch 8/499:   6%|          | 2/33 [00:16<04:07,  7.98s/it]print_dice: 0.4829152524471283,
    print_iou: 0.3183179199695587
509 print_dice: 0.4743824899196625,  print_iou: 0.3109445571899414
510 Epoch 8/499:  12%|█         | 4/33 [00:29<03:23,  7.03s/it]print_dice: 0.468685120344162,
    print_iou: 0.3060671091079712
511 print_dice: 0.4008687138557434,  print_iou: 0.25067904591560364
512 Epoch 8/499:  18%|█▊        | 6/33 [00:42<03:02,  6.75s/it]print_dice: 0.418163537979126,
    print_iou: 0.2643532156944275
513 Epoch 8/499:  21%|██        | 7/33 [00:49<02:52,  6.65s/it]print_dice: 0.4901450276374817,
    print_iou: 0.3246305584907532
514 print_dice: 0.40890276432037354,  print_iou: 0.25699421763420105
515 Epoch 8/499:  27%|██▋       | 9/33 [01:02<02:38,  6.61s/it]print_dice: 0.4872749447822571,
    print_iou: 0.32211732864379883
516 Epoch 8/499:  30%|███       | 10/33 [01:09<02:31,  6.58s/it]print_dice: 0.39925503730773926
    ,  print_iou: 0.2494182586669922
517 Epoch 8/499:  33%|███▎      | 11/33 [01:15<02:24,  6.56s/it]print_dice: 0.3947433531284332
    ,  print_iou: 0.24590668082237244
518 print_dice: 0.46520131826400757,  print_iou: 0.3031024932861328
519 Epoch 8/499:  39%|███▉      | 13/33 [01:28<02:09,  6.49s/it]print_dice: 0.5500289797782898
    ,  print_iou: 0.3793379068374634
520 print_dice: 0.4933010935783386,  print_iou: 0.3274052143096924
521 Epoch 8/499:  45%|████▌     | 15/33 [01:41<01:56,  6.50s/it]print_dice: 0.4766156077384949
    ,  print_iou: 0.3128662705421448
522 Epoch 8/499:  48%|████▊     | 16/33 [01:47<01:50,  6.52s/it]print_dice: 0.4608765244483948
    ,  print_iou: 0.2994408905506134
523 Epoch 8/499:  52%|█████▏    | 17/33 [01:54<01:44,  6.51s/it]print_dice: 0.4731452465057373
    ,  print_iou: 0.3098822832107544
524 Epoch 8/499:  55%|█████▌    | 18/33 [02:00<01:37,  6.51s/it]print_dice: 0.447280615568161,
    print_iou: 0.2880627512931824
525 Epoch 8/499:  58%|█████▊    | 19/33 [02:07<01:30,  6.49s/it]print_dice: 0.4623205065727234
    ,  print_iou: 0.3006611764431
526 Epoch 8/499:  61%|██████    | 20/33 [02:13<01:24,  6.48s/it]print_dice: 0.4797464907169342
    ,  print_iou: 0.31557005643844604
527 print_dice: 0.39828529953956604,  print_iou: 0.2486618310213089
528 Epoch 8/499:  67%|██████▋   | 22/33 [02:26<01:11,  6.50s/it]print_dice: 0.4771267771720886
    ,  print_iou: 0.3133069574832916
529 Epoch 8/499:  70%|███████   | 23/33 [02:33<01:05,  6.51s/it]print_dice: 0.4400782883167267
    ,  print_iou: 0.282115638256073
530 Epoch 8/499:  73%|███████▎  | 24/33 [02:39<00:58,  6.48s/it]print_dice: 0.5077213644981384
    ,  print_iou: 0.3402322828769684
531 Epoch 8/499:  76%|███████▌  | 25/33 [02:46<00:51,  6.47s/it]print_dice: 0.4905875623226166
    ,  print_iou: 0.3250188827514648
532 print_dice: 0.4775790274143219,  print_iou: 0.31369709968566895
533 Epoch 8/499:  82%|████████▏ | 27/33 [02:59<00:38,  6.47s/it]print_dice: 0.5383393168449402
    ,  print_iou: 0.36830663681030273
534 print_dice: 0.4549102187156677,  print_iou: 0.2944231629371643
535 Epoch 8/499:  88%|████████▊ | 29/33 [03:12<00:25,  6.48s/it]print_dice: 0.4900701940059662
    ,  print_iou: 0.3245649039745331
536 print_dice: 0.4248048961162567,  print_iou: 0.26968398690223694
537 Epoch 8/499:  94%|█████████▍| 31/33 [03:25<00:12,  6.48s/it]print_dice: 0.5014335513114929
    ,  print_iou: 0.3346088230609894
538 Epoch 8/499:  97%|█████████▋| 32/33 [03:31<00:06,  6.44s/it]print_dice: 0.4698709547519684
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538 ,    print_iou: 0.3070793151855469
539 Epoch 8/499: 100%|████████| 33/33 [03:37<00:00,  6.40s/it]print_dice: 0.5134185552597046
    ,    print_iou: 0.34536856412887573
540  [32/33] eta: 0:00:06    time: 6.4752  data: 0.0006
541 Epoch 8/499: 100%|████████| 33/33 [03:38<00:00,  6.61s/it]
542  Total time: 0:03:38 (6.6149 s / it)
543 Averaged stats: training_loss: 27.2511 (27.2511)  loss_mask: 27.0600 (27.0600)  loss_dice: 0.
    1911 (0.1911)
544   0%|           | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.837414982263
545 Validating...
546 Valid_dataloader len: 12
547 print_dice: 0.38080063462257385,  print_iou: 0.23517835140228271
548  [ 0/12] eta: 0:01:37    time: 8.1065  data: 3.9461
549  17%|██        | 2/12 [00:12<00:57,  5.79s/it]print_dice: 0.44008755683898926,  print_iou: 0.
    28212323784828186
550  25%|██        | 3/12 [00:16<00:45,  5.06s/it]print_dice: 0.3780289590358734,  print_iou: 0.
    23306763172149658
551  33%|███       | 4/12 [00:20<00:38,  4.81s/it]print_dice: 0.38325250148773193,  print_iou: 0.
    23705154657363892
552  42%|████      | 5/12 [00:25<00:32,  4.68s/it]print_dice: 0.410984605550766,  print_iou: 0.
    2586410343647003
553  50%|████      | 6/12 [00:29<00:27,  4.60s/it]print_dice: 0.35540682077407837,  print_iou: 0.
    21610623598098755
554 print_dice: 0.32991859316825867,  print_iou: 0.19754642248153687
555  67%|██████    | 8/12 [00:38<00:18,  4.54s/it]print_dice: 0.39201098680496216,  print_iou: 0.
    24378958344459534
556  75%|██████    | 9/12 [00:43<00:13,  4.53s/it]print_dice: 0.4395098388195038,  print_iou: 0.
    28164857625961304
557 print_dice: 0.4241119623184204,  print_iou: 0.26912569999694824
558  92%|███████   | 11/12 [00:52<00:04,  4.48s/it]print_dice: 0.44000715017318726,  print_iou: 0
    .28205716609954834
559 100%|████████| 12/12 [00:56<00:00,  4.41s/it]print_dice: 0.4497394263744354,  print_iou: 0.
    2901057004928589
560  [11/12] eta: 0:00:04    time: 4.7038  data: 0.3294
561  Total time: 0:00:56 (4.7390 s / it)
562 ============================
563 Averaged stats:
564 100%|████████| 12/12 [00:56<00:00,  4.74s/it]
565 Epoch 9/499:   0%|           | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
566 epoch:   9   learning rate:   1e-06
567 Epoch 9/499:   3%|          | 1/33 [00:10<05:42, 10.69s/it]print_dice: 0.5580828189849854,
    print_iou: 0.38704219460487366
568  [ 0/33] eta: 0:05:52    time: 10.6894  data: 4.1366
569 Epoch 9/499:   6%|          | 2/33 [00:16<04:08,  8.02s/it]print_dice: 0.4104791283607483,
    print_iou: 0.25824078917503357
570 Epoch 9/499:   9%|█         | 3/33 [00:23<03:40,  7.35s/it]print_dice: 0.4693645238876343,
    print_iou: 0.30664682388305664
571 Epoch 9/499:  12%|█         | 4/33 [00:29<03:23,  7.02s/it]print_dice: 0.47504082322120667
    ,    print_iou: 0.31151053309440613
572 print_dice: 0.4166579246520996,   print_iou: 0.2631509304046631
573 Epoch 9/499:  18%|██        | 6/33 [00:43<03:02,  6.76s/it]print_dice: 0.38743922114372253
    ,    print_iou: 0.24026332795619965
574 print_dice: 0.5034009218215942,   print_iou: 0.3363632261753082
575 Epoch 9/499:  24%|██        | 8/33 [00:56<02:45,  6.62s/it]print_dice: 0.4877318739891052,
    print_iou: 0.3225167989730835
576 print_dice: 0.3988286852836609,   print_iou: 0.24908557534217834
577 Epoch 9/499:  30%|██        | 10/33 [01:09<02:30,  6.55s/it]print_dice: 0.4566853940486908
    ,    print_iou: 0.2959120571613312
578 Epoch 9/499:  33%|███       | 11/33 [01:15<02:23,  6.51s/it]print_dice: 0.46485191583633423
    ,    print_iou: 0.30280590057373047
579 Epoch 9/499:  36%|███       | 12/33 [01:21<02:15,  6.47s/it]print_dice: 0.38847529888153076
    ,    print_iou: 0.24106070399284363
580 Epoch 9/499:  39%|███       | 13/33 [01:28<02:10,  6.51s/it]print_dice: 0.44721725583076477
    ,    print_iou: 0.2880101799964905
581 Epoch 9/499:  42%|████      | 14/33 [01:35<02:04,  6.53s/it]print_dice: 0.464306503534317,
    print_iou: 0.3023432195186615
582 Epoch 9/499:  45%|████      | 15/33 [01:41<01:59,  6.64s/it]print_dice: 0.4729621112346649
    ,    print_iou: 0.30972519516944885
583 print_dice: 0.4938134253025055,   print_iou: 0.32785674929618835
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584 Epoch 9/499:  52%|██████     | 17/33 [01:55<01:46,  6.64s/it]print_dice: 0.5127339363098145
    ,   print_iou: 0.3447493314743042
585 print_dice: 0.4990637898451294,   print_iou: 0.3325016498565674
586 Epoch 9/499:  58%|██████▌    | 19/33 [02:08<01:31,  6.55s/it]print_dice: 0.49078989028930664
    ,   print_iou: 0.325965343952179
587 Epoch 9/499:  61%|██████▋    | 20/33 [02:14<01:24,  6.51s/it]print_dice: 0.4869034290313207
    ,   print_iou: 0.32179269194602966
588 print_dice: 0.4786284565925598,   print_iou: 0.3146032691001892
589 Epoch 9/499:  67%|███████▍   | 22/33 [02:27<01:11,  6.50s/it]print_dice: 0.5024517178535461
    ,   print_iou: 0.33551618456840515
590 Epoch 9/499:  70%|███████▋   | 23/33 [02:34<01:05,  6.51s/it]print_dice: 0.47800976037979126
    ,   print_iou: 0.31406888365745544
591 Epoch 9/499:  73%|████████   | 24/33 [02:40<00:58,  6.48s/it]print_dice: 0.5575234293937683
    ,   print_iou: 0.38650429248809814
592 Epoch 9/499:  76%|████████▎  | 25/33 [02:47<00:52,  6.52s/it]print_dice: 0.5319074392318726
    ,   print_iou: 0.3623119592666626
593 Epoch 9/499:  79%|████████▌  | 26/33 [02:53<00:45,  6.48s/it]print_dice: 0.5083034038543701
    ,   print_iou: 0.34075525403022766
594 Epoch 9/499:  82%|████████▊  | 27/33 [02:59<00:38,  6.50s/it]print_dice: 0.49930572509765625
    ,   print_iou: 0.3327164649963379
595 Epoch 9/499:  85%|█████████  | 28/33 [03:06<00:32,  6.50s/it]print_dice: 0.5072502493858337
    ,   print_iou: 0.3398092985153198
596 Epoch 9/499:  88%|█████████▎ | 29/33 [03:12<00:25,  6.48s/it]print_dice: 0.45466211438179016
    ,   print_iou: 0.2942153513431549
597 Epoch 9/499:  91%|█████████▌ | 30/33 [03:19<00:19,  6.46s/it]print_dice: 0.4269954264163971
    ,   print_iou: 0.2714520990848541
598 print_dice: 0.5229997038841248,   print_iou: 0.3540959060192108
599 Epoch 9/499:  97%|█████████▊| 32/33 [03:32<00:06,  6.40s/it]print_dice: 0.5280410051345825
    ,   print_iou: 0.35873353481292725
600 print_dice: 0.416247695684433,   print_iou: 0.2628237307071686
601  [32/33]  eta: 0:00:06    time: 6.4945  data: 0.0005
602 Epoch 9/499: 100%|██████████| 33/33 [03:38<00:00,  6.63s/it]
603  Total time: 0:03:38 (6.6287 s / it)
604 Averaged stats: training_loss: 53.3772 (53.3772)  loss_mask: 53.0346 (53.0346)  loss_dice: 0.
    3426 (0.3426)
605 Net parameter norm: 1054.837667627493
606 Validating...
607 Valid_dataloader len: 12
608   8%|█          | 1/12 [00:07<01:27,  7.92s/it]print_dice: 0.42767977714538574,  print_iou: 0.
    27200552821159363
609  [ 0/12]  eta: 0:01:35    time: 7.9170  data: 3.8592
610 print_dice: 0.490833044052124,  print_iou: 0.32523441314697266
611  25%|██         | 3/12 [00:16<00:46,  5.16s/it]print_dice: 0.42304906249046326,  print_iou: 0.
    26827025413513184
612  33%|███        | 4/12 [00:21<00:39,  4.93s/it]print_dice: 0.4947057366371155,  print_iou: 0.
    3286438584327698
613  42%|████       | 5/12 [00:25<00:32,  4.71s/it]print_dice: 0.49811166524887085,  print_iou: 0.
    33165693283081055
614 print_dice: 0.40497738122940063,  print_iou: 0.2539007067680359
615  58%|█████▌     | 7/12 [00:34<00:22,  4.58s/it]print_dice: 0.4035903811454773,  print_iou: 0.
    2528112828731537
616  67%|██████▋    | 8/12 [00:38<00:17,  4.49s/it]print_dice: 0.4781053364276886,  print_iou: 0.
    314151406288147
617 print_dice: 0.46611183881759644,  print_iou: 0.30387601256370544
618  83%|████████▎ | 10/12 [00:48<00:09,  4.72s/it]print_dice: 0.44838830828666687,  print_iou: 0
    .2889823019504547
619 print_dice: 0.48514097929000854,  print_iou: 0.3202548623085022
620 100%|██████████| 12/12 [00:57<00:00,  4.58s/it]print_dice: 0.5012505650520325,  print_iou: 0.
    33444586396217346
621  [11/12]  eta: 0:00:04    time: 4.7970  data: 0.3224
622 100%|██████████| 12/12 [00:58<00:00,  4.84s/it]
623  Total time: 0:00:58 (4.8435 s / it)
624 ============================
625 Averaged stats:
626 Epoch 10/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
627 epoch:   10   learning rate:   1e-06
628 print_dice: 0.4978107810020447,   print_iou: 0.3313902020454407
629  [ 0/33]  eta: 0:06:24    time: 11.6461  data: 5.0322
630 Epoch 10/499:   6%|▌          | 2/33 [00:17<04:21,  8.43s/it]print_dice: 0.4588441252708435
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630 ,    print_iou: 0.2977272570133209
631 print_dice: 0.4611029624938965,    print_iou: 0.29963210225105286
632 Epoch 10/499:   12%|█         | 4/33 [00:31<03:30,  7.25s/it]print_dice: 0.5383983254432678
    ,    print_iou: 0.3683618903160095
633 print_dice: 0.486965179433594,    print_iou: 0.3218466341495514
634 Epoch 10/499:   18%|██        | 6/33 [00:44<03:05,  6.87s/it]print_dice: 0.5207803249359131
    ,    print_iou: 0.35206419229507446
635 Epoch 10/499:   21%|██        | 7/33 [00:50<02:56,  6.80s/it]print_dice: 0.47973281145095825
    ,    print_iou: 0.31555819511413574
636 Epoch 10/499:   24%|██        | 8/33 [00:57<02:48,  6.72s/it]print_dice: 0.44855448603630066
    ,    print_iou: 0.2891203761100769
637 Epoch 10/499:   27%|██        | 9/33 [01:03<02:39,  6.64s/it]print_dice: 0.44213607907295227
    ,    print_iou: 0.28380918502807617
638 print_dice: 0.5034570693969727,    print_iou: 0.3364134132862091
639 Epoch 10/499:   33%|███       | 11/33 [01:16<02:24,  6.56s/it]print_dice: 0.5248275995254517
    ,    print_iou: 0.3557737171649933
640 Epoch 10/499:   36%|███       | 12/33 [01:23<02:17,  6.55s/it]print_dice: 0.5405179858207703
    ,    print_iou: 0.3703491687774658
641 Epoch 10/499:   39%|███       | 13/33 [01:29<02:10,  6.52s/it]print_dice: 0.4855388402938843
    ,    print_iou: 0.3206017315387726
642 Epoch 10/499:   42%|████      | 14/33 [01:36<02:04,  6.56s/it]print_dice: 0.483892023563385
    ,    print_iou: 0.31916725635528564
643 print_dice: 0.3915039002895355,    print_iou: 0.24339748919010162
644 Epoch 10/499:   48%|████      | 16/33 [01:49<01:51,  6.57s/it]print_dice: 0.502551257610321
    ,    print_iou: 0.3356049656867981
645 print_dice: 0.4825080335140228,    print_iou: 0.3179641366004944
646 Epoch 10/499:   55%|█████     | 18/33 [02:02<01:38,  6.57s/it]print_dice: 0.38449087738990784
    ,    print_iou: 0.2379998117685318
647 print_dice: 0.4382219910621643,    print_iou: 0.2805917263031006
648 Epoch 10/499:   61%|██████    | 20/33 [02:15<01:25,  6.55s/it]print_dice: 0.4503989517688751
    ,    print_iou: 0.2906547784805298
649 Epoch 10/499:   64%|██████    | 21/33 [02:22<01:18,  6.52s/it]print_dice: 0.3789965510368347
    ,    print_iou: 0.2338036596775055
650 print_dice: 0.41918888688087463,    print_iou: 0.2651732861995697
651 Epoch 10/499:   70%|███████   | 23/33 [02:35<01:05,  6.51s/it]print_dice: 0.5264231562614441
    ,    print_iou: 0.3572417199611664
652 Epoch 10/499:   73%|███████   | 24/33 [02:41<00:58,  6.53s/it]print_dice: 0.4976673722267151
    ,    print_iou: 0.33126309514045715
653 Epoch 10/499:   76%|███████   | 25/33 [02:48<00:52,  6.55s/it]print_dice: 0.48446279764175415
    ,    print_iou: 0.3196640610694885
654 print_dice: 0.4791543781757355,    print_iou: 0.3150578439235687
655 Epoch 10/499:   82%|████████  | 27/33 [03:01<00:39,  6.52s/it]print_dice: 0.504490315914154
    ,    print_iou: 0.3373366892337799
656 Epoch 10/499:   85%|████████  | 28/33 [03:07<00:32,  6.50s/it]print_dice: 0.45979952812194824
    ,    print_iou: 0.29853227734565735
657 print_dice: 0.4953344762325287,    print_iou: 0.32919904589653015
658 Epoch 10/499:   91%|█████████ | 30/33 [03:20<00:19,  6.49s/it]print_dice: 0.5242477655410767
    ,    print_iou: 0.355241060256958
659 Epoch 10/499:   94%|█████████ | 31/33 [03:27<00:12,  6.50s/it]print_dice: 0.5016947984695435
    ,    print_iou: 0.3348415493965149
660 print_dice: 0.596498429775238,    print_iou: 0.42500734329223633
661 Epoch 10/499:  100%|██████████| 33/33 [03:40<00:00,  6.42s/it]print_dice: 0.4773075580596924
    ,    print_iou: 0.31346288323402405
662  [32/33]  eta: 0:00:06   time: 6.5109  data: 0.0004
663 Epoch 10/499:  100%|██████████| 33/33 [03:40<00:00,  6.68s/it]
664  Total time: 0:03:40 (6.6844 s / it)
665 Averaged stats: training_loss: -0.3020 (-0.3020)  loss_mask: -0.5308 (-0.5308)  loss_dice: 0.
    2288 (0.2288)
666   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.837769863021
667 Validating...
668 Valid_dataloader len: 12
669 print_dice: 0.4879249334335327,  print_iou: 0.3226856589317322
670  [ 0/12]  eta: 0:01:36   time: 8.0144  data: 3.9054
671  17%|██        | 2/12 [00:12<00:58,  5.82s/it]print_dice: 0.4825705289840698,  print_iou: 0.
    3180184066295624
672  25%|██        | 3/12 [00:16<00:46,  5.15s/it]print_dice: 0.4373908042907715,  print_iou: 0.
    2799105644226074
673  33%|███       | 4/12 [00:21<00:39,  4.90s/it]print_dice: 0.4413730204105377,  print_iou: 0.
    2831806540489197
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674  42%|████|        | 5/12 [00:25<00:33,  4.75s/it]print_dice: 0.5137177109718323,  print_iou: 0.
     3456394076347351
675 print_dice: 0.4256276488304138,  print_iou: 0.270347535610199
676  58%|█████▌|      | 7/12 [00:34<00:22,  4.60s/it]print_dice: 0.41398507356643677,  print_iou: 0.
     2610221803188324
677 print_dice: 0.49563080072402954,  print_iou: 0.32946088910102844
678  75%|███████|     | 9/12 [00:43<00:13,  4.48s/it]print_dice: 0.47168204188346863,  print_iou: 0.
     3086282014846802
679  83%|████████▏|   | 10/12 [00:47<00:08,  4.47s/it]print_dice: 0.4858589172363281,  print_iou: 0.
     3208808898925781
680  92%|█████████▏|  | 11/12 [00:51<00:04,  4.39s/it]print_dice: 0.47634121775627136,  print_iou: 0
     .3126298487186432
681 100%|██████████|  | 12/12 [00:56<00:00,  4.39s/it]print_dice: 0.5198058485984802,  print_iou: 0.
     35117411613464355
682  [11/12]  eta: 0:00:04   time: 4.6964  data: 0.3260
683 100%|██████████|  | 12/12 [00:56<00:00,  4.73s/it]
684  Total time: 0:00:56 (4.7338 s / it)
685 =============================
686 Averaged stats:
687 Epoch 11/499:   0%|             | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
688 epoch:   11   learning rate:   1e-06
689 Epoch 11/499:   3%|▏            | 1/33 [00:10<05:37, 10.55s/it]print_dice: 0.5246586203575134
     ,  print_iou: 0.355618417263031
690  [ 0/33]  eta: 0:05:48   time: 10.5498  data: 4.1252
691 Epoch 11/499:   6%|▌            | 2/33 [00:16<04:06,  7.96s/it]print_dice: 0.5882135033607483
     ,  print_iou: 0.416644811630249
692 print_dice: 0.4582006633281708,   print_iou: 0.29718565940856934
693 Epoch 11/499:  12%|█▏           | 4/33 [00:29<03:21,  6.94s/it]print_dice: 0.5157986283302307
     ,  print_iou: 0.34752604365348816
694 Epoch 11/499:  15%|█▌           | 5/33 [00:36<03:10,  6.80s/it]print_dice: 0.42858508229255676
     ,  print_iou: 0.27273833751678467
695 Epoch 11/499:  18%|█▊           | 6/33 [00:42<03:00,  6.69s/it]print_dice: 0.46300676465034485
     ,  print_iou: 0.3012419044971466
696 Epoch 11/499:  21%|██           | 7/33 [00:49<02:53,  6.66s/it]print_dice: 0.41030746698379517
     ,  print_iou: 0.25810492038726807
697 Epoch 11/499:  24%|██▍          | 8/33 [00:55<02:44,  6.58s/it]print_dice: 0.48672887682914734
     ,  print_iou: 0.3216402530670166
698 Epoch 11/499:  27%|██▋          | 9/33 [01:02<02:37,  6.58s/it]print_dice: 0.4112679362297058
     ,  print_iou: 0.25886550545692444
699 Epoch 11/499:  30%|███          | 10/33 [01:08<02:29,  6.52s/it]print_dice: 0.49874040484428406
     ,  print_iou: 0.3322146236896515
700 print_dice: 0.5092038512229919,   print_iou: 0.3415650427341461
701 Epoch 11/499:  36%|███▌         | 12/33 [01:21<02:17,  6.54s/it]print_dice: 0.4337307810783386
     ,  print_iou: 0.2769196927547455
702 Epoch 11/499:  39%|███▉         | 13/33 [01:28<02:10,  6.50s/it]print_dice: 0.5271087288856506
     ,  print_iou: 0.35787349939346313
703 print_dice: 0.4516911506652832,   print_iou: 0.29173195362091064
704 Epoch 11/499:  45%|████▌        | 15/33 [01:41<01:57,  6.54s/it]print_dice: 0.47666648030281067
     ,  print_iou: 0.3129101097583771
705 Epoch 11/499:  48%|████▊        | 16/33 [01:47<01:50,  6.52s/it]print_dice: 0.5607578158378601
     ,  print_iou: 0.38962018489837646
706 Epoch 11/499:  52%|█████▏       | 17/33 [01:54<01:44,  6.52s/it]print_dice: 0.4990493953227997
     ,  print_iou: 0.33248886466026306
707 Epoch 11/499:  55%|█████▌       | 18/33 [02:00<01:37,  6.48s/it]print_dice: 0.49275290966033936
     ,  print_iou: 0.3269224464893341
708 print_dice: 0.5161803960800171,   print_iou: 0.3478727340698242
709 Epoch 11/499:  61%|██████       | 20/33 [02:13<01:25,  6.54s/it]print_dice: 0.4940057098865509
     ,  print_iou: 0.32802626490592957
710 Epoch 11/499:  64%|██████▍      | 21/33 [02:20<01:18,  6.55s/it]print_dice: 0.4882195293903351
     ,  print_iou: 0.3229433894157409
711 Epoch 11/499:  67%|██████▋      | 22/33 [02:26<01:11,  6.53s/it]print_dice: 0.4381353557109833
     ,  print_iou: 0.2805207073688507
712 Epoch 11/499:  70%|███████      | 23/33 [02:33<01:05,  6.52s/it]print_dice: 0.5298926830291748
     ,  print_iou: 0.36044490337371826
713 print_dice: 0.5324329733848572,   print_iou: 0.3627997636795044
714 Epoch 11/499:  76%|███████▌     | 25/33 [02:46<00:52,  6.55s/it]print_dice: 0.4525982737541199
     ,  print_iou: 0.2924891710281372
715 Epoch 11/499:  79%|███████▉     | 26/33 [02:52<00:45,  6.52s/it]print_dice: 0.502993643283844
     ,  print_iou: 0.33599966764450073
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716 Epoch 11/499:  82%|███████▏  | 27/33 [02:59<00:39,  6.56s/it]print_dice: 0.5045678019523621
    ,  print_iou: 0.3374060094356537
717 print_dice: 0.544945240020752,  print_iou: 0.3745187222957611
718 Epoch 11/499:  88%|███████▊  | 29/33 [03:12<00:26,  6.55s/it]print_dice: 0.5223110914230347
    ,  print_iou: 0.35346487164497375
719 Epoch 11/499:  91%|████████  | 30/33 [03:19<00:19,  6.54s/it]print_dice: 0.4991041421890259
    ,  print_iou: 0.3325375020503998
720 Epoch 11/499:  94%|████████▎ | 31/33 [03:25<00:13,  6.59s/it]print_dice: 0.5175395607948303
    ,  print_iou: 0.3491085171699524
721 Epoch 11/499:  97%|████████▌ | 32/33 [03:32<00:06,  6.54s/it]print_dice: 0.47612079977989197
    ,  print_iou: 0.3124399781227112
722 Epoch 11/499: 100%|████████▊ | 33/33 [03:38<00:00,  6.48s/it]print_dice: 0.4786725342273712
    ,  print_iou: 0.3146413564682007
723  [32/33]  eta: 0:00:06   time: 6.5281  data: 0.0004
724 Epoch 11/499: 100%|████████▊ | 33/33 [03:39<00:00,  6.64s/it]
725  Total time: 0:03:39 (6.6394 s / it)
726 Averaged stats: training_loss: 91.2472 (91.2472)  loss_mask: 90.8841 (90.8841)  loss_dice: 0.
    3631 (0.3631)
727 Net parameter norm: 1054.83788397006
728 Validating...
729 Valid_dataloader len: 12
730   8%|█         | 1/12 [00:07<01:27,  7.96s/it]print_dice: 0.4351780414581299,  print_iou: 0.
    2781006693840027
731  [ 0/12]  eta: 0:01:35   time: 7.9634  data: 3.8489
732  17%|█▊        | 2/12 [00:12<00:57,  5.72s/it]print_dice: 0.4870758354663849,  print_iou: 0.
    3219433128833771
733  25%|██        | 3/12 [00:16<00:45,  5.02s/it]print_dice: 0.44868576526641846,  print_iou: 0.
    28922945261001587
734 print_dice: 0.4450241029262543,  print_iou: 0.2861935794353485
735  42%|████      | 5/12 [00:25<00:33,  4.74s/it]print_dice: 0.46531766653060913,  print_iou: 0.
    303201287984848
736  50%|████▊     | 6/12 [00:29<00:27,  4.66s/it]print_dice: 0.4263853132724762,  print_iou: 0.
    27095916867256165
737  58%|█████▊    | 7/12 [00:34<00:22,  4.60s/it]print_dice: 0.353218138217926,  print_iou: 0.
    21448995172977448
738 print_dice: 0.4413461983203888,  print_iou: 0.2831585705280304
739  75%|██████▊   | 9/12 [00:43<00:13,  4.55s/it]print_dice: 0.4764213263988495,  print_iou: 0.
    3126988708972931
740  83%|███████▊  | 10/12 [00:47<00:09,  4.51s/it]print_dice: 0.4715944230556488,  print_iou: 0.
    30855318903923035
741  92%|████████▊ | 11/12 [00:52<00:04,  4.44s/it]print_dice: 0.5276709794998169,  print_iou: 0.
    35839203000068665
742 100%|█████████▊| 12/12 [00:56<00:00,  4.38s/it]print_dice: 0.47559452056884766,  print_iou: 0
    .31198689341545105
743  [11/12]  eta: 0:00:04   time: 4.6934  data: 0.3212
744 100%|█████████▊| 12/12 [00:56<00:00,  4.72s/it]
745  Total time: 0:00:56 (4.7245 s / it)
746 ============================
747 Averaged stats:
748 Epoch 12/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
749 epoch:   12   learning rate:   1e-06
750 Epoch 12/499:   3%|▎         | 1/33 [00:10<05:30, 10.34s/it]print_dice: 0.5492219924926758
    ,  print_iou: 0.37857067584991455
751  [ 0/33]  eta: 0:05:41   time: 10.3362  data: 4.0873
752 Epoch 12/499:   6%|▌         | 2/33 [00:16<04:05,  7.92s/it]print_dice: 0.5758225917816162
    ,  print_iou: 0.4043194353580475
753 Epoch 12/499:   9%|▊         | 3/33 [00:23<03:39,  7.31s/it]print_dice: 0.5047851204872131
    ,  print_iou: 0.3376004099845886
754 Epoch 12/499:  12%|█▏        | 4/33 [00:29<03:21,  6.97s/it]print_dice: 0.4827807545661926
    ,  print_iou: 0.31820106506347656
755 print_dice: 0.5010634064674377,  print_iou: 0.33427926898002625
756 Epoch 12/499:  18%|█▊        | 6/33 [00:42<03:01,  6.73s/it]print_dice: 0.469944566488266,
    print_iou: 0.3071421682834625
757 Epoch 12/499:  21%|██        | 7/33 [00:49<02:51,  6.61s/it]print_dice: 0.5047659277915955
    ,  print_iou: 0.3375832140445709
758 Epoch 12/499:  24%|██▍       | 8/33 [00:55<02:43,  6.56s/it]print_dice: 0.43544113636016846
    ,  print_iou: 0.2783156037306274
759 Epoch 12/499:  27%|██▋       | 9/33 [01:01<02:36,  6.53s/it]print_dice: 0.4680658280849457
    ,  print_iou: 0.3055391311645508
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760 Epoch 12/499:  30%|██      | 10/33 [01:08<02:30,  6.55s/it]print_dice: 0.4807474911212921
    , print_iou: 0.31643685698509216
761 print_dice: 0.44943493604660034,  print_iou: 0.2898523509502411
762 Epoch 12/499:  36%|██▊     | 12/33 [01:21<02:17,  6.56s/it]print_dice: 0.4112946689128876
    , print_iou: 0.2588866949081421
763 Epoch 12/499:  39%|███     | 13/33 [01:28<02:10,  6.54s/it]print_dice: 0.4014132618904114
    , print_iou: 0.25110507011413574
764 Epoch 12/499:  42%|███▏    | 14/33 [01:34<02:03,  6.53s/it]print_dice: 0.48623424768447876
    , print_iou: 0.3212083876132965
765 Epoch 12/499:  45%|███▌    | 15/33 [01:41<01:57,  6.53s/it]print_dice: 0.46202847361564636
    , print_iou: 0.30041420459747314
766 Epoch 12/499:  48%|███▊    | 16/33 [01:47<01:50,  6.53s/it]print_dice: 0.44833531975746155
    , print_iou: 0.2889382839202881
767 print_dice: 0.5240537524223328,  print_iou: 0.35506290197372437
768 Epoch 12/499:  55%|████▎   | 18/33 [02:00<01:38,  6.55s/it]print_dice: 0.5102114677429199
    , print_iou: 0.3424724340438843
769 print_dice: 0.5064201951026917,  print_iou: 0.33906471729278564
770 Epoch 12/499:  61%|████▊   | 20/33 [02:13<01:24,  6.53s/it]print_dice: 0.5014002919197083
    , print_iou: 0.334579199552536
771 print_dice: 0.41611120104789734,  print_iou: 0.2627149224281311
772 Epoch 12/499:  67%|█████▍  | 22/33 [02:26<01:11,  6.51s/it]print_dice: 0.5469440221786499
    , print_iou: 0.3764094412326813
773 Epoch 12/499:  70%|█████▌  | 23/33 [02:33<01:05,  6.54s/it]print_dice: 0.5171446204185486
    , print_iou: 0.348744919056892395
774 Epoch 12/499:  73%|█████▊  | 24/33 [02:40<00:59,  6.58s/it]print_dice: 0.5280755758285522
    , print_iou: 0.3587653934955597
775 Epoch 12/499:  76%|██████  | 25/33 [02:46<00:52,  6.54s/it]print_dice: 0.4949515163898468
    , print_iou: 0.3288608491420746
776 print_dice: 0.5191121697425842,  print_iou: 0.35054120421409607
777 Epoch 12/499:  82%|██████▌ | 27/33 [02:59<00:38,  6.50s/it]print_dice: 0.4908921420574188
    , print_iou: 0.325286328792572
778 print_dice: 0.5060445666313171,  print_iou: 0.33872801065444946
779 Epoch 12/499:  88%|███████ | 29/33 [03:12<00:26,  6.53s/it]print_dice: 0.4297035336494446
    , print_iou: 0.2736448347568512
780 Epoch 12/499:  91%|███████▎| 30/33 [03:19<00:19,  6.56s/it]print_dice: 0.475216269493103
    , print_iou: 0.31166142225265503
781 print_dice: 0.41440078616142273,  print_iou: 0.2613527774810791
782 Epoch 12/499:  97%|███████▊| 32/33 [03:32<00:06,  6.48s/it]print_dice: 0.44964519143104553
    , print_iou: 0.29002729058265686
783 Epoch 12/499: 100%|████████| 33/33 [03:38<00:00,  6.46s/it]print_dice: 0.47606563568115234
    , print_iou: 0.3123924732208252
784  [32/33]  eta: 0:00:06   time: 6.5187  data: 0.0005
785 Epoch 12/499: 100%|████████| 33/33 [03:38<00:00,  6.63s/it]
786  Total time: 0:03:38 (6.6345 s / it)
787 Averaged stats: training_loss: -98.2306 (-98.2306)  loss_mask: -98.2473 (-98.2473)  loss_dice
    : 0.0166 (0.0166)
788 Net parameter norm: 1054.8379363227286
789 Validating...
790 Valid_dataloader len: 12
791   8%|█        | 1/12 [00:08<01:28,  8.02s/it]print_dice: 0.4809735119342804,  print_iou: 0.
    3166327476501465
792  [ 0/12]  eta: 0:01:36   time: 8.0225  data: 3.9202
793  17%|██       | 2/12 [00:12<00:58,  5.83s/it]print_dice: 0.5052270889282227,  print_iou: 0.
    33799588680267334
794 print_dice: 0.4602952301502228,  print_iou: 0.29895031452178955
795  33%|███▍     | 4/12 [00:21<00:38,  4.85s/it]print_dice: 0.43911340832710266,  print_iou: 0.
    28132307529449463
796 print_dice: 0.4841366410255432,  print_iou: 0.31938013434410095
797  50%|█████    | 6/12 [00:29<00:27,  4.62s/it]print_dice: 0.43575742840766907,  print_iou: 0.
    2785740792751312
798  58%|█████▊   | 7/12 [00:34<00:22,  4.59s/it]print_dice: 0.4058149755001068,  print_iou: 0.
    2545595169067383
799 print_dice: 0.4832812547683716,  print_iou: 0.318636029958725
800  75%|███████▌ | 9/12 [00:43<00:13,  4.45s/it]print_dice: 0.47819727659225464,  print_iou: 0.
    3142307996749878
801 print_dice: 0.45627668499946594,  print_iou: 0.29556894302368164
802  92%|█████████▏| 11/12 [00:51<00:04,  4.38s/it]print_dice: 0.5071268081665039,  print_iou: 0.
    33969852328300476
803 100%|██████████| 12/12 [00:56<00:00,  4.35s/it]print_dice: 0.49189043045043945,  print_iou: 0
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803 .3261635899543762
804  [11/12]  eta: 0:00:04   time: 4.6690  data: 0.3271
805 100%|████████| 12/12 [00:56<00:00,  4.70s/it]
806  Total time: 0:00:56 (4.7014 s / it)
807 ============================
808 Averaged stats:
809 Epoch 13/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
810 epoch:    13   learning rate:    1e-06
811 print_dice: 0.3990667760372162,   print_iou: 0.24927134811878204
812  [ 0/33]  eta: 0:05:48   time: 10.5537  data: 4.0676
813 Epoch 13/499:   6%|▍         | 2/33 [00:16<04:06,  7.96s/it]print_dice: 0.45169422030448914
    ,   print_iou: 0.291734516620636
814 print_dice: 0.39926987886428833,   print_iou: 0.249429851770401
815 Epoch 13/499:  12%|█         | 4/33 [00:29<03:23,  7.01s/it]print_dice: 0.49528396129608154
    ,   print_iou: 0.32915443181991577
816 print_dice: 0.4904648959636688,   print_iou: 0.3249112367630005
817 Epoch 13/499:  18%|█▋        | 6/33 [00:42<03:02,  6.76s/it]print_dice: 0.47909170389175415
    ,   print_iou: 0.3150036633014679
818 Epoch 13/499:  21%|██        | 7/33 [00:49<02:53,  6.67s/it]print_dice: 0.44253793358802795
    ,   print_iou: 0.2841404378414154
819 Epoch 13/499:  24%|██▏       | 8/33 [00:55<02:45,  6.62s/it]print_dice: 0.5007597208023071
    ,   print_iou: 0.33400896191596985
820 print_dice: 0.5103073716163635,   print_iou: 0.3425588607788086
821 Epoch 13/499:  30%|██▋       | 10/33 [01:09<02:31,  6.58s/it]print_dice: 0.5159574747085571
    ,   print_iou: 0.3476702868938446
822 Epoch 13/499:  33%|███       | 11/33 [01:15<02:24,  6.58s/it]print_dice: 0.4508917033672333
    ,   print_iou: 0.2910653352737427
823 print_dice: 0.49946677684783936,   print_iou: 0.33285951614379883
824 Epoch 13/499:  39%|███▌      | 13/33 [01:28<02:11,  6.55s/it]print_dice: 0.43398672342300415
    ,   print_iou: 0.2771283984184265
825 Epoch 13/499:  42%|███▊      | 14/33 [01:35<02:03,  6.51s/it]print_dice: 0.5630272626876831
    ,   print_iou: 0.39181485772132874
826 Epoch 13/499:  45%|████      | 15/33 [01:41<01:57,  6.50s/it]print_dice: 0.5306415557861328
    ,   print_iou: 0.361138254404068
827 Epoch 13/499:  48%|████▍     | 16/33 [01:48<01:51,  6.53s/it]print_dice: 0.5325310826301575
    ,   print_iou: 0.3628908693790436
828 print_dice: 0.595558226108551,   print_iou: 0.4240533709526062
829 Epoch 13/499:  55%|████▉     | 18/33 [02:01<01:38,  6.55s/it]print_dice: 0.5125800967216492
    ,   print_iou: 0.3446102440357208
830 Epoch 13/499:  58%|█████▏    | 19/33 [02:07<01:31,  6.56s/it]print_dice: 0.532496988773346
    ,   print_iou: 0.36285918951034546
831 Epoch 13/499:  61%|█████▌    | 20/33 [02:14<01:24,  6.52s/it]print_dice: 0.49135395884513855
    ,   print_iou: 0.32569199800491333
832 Epoch 13/499:  64%|█████▊    | 21/33 [02:20<01:18,  6.54s/it]print_dice: 0.4744228720664978
    ,   print_iou: 0.31097927689552307
833 Epoch 13/499:  67%|██████    | 22/33 [02:27<01:11,  6.52s/it]print_dice: 0.5240007042884827
    ,   print_iou: 0.35501420497894287
834 print_dice: 0.5151031017303467,   print_iou: 0.34689489006996155
835 Epoch 13/499:  73%|██████▌   | 24/33 [02:40<00:58,  6.53s/it]print_dice: 0.42421022057533264
    ,   print_iou: 0.2692048251628876
836 print_dice: 0.4999924302101135,   print_iou: 0.3333266079425812
837 Epoch 13/499:  79%|███████▏  | 26/33 [02:53<00:45,  6.48s/it]print_dice: 0.4286153018474579
    ,   print_iou: 0.27276280522346497
838 print_dice: 0.47734642028808594,   print_iou: 0.3134964108467102
839 Epoch 13/499:  85%|███████▋  | 28/33 [03:06<00:32,  6.51s/it]print_dice: 0.4883996248245239
    ,   print_iou: 0.3231010138988495
840 print_dice: 0.48210975527763367,   print_iou: 0.31761831045150757
841 Epoch 13/499:  91%|████████  | 30/33 [03:19<00:19,  6.49s/it]print_dice: 0.485351026058197
    ,   print_iou: 0.3204379379749298
842 print_dice: 0.5422608852386475,   print_iou: 0.37198764085769653
843 Epoch 13/499:  97%|████████▋ | 32/33 [03:32<00:06,  6.48s/it]print_dice: 0.5146845579147339
    ,   print_iou: 0.3465152978897095
844 Epoch 13/499: 100%|████████| 33/33 [03:38<00:00,  6.48s/it]print_dice: 0.4515303075313568
    ,   print_iou: 0.29159775376319885
845  [32/33]  eta: 0:00:06   time: 6.5088  data: 0.0005
846 Epoch 13/499: 100%|████████| 33/33 [03:39<00:00,  6.65s/it]
847  Total time: 0:03:39 (6.6455 s / it)
848 Averaged stats: training_loss: 53.6840 (53.6840)  loss_mask: 53.3621 (53.3621)  loss_dice: 0.
    3219 (0.3219)
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849    0%|              | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.83782559057
850 Validating...
851 Valid_dataloader len: 12
852    8%|█          | 1/12 [00:07<01:27,  7.99s/it]print_dice: 0.48609068989753723,  print_iou: 0.
    32108309864997864
853   [ 0/12]  eta: 0:01:35    time: 7.9873  data: 3.9173
854 print_dice: 0.5137313604354858,  print_iou: 0.3456517457962036
855   25%|██         | 3/12 [00:16<00:46,  5.15s/it]print_dice: 0.4412209391593933,  print_iou: 0.
    28305548429489136
856   33%|███        | 4/12 [00:21<00:39,  4.89s/it]print_dice: 0.4528387188911438,  print_iou: 0.
    29269006848335266
857 print_dice: 0.5055606365203857,  print_iou: 0.33829450607299805
858   50%|█████      | 6/12 [00:30<00:27,  4.65s/it]print_dice: 0.43135616183280945,  print_iou: 0.
    2749866843223572
859   58%|██████     | 7/12 [00:34<00:23,  4.63s/it]print_dice: 0.40898463129997253,  print_iou: 0.
    25705888867378235
860   67%|███████    | 8/12 [00:38<00:18,  4.53s/it]print_dice: 0.4519578814506531,  print_iou: 0.
    29195451736450195
861 print_dice: 0.4925556182861328,  print_iou: 0.3267487585544586
862   83%|█████████  | 10/12 [00:47<00:08,  4.49s/it]print_dice: 0.47295424342155457,  print_iou: 0
    .30971845984458923
863   92%|██████████ | 11/12 [00:52<00:04,  4.40s/it]print_dice: 0.4967477321624756,  print_iou: 0.
    3304486870765686
864 print_dice: 0.5120776295661926,  print_iou: 0.3441561162471771
865   [11/12]  eta: 0:00:04    time: 4.6980  data: 0.3269
866 100%|███████████| 12/12 [00:56<00:00,  4.73s/it]
867  Total time: 0:00:56 (4.7324 s / it)
868 =============================
869 Averaged stats:
870 Epoch 14/499:   0%|              | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
871 epoch:    14   learning rate:   1e-06
872 Epoch 14/499:   3%|█            | 1/33 [00:10<05:29, 10.31s/it]print_dice: 0.5588811635971069
    ,  print_iou: 0.387810617685318
873   [ 0/33] eta: 0:05:40    time: 10.3051  data: 4.0162
874 Epoch 14/499:   6%|█            | 2/33 [00:16<04:06,  7.94s/it]print_dice: 0.5103779435157776
    ,  print_iou: 0.34262242913246155
875 Epoch 14/499:   9%|█            | 3/33 [00:23<03:40,  7.36s/it]print_dice: 0.518166184425354,
    print_iou: 0.34967902302742004
876 print_dice: 0.47932693362236023,   print_iou: 0.3152070939540863
877 Epoch 14/499:  15%|█            | 5/33 [00:36<03:09,  6.78s/it]print_dice: 0.47695788741111755
    ,  print_iou: 0.31316134333610535
878 Epoch 14/499:  18%|██           | 6/33 [00:42<03:01,  6.72s/it]print_dice: 0.5301953554153442
    ,  print_iou: 0.360725075006485
879 Epoch 14/499:  21%|██           | 7/33 [00:49<02:51,  6.61s/it]print_dice: 0.505511999130249,
    print_iou: 0.338250994682312
880 print_dice: 0.40675458312034607,   print_iou: 0.2552993893623352
881 Epoch 14/499:  27%|██           | 9/33 [01:02<02:37,  6.58s/it]print_dice: 0.4196907579898834
    ,  print_iou: 0.2655750811100006
882 print_dice: 0.5732073783874512,   print_iou: 0.40174543857574463
883 Epoch 14/499:  33%|███          | 11/33 [01:15<02:23,  6.53s/it]print_dice: 0.38767898082733154
    ,  print_iou: 0.2404477745294571
884 Epoch 14/499:  36%|███          | 12/33 [01:21<02:17,  6.53s/it]print_dice: 0.47627633810043335
    ,  print_iou: 0.31257393956184387
885 print_dice: 0.4838178753852844,   print_iou: 0.3191027343273163
886 Epoch 14/499:  42%|████         | 14/33 [01:34<02:04,  6.53s/it]print_dice: 0.47986751794815063
    ,  print_iou: 0.3156748116016388
887 Epoch 14/499:  45%|████         | 15/33 [01:41<01:56,  6.47s/it]print_dice: 0.4048169255256653
    ,  print_iou: 0.25377458333969116
888 Epoch 14/499:  48%|████         | 16/33 [01:47<01:50,  6.51s/it]print_dice: 0.46310096979141235
    ,  print_iou: 0.3013216555118561
889 Epoch 14/499:  52%|████         | 17/33 [01:54<01:44,  6.52s/it]print_dice: 0.4604152739048004
    ,  print_iou: 0.29905158281326294
890 print_dice: 0.4300500154495239,   print_iou: 0.27392593026161194
891 Epoch 14/499:  58%|█████        | 19/33 [02:07<01:30,  6.48s/it]print_dice: 0.5353197455406189
    ,  print_iou: 0.3654857277870178
892 Epoch 14/499:  61%|█████        | 20/33 [02:13<01:24,  6.53s/it]print_dice: 0.4851958155632019
    ,  print_iou: 0.3203026652336206
893 print_dice: 0.49462559819221497,   print_iou: 0.32857316732406616
894 Epoch 14/499:  67%|██████       | 22/33 [02:27<01:13,  6.71s/it]print_dice: 0.43131130933761597
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894 ,    print_iou: 0.27495020627975464
895 Epoch 14/499:    70%|███████    | 23/33 [02:34<01:07,  6.71s/it]print_dice: 0.533129096031189
    ,    print_iou: 0.36344650387763977
896 print_dice: 0.5153422355651855,    print_iou: 0.3471118211746216
897 Epoch 14/499:    76%|███████    | 25/33 [02:47<00:52,  6.61s/it]print_dice: 0.5418058633804321
    ,    print_iou: 0.3715595006942749
898 Epoch 14/499:    79%|███████    | 26/33 [02:53<00:46,  6.60s/it]print_dice: 0.5158829092979431
    ,    print_iou: 0.34760257601737976
899 Epoch 14/499:    82%|███████    | 27/33 [03:00<00:39,  6.59s/it]print_dice: 0.45608022809028625
    ,    print_iou: 0.2954041063785553
900 Epoch 14/499:    85%|███████    | 28/33 [03:06<00:32,  6.57s/it]print_dice: 0.5126277804374695
    ,    print_iou: 0.34465330839157104
901 print_dice: 0.4934561848640442,    print_iou: 0.32754188776016235
902 Epoch 14/499:    91%|███████    | 30/33 [03:20<00:19,  6.56s/it]print_dice: 0.5193645358085632
    ,    print_iou: 0.35077136754989624
903 print_dice: 0.5353633761405945,    print_iou: 0.365526407957077
904 Epoch 14/499:    97%|███████    | 32/33 [03:33<00:06,  6.57s/it]print_dice: 0.5062062740325928
    ,    print_iou: 0.3388729393482208
905 Epoch 14/499:   100%|███████    | 33/33 [03:39<00:00,  6.50s/it]print_dice: 0.5080536603927612
    ,    print_iou: 0.3405308127403259
906  [32/33]  eta: 0:00:06   time: 6.5673  data: 0.0005
907 Epoch 14/499:   100%|███████    | 33/33 [03:40<00:00,  6.67s/it]
908  Total time: 0:03:40 (6.6670 s / it)
909 Averaged stats: training_loss: 12.4455 (12.4455)  loss_mask: 12.1942 (12.1942)  loss_dice: 0.
    2514 (0.2514)
910 Net parameter norm: 1054.8377999077784
911 Validating...
912 Valid_dataloader len: 12
913    8%|█         | 1/12 [00:08<01:36,  8.79s/it]print_dice: 0.4850441813468933,  print_iou: 0.
    32017049193382263
914  [ 0/12]  eta: 0:01:45   time: 8.7939  data: 4.6304
915   17%|██        | 2/12 [00:13<01:01,  6.13s/it]print_dice: 0.5330143570899963,  print_iou: 0.
    3633398711681366
916   25%|██        | 3/12 [00:17<00:47,  5.29s/it]print_dice: 0.4629673659801483,  print_iou: 0.
    3012085258960724
917 print_dice: 0.4611157178878784,  print_iou: 0.2996428608894348
918   42%|████      | 5/12 [00:26<00:33,  4.74s/it]print_dice: 0.4923383593559265,  print_iou: 0.
    32655760645866394
919 print_dice: 0.45703503489494324,  print_iou: 0.29620569944381714
920   58%|█████     | 7/12 [00:34<00:22,  4.54s/it]print_dice: 0.4063487946987152,  print_iou: 0.
    2549797594547272
921 print_dice: 0.49672427773475647,  print_iou: 0.33042794466018677
922   75%|██████    | 9/12 [00:43<00:13,  4.50s/it]print_dice: 0.48956912755966187,  print_iou: 0.
    3241254687309265
923 print_dice: 0.48040783405303955,  print_iou: 0.31614261865615845
924   92%|████████  || 11/12 [00:52<00:04,  4.39s/it]print_dice: 0.5488701462745667,  print_iou: 0.
    37823641300201416
925 print_dice: 0.5245685577392578,  print_iou: 0.35553571581840515
926  [11/12]  eta: 0:00:04   time: 4.7243  data: 0.3863
927 100%|████████  | 12/12 [00:57<00:00,  4.76s/it]
928  Total time: 0:00:57 (4.7561 s / it)
929 ============================
930 Averaged stats:
931 Epoch 15/499:    0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
932 epoch:    15    learning rate:    1e-06
933 Epoch 15/499:    3%|█         | 1/33 [00:10<05:49, 10.92s/it]print_dice: 0.44956353306770325
    ,    print_iou: 0.2899593412876129
934  [ 0/33]  eta: 0:06:00   time: 10.9260  data: 4.5599
935 Epoch 15/499:    6%|█         | 2/33 [00:17<04:12,  8.16s/it]print_dice: 0.45626068115234375
    ,    print_iou: 0.2955555319786072
936 print_dice: 0.557634174823761,    print_iou: 0.3866107761859894
937 Epoch 15/499:   12%|█         | 4/33 [00:30<03:26,  7.13s/it]print_dice: 0.49439412355422974
    ,    print_iou: 0.3283689022064209
938 Epoch 15/499:   15%|█         | 5/33 [00:36<03:13,  6.91s/it]print_dice: 0.46295782923698425
    ,    print_iou: 0.3012004494667053
939 Epoch 15/499:   18%|██        | 6/33 [00:43<03:03,  6.79s/it]print_dice: 0.5860660076141357
    ,    print_iou: 0.4144931733608246
940 Epoch 15/499:   21%|██        | 7/33 [00:50<02:54,  6.71s/it]print_dice: 0.4091343283653259
    ,    print_iou: 0.2571771442890167
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941 Epoch 15/499:  24%|██▌           | 8/33 [00:56<02:46,  6.68s/it]print_dice: 0.4114798605442047
    ,   print_iou: 0.2590334415435791
942 Epoch 15/499:  27%|██▊           | 9/33 [01:03<02:38,  6.61s/it]print_dice: 0.47425195574760437
    ,   print_iou: 0.3108324110507965
943 Epoch 15/499:  30%|███           | 10/33 [01:09<02:31,  6.58s/it]print_dice: 0.48769184947013855
    ,   print_iou: 0.3224818110466003
944 Epoch 15/499:  33%|███▎          | 11/33 [01:16<02:24,  6.57s/it]print_dice: 0.52987140417099
    ,   print_iou: 0.36042520403862
945 print_dice: 0.49150294065475464,   print_iou: 0.32582294940948486
946 Epoch 15/499:  39%|███▉          | 13/33 [01:29<02:10,  6.53s/it]print_dice: 0.5268535017967224
    ,   print_iou: 0.35763823986053467
947 print_dice: 0.5041674375534058,   print_iou: 0.3370480239391327
948 Epoch 15/499:  45%|████▌         | 15/33 [01:42<01:59,  6.63s/it]print_dice: 0.44548898935317993
    ,   print_iou: 0.2865782082080841
949 print_dice: 0.4887317717075348,   print_iou: 0.3233918249607086
950 Epoch 15/499:  52%|█████▏        | 17/33 [01:55<01:45,  6.59s/it]print_dice: 0.5189329385757446
    ,   print_iou: 0.35037776827812195
951 print_dice: 0.43843409419059753,   print_iou: 0.28076568245887756
952 Epoch 15/499:  58%|█████▊        | 19/33 [02:08<01:31,  6.50s/it]print_dice: 0.5146875381469727
    ,   print_iou: 0.34651803970336914
953 Epoch 15/499:  61%|██████▏       | 20/33 [02:14<01:24,  6.49s/it]print_dice: 0.5202834010124207
    ,   print_iou: 0.3516101837158203
954 Epoch 15/499:  64%|██████▍       | 21/33 [02:21<01:17,  6.48s/it]print_dice: 0.5301064848899841
    ,   print_iou: 0.36064276099205017
955 print_dice: 0.5571510791778564,   print_iou: 0.38614654541015625
956 Epoch 15/499:  70%|███████       | 23/33 [02:34<01:05,  6.54s/it]print_dice: 0.5356206297874451
    ,   print_iou: 0.365766316652298
957 Epoch 15/499:  73%|███████▎      | 24/33 [02:41<00:58,  6.54s/it]print_dice: 0.5287495255470276
    ,   print_iou: 0.3593878149986267
958 Epoch 15/499:  76%|███████▌      | 25/33 [02:47<00:52,  6.54s/it]print_dice: 0.5102657079696655
    ,   print_iou: 0.3425213098526001
959 print_dice: 0.42787909507751465,   print_iou: 0.27216678857803345
960 Epoch 15/499:  82%|████████▏     | 27/33 [03:00<00:39,  6.57s/it]print_dice: 0.537242591381073
    ,   print_iou: 0.3672807216644287
961 Epoch 15/499:  85%|████████▌     | 28/33 [03:07<00:32,  6.53s/it]print_dice: 0.5163320302963257
    ,   print_iou: 0.34801051020622253
962 Epoch 15/499:  88%|████████▊     | 29/33 [03:13<00:26,  6.52s/it]print_dice: 0.51036137342453
    ,   print_iou: 0.3426074981689453
963 print_dice: 0.5010314583778381,   print_iou: 0.3342508375644684
964 Epoch 15/499:  94%|█████████▍    | 31/33 [03:26<00:13,  6.54s/it]print_dice: 0.4867881238460541
    ,   print_iou: 0.32169198989868164
965 Epoch 15/499:  97%|█████████▋    | 32/33 [03:33<00:06,  6.52s/it]print_dice: 0.532996416091919
    ,   print_iou: 0.3633231818675995
966 Epoch 15/499: 100%|██████████    | 33/33 [03:39<00:00,  6.52s/it]print_dice: 0.4567655324935913
    ,   print_iou: 0.2959793508052826
967   [32/33]  eta: 0:00:06   time: 6.5325  data: 0.0002
968  Total time: 0:03:40 (6.6745 s / it)
969 Averaged stats: training_loss: 64.6590 (64.6590)  loss_mask: 64.2416 (64.2416)  loss_dice: 0
    .4174 (0.4174)
970 Epoch 15/499: 100%|██████████| 33/33 [03:40<00:00,  6.67s/it]
971   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8376486717607
972 Validating...
973 Valid_dataloader len: 12
974   8%|▊         | 1/12 [00:08<01:28,  8.01s/it]print_dice: 0.508065938949585,   print_iou: 0.
    340541809797287
975   [ 0/12]  eta: 0:01:36   time: 8.0078  data: 3.9445
976  17%|█▋        | 2/12 [00:12<00:57,  5.76s/it]print_dice: 0.5317547917366028,   print_iou: 0.
    3621703088283539
977 print_dice: 0.4997744858264923,   print_iou: 0.33313289284706116
978  33%|███▎      | 4/12 [00:21<00:38,  4.86s/it]print_dice: 0.48033463954925537,   print_iou: 0
    .3160792291164398
979  42%|████▏     | 5/12 [00:25<00:32,  4.71s/it]print_dice: 0.5205477476119995,   print_iou: 0.
    3518517017364502
980 print_dice: 0.47028857469558716,   print_iou: 0.30743613839149475
981  58%|█████▊    | 7/12 [00:34<00:23,  4.61s/it]print_dice: 0.416299432516098,   print_iou: 0.
    26286497712135315
982  67%|██████▋   | 8/12 [00:38<00:18,  4.51s/it]print_dice: 0.4903077483177185,   print_iou: 0.
    32477331161499023
983  75%|███████▌  | 9/12 [00:43<00:13,  4.50s/it]print_dice: 0.5019768476486206,   print_iou: 0.
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 983  3350928723812103
 984  print_dice: 0.5196284055709839,  print_iou: 0.35101211071014404
 985   92%|████████▏ | 11/12 [00:51<00:04,  4.38s/it]print_dice: 0.578558087348938,  print_iou: 0.
      40702196955680847
 986  100%|████████▉| 12/12 [00:56<00:00,  4.38s/it]print_dice: 0.49911224842071533,  print_iou:
      0.332546844100952
 987   [11/12]  eta: 0:00:04   time: 4.6834  data: 0.3292
 988  100%|████████▉| 12/12 [00:56<00:00,  4.72s/it]
 989   Total time: 0:00:56 (4.7167 s / it)
 990  ============================
 991  Averaged stats:
 992  Epoch 16/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
 993  epoch:     16    learning rate:   1e-06
 994  Epoch 16/499:   3%|▏         | 1/33 [00:10<05:33, 10.44s/it]print_dice: 0.495618999004364
      ,  print_iou: 0.32945045828819275
 995   [ 0/33]  eta: 0:05:44   time: 10.4379  data: 3.9048
 996  Epoch 16/499:   6%|▋         | 2/33 [00:16<04:07,  7.97s/it]print_dice: 0.5154809951782227
      ,  print_iou: 0.3472377061843872
 997  Epoch 16/499:   9%|▊         | 3/33 [00:23<03:37,  7.26s/it]print_dice: 0.5123618841171265
      ,  print_iou: 0.34441298246383667
 998  Epoch 16/499:  12%|█▏        | 4/33 [00:29<03:22,  6.98s/it]print_dice: 0.4872244894504547
      ,  print_iou: 0.32207322120666504
 999  Epoch 16/499:  15%|█▌        | 5/33 [00:36<03:10,  6.80s/it]print_dice: 0.5430328845977783
      ,  print_iou: 0.3727145791053772
1000  print_dice: 0.5187428593635559,  print_iou: 0.3502044677734375
1001  Epoch 16/499:  21%|██        | 7/33 [00:49<02:52,  6.63s/it]print_dice: 0.5076634883880615
      ,  print_iou: 0.34018030762672424
1002  Epoch 16/499:  24%|██▍       | 8/33 [00:55<02:44,  6.60s/it]print_dice: 0.44301173090934753
      ,  print_iou: 0.28453120589256287
1003  Epoch 16/499:  27%|██▋       | 9/33 [01:02<02:37,  6.56s/it]print_dice: 0.5119844675064087
      ,  print_iou: 0.34407201409339905
1004  Epoch 16/499:  30%|███       | 10/33 [01:08<02:31,  6.57s/it]print_dice: 0.4191444218158722
      ,  print_iou: 0.2651377022266388
1005  Epoch 16/499:  33%|███▎      | 11/33 [01:15<02:24,  6.56s/it]print_dice: 0.4260815978050232
      ,  print_iou: 0.2707138955593109
1006  Epoch 16/499:  36%|███▋      | 12/33 [01:21<02:16,  6.52s/it]print_dice: 0.4600245952606201
      ,  print_iou: 0.2987220287322998
1007  Epoch 16/499:  39%|███▉      | 13/33 [01:28<02:10,  6.50s/it]print_dice: 0.5304815173149109
      ,  print_iou: 0.3609900176525116
1008  print_dice: 0.5297781825065613,  print_iou: 0.36033895611763
1009  Epoch 16/499:  45%|████▌     | 15/33 [01:41<01:57,  6.54s/it]print_dice: 0.5326237678527832
      ,  print_iou: 0.36297696828842163
1010  Epoch 16/499:  48%|████▊     | 16/33 [01:47<01:50,  6.52s/it]print_dice: 0.4659138023853302
      ,  print_iou: 0.30370771884918213
1011  print_dice: 0.5108634233474731,  print_iou: 0.34306013584136963
1012  Epoch 16/499:  55%|█████▍    | 18/33 [02:00<01:37,  6.52s/it]print_dice: 0.5606613159179688
      ,  print_iou: 0.3895270526409149
1013  print_dice: 0.47604966163635254,  print_iou: 0.3123787045478821
1014  Epoch 16/499:  61%|██████    | 20/33 [02:13<01:25,  6.55s/it]print_dice: 0.48456519842147827
      ,  print_iou: 0.3197532594203949
1015  Epoch 16/499:  64%|██████▍   | 21/33 [02:20<01:18,  6.54s/it]print_dice: 0.5368988513946533
      ,  print_iou: 0.36695948243141174
1016  Epoch 16/499:  67%|██████▋   | 22/33 [02:27<01:12,  6.58s/it]print_dice: 0.60118567943573
      ,  print_iou: 0.42978233098983765
1017  Epoch 16/499:  70%|███████   | 23/33 [02:33<01:05,  6.52s/it]print_dice: 0.5336284041404724
      ,  print_iou: 0.3639107346534729
1018  Epoch 16/499:  73%|███████▎  | 24/33 [02:40<00:58,  6.54s/it]print_dice: 0.5045851469039917
      ,  print_iou: 0.3374215066432953
1019  print_dice: 0.45060354471206665,  print_iou: 0.290825217962265
1020  Epoch 16/499:  79%|███████▉  | 26/33 [02:53<00:45,  6.52s/it]print_dice: 0.49085667729377747
      ,  print_iou: 0.3252551853656769
1021  Epoch 16/499:  82%|████████▏ | 27/33 [02:59<00:39,  6.52s/it]print_dice: 0.5087243914604187
      ,  print_iou: 0.3411336839199066
1022  print_dice: 0.41429775953292847,  print_iou: 0.2612708508968353
1023  Epoch 16/499:  88%|████████▊ | 29/33 [03:12<00:26,  6.53s/it]print_dice: 0.4949686825275421
      ,  print_iou: 0.32887598872184753
1024  Epoch 16/499:  91%|█████████▏| 30/33 [03:19<00:19,  6.54s/it]print_dice: 0.4773295819759369
      ,  print_iou: 0.313481867313385
1025  Epoch 16/499:  94%|█████████▍| 31/33 [03:25<00:13,  6.55s/it]print_dice: 0.44334837794303894
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1025 ,    print_iou: 0.2848089933395386
1026 print_dice: 0.5297638177871704,    print_iou: 0.3603256344795227
1027 Epoch 16/499: 100%|████████| 33/33 [03:38<00:00,  6.45s/it]print_dice: 0.573982834815979
     ,    print_iou: 0.4025076925754547
1028   [32/33] eta: 0:00:06   time: 6.5240  data: 0.0006
1029  Total time: 0:03:38 (6.6362 s / it)
1030 Epoch 16/499: 100%|████████| 33/33 [03:38<00:00,  6.64s/it]
1031 Averaged stats: training_loss: -82.5733 (-82.5733)  loss_mask: -82.6348 (-82.6348)
     loss_dice: 0.0615 (0.0615)
1032   0%|         | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8374724435853
1033 Validating...
1034 Valid_dataloader len: 12
1035   8%|█        | 1/12 [00:07<01:27,  7.96s/it]print_dice: 0.5150973200798035,  print_iou: 0.
     3468896448612213
1036   [ 0/12] eta: 0:01:35   time: 7.9575  data: 3.9002
1037  17%|██       | 2/12 [00:12<00:57,  5.71s/it]print_dice: 0.5340107083320618,  print_iou: 0.
     3642664849758148
1038  25%|██       | 3/12 [00:16<00:45,  5.04s/it]print_dice: 0.4773823618888855,  print_iou: 0.
     3135274052619934
1039  33%|███      | 4/12 [00:20<00:37,  4.75s/it]print_dice: 0.49185460805892944,  print_iou: 0
     .3261320888996124
1040 print_dice: 0.5246243476867676,  print_iou: 0.3555869460105896
1041  50%|████     | 6/12 [00:29<00:27,  4.61s/it]print_dice: 0.46749448776245117,  print_iou: 0
     .30505239963531494
1042  58%|████     | 7/12 [00:34<00:22,  4.56s/it]print_dice: 0.4206324815750122,  print_iou: 0.
     26632970571517944
1043 print_dice: 0.515529453754425,  print_iou: 0.34728172421455383
1044  75%|██████   | 9/12 [00:43<00:13,  4.51s/it]print_dice: 0.5176877379417419,  print_iou: 0.
     3492433428764343
1045 print_dice: 0.510858952999115,  print_iou: 0.3430561423301697
1046  92%|████████ | 11/12 [00:51<00:04,  4.36s/it]print_dice: 0.5618190765380859,  print_iou: 0
     .3906455934047699
1047 100%|████████| 12/12 [00:55<00:00,  4.34s/it]print_dice: 0.5208510160446167,  print_iou: 0
     .35212886333465576
1048   [11/12] eta: 0:00:04   time: 4.6468  data: 0.3257
1049 100%|████████| 12/12 [00:56<00:00,  4.68s/it]
1050  Total time: 0:00:56 (4.6792 s / it)
1051 ============================
1052 Averaged stats:
1053 Epoch 17/499:   0%|         | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
1054 epoch:    17   learning rate:   1e-06
1055 Epoch 17/499:   3%|█        | 1/33 [00:10<05:28, 10.25s/it]print_dice: 0.43794894218444824
     ,    print_iou: 0.2803678810596466
1056   [ 0/33] eta: 0:05:38   time: 10.2520  data: 3.9593
1057 print_dice: 0.5053075551986694,   print_iou: 0.3380679190158844
1058 Epoch 17/499:   9%|█        | 3/33 [00:22<03:37,  7.23s/it]print_dice: 0.4861576557159424
     ,    print_iou: 0.3211415410041809
1059 Epoch 17/499:  12%|█        | 4/33 [00:29<03:21,  6.94s/it]print_dice: 0.5297569036483765
     ,    print_iou: 0.36031925678253174
1060 Epoch 17/499:  15%|█        | 5/33 [00:35<03:10,  6.81s/it]print_dice: 0.4878059923648834
     ,    print_iou: 0.32258161902427673
1061 Epoch 17/499:  18%|██       | 6/33 [00:42<03:00,  6.69s/it]print_dice: 0.5020694732666016
     ,    print_iou: 0.33517542481422424
1062 Epoch 17/499:  21%|██       | 7/33 [00:48<02:52,  6.63s/it]print_dice: 0.5219141244888306
     ,    print_iou: 0.35310137271881104
1063 Epoch 17/499:  24%|██       | 8/33 [00:55<02:45,  6.61s/it]print_dice: 0.5686790347099304
     ,    print_iou: 0.39731061458587646
1064 print_dice: 0.5200192928314209,   print_iou: 0.3513689339160919
1065 Epoch 17/499:  30%|███      | 10/33 [01:08<02:30,  6.55s/it]print_dice: 0.5150381326675415
     ,    print_iou: 0.3468359410762787
1066 Epoch 17/499:  33%|███      | 11/33 [01:15<02:24,  6.58s/it]print_dice: 0.5023396611213684
     ,    print_iou: 0.3354162871837616
1067 Epoch 17/499:  36%|███      | 12/33 [01:21<02:18,  6.58s/it]print_dice: 0.5076024532318115
     ,    print_iou: 0.34012553095817566
1068 Epoch 17/499:  39%|███      | 13/33 [01:28<02:11,  6.59s/it]print_dice: 0.4599960148334503
     ,    print_iou: 0.29869794845581055
1069 Epoch 17/499:  42%|████     | 14/33 [01:34<02:05,  6.59s/it]print_dice: 0.5004933476448059
     ,    print_iou: 0.3337719738483429
1070 Epoch 17/499:  45%|████     | 15/33 [01:41<01:58,  6.59s/it]print_dice: 0.48061907291412354
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1070 ,     print_iou: 0.3163256049156189
1071 Epoch 17/499:  48%|███▋    | 16/33 [01:47<01:50,  6.51s/it]print_dice: 0.4483748972415924
     ,     print_iou: 0.2889711558818817
1072 Epoch 17/499:  52%|████    | 17/33 [01:54<01:44,  6.52s/it]print_dice: 0.4801207184791565
     ,     print_iou: 0.3158939778804779
1073 print_dice: 0.518618164466858,    print_iou: 0.35009080171585083
1074 Epoch 17/499:  58%|████▌    | 19/33 [02:07<01:31,  6.51s/it]print_dice: 0.48409304022789
     ,     print_iou: 0.3193421959877014
1075 Epoch 17/499:  61%|████▊    | 20/33 [02:13<01:24,  6.51s/it]print_dice: 0.44767382740974426
     ,     print_iou: 0.28838902711868286
1076 Epoch 17/499:  64%|█████    | 21/33 [02:20<01:18,  6.52s/it]print_dice: 0.4276861846446991
     ,     print_iou: 0.2720106840133667
1077 print_dice: 0.5040394067764282,    print_iou: 0.33693361282348633
1078 Epoch 17/499:  70%|█████▌   | 23/33 [02:33<01:05,  6.58s/it]print_dice: 0.4155532717704773
     ,     print_iou: 0.2622702717781067
1079 Epoch 17/499:  73%|█████▊   | 24/33 [02:40<00:58,  6.55s/it]print_dice: 0.5001009702682495
     ,     print_iou: 0.33342307806015015
1080 print_dice: 0.42404261231422424,    print_iou: 0.2690698504447937
1081 Epoch 17/499:  79%|██████▎  | 26/33 [02:53<00:45,  6.49s/it]print_dice: 0.5413459539413452
     ,     print_iou: 0.37112703919410706
1082 Epoch 17/499:  82%|██████▌  | 27/33 [02:59<00:39,  6.52s/it]print_dice: 0.561068594455719
     ,     print_iou: 0.38992029428482056
1083 Epoch 17/499:  85%|██████▊  | 28/33 [03:06<00:32,  6.52s/it]print_dice: 0.4307705760002136
     ,     print_iou: 0.2745108902454376
1084 Epoch 17/499:  88%|███████  | 29/33 [03:12<00:26,  6.57s/it]print_dice: 0.5154615044593811
     ,     print_iou: 0.3472200334072113
1085 Epoch 17/499:  91%|███████▎ | 30/33 [03:19<00:19,  6.59s/it]print_dice: 0.52357417345047
     ,     print_iou: 0.3546227216720581
1086 print_dice: 0.6078482270240784,    print_iou: 0.4366249442100525
1087 Epoch 17/499:  97%|███████▊ | 32/33 [03:32<00:06,  6.56s/it]print_dice: 0.501868724822998
     ,     print_iou: 0.3349964916706085
1088 print_dice: 0.4622098207473755,    print_iou: 0.30056753754615784
1089  [32/33]  eta: 0:00:06   time: 6.5406  data: 0.0003
1090 Epoch 17/499: 100%|████████| 33/33 [03:39<00:00,  6.65s/it]
1091  Total time: 0:03:39 (6.6542 s / it)
1092 Averaged stats: training_loss: -81.4858 (-81.4858)  loss_mask: -81.5500 (-81.5500)
     loss_dice: 0.0642 (0.0642)
1093   0%|        | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8373607518151
1094 Validating...
1095 Valid_dataloader len: 12
1096   8%|█      | 1/12 [00:08<01:29,  8.10s/it]print_dice: 0.5407312512397766,   print_iou: 0.
     37054944038391113
1097  [ 0/12]  eta: 0:01:37   time: 8.1033  data: 4.0431
1098  17%|██     | 2/12 [00:12<00:58,  5.82s/it]print_dice: 0.5527999401092529,   print_iou: 0.
     3819788992404938
1099 print_dice: 0.5159918665885925,  print_iou: 0.3477014899253845
1100  33%|███    | 4/12 [00:21<00:39,  4.91s/it]print_dice: 0.493129163980484,   print_iou: 0.
     3272537589073181
1101  42%|███▌   | 5/12 [00:25<00:33,  4.72s/it]print_dice: 0.555474579334259,   print_iou: 0.
     38453778624534607
1102  50%|████   | 6/12 [00:30<00:27,  4.62s/it]print_dice: 0.4793246388435364,   print_iou: 0.
     31520509719848633
1103  58%|████▌  | 7/12 [00:34<00:22,  4.60s/it]print_dice: 0.42558836936950684,   print_iou: 0
     .27031582593917847
1104 print_dice: 0.5317047834396362,  print_iou: 0.36212387681007385
1105  75%|██████ | 9/12 [00:43<00:13,  4.46s/it]print_dice: 0.537447452545166,   print_iou: 0.
     36747223138809204
1106 print_dice: 0.5483051538467407,  print_iou: 0.37769997119903564
1107  92%|███████▌| 11/12 [00:51<00:04,  4.42s/it]print_dice: 0.5831264853477478,   print_iou: 0
     .411558598279953
1108 100%|███████| 12/12 [00:56<00:00,  4.39s/it]print_dice: 0.5532819032669067,   print_iou: 0
     .3824393153190613
1109  [11/12]  eta: 0:00:04   time: 4.6921  data: 0.3372
1110 100%|███████| 12/12 [00:56<00:00,  4.72s/it]
1111  Total time: 0:00:56 (4.7244 s / it)
1112 =============================
1113 Averaged stats:
1114 Epoch 18/499:   0%|        | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
1115 epoch:   18   learning rate:   1e-06
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1116 Epoch 18/499:   3%|█            | 1/33 [00:10<05:34, 10.45s/it]print_dice: 0.4622052013874054
     ,   print_iou: 0.30056366324424744
1117  [ 0/33] eta: 0:05:44    time: 10.4454  data: 4.0903
1118 Epoch 18/499:   6%|█            | 2/33 [00:16<04:07,  7.99s/it]print_dice: 0.48997989296913147
     ,   print_iou: 0.3244856595993042
1119 Epoch 18/499:   9%|█            | 3/33 [00:23<03:39,  7.31s/it]print_dice: 0.4360043406486511
     ,   print_iou: 0.2787759304046631
1120 print_dice: 0.5220205187797546,   print_iou: 0.35319873690605164
1121 Epoch 18/499:  15%|██           | 5/33 [00:36<03:11,  6.84s/it]print_dice: 0.49309882521629333
     ,   print_iou: 0.32722705602645874
1122 print_dice: 0.6070044040679932,   print_iou: 0.4357547461986542
1123 Epoch 18/499:  21%|██           | 7/33 [00:49<02:53,  6.66s/it]print_dice: 0.5366424322128296
     ,   print_iou: 0.36671993136405945
1124 Epoch 18/499:  24%|██▊          | 8/33 [00:55<02:45,  6.61s/it]print_dice: 0.5341671705245972
     ,   print_iou: 0.3644120693206787
1125 Epoch 18/499:  27%|███          | 9/33 [01:02<02:37,  6.57s/it]print_dice: 0.5179387331008911
     ,   print_iou: 0.34947189688682556
1126 Epoch 18/499:  30%|███          | 10/33 [01:08<02:30,  6.52s/it]print_dice: 0.5361829996109009
     ,   print_iou: 0.36629098653793335
1127 Epoch 18/499:  33%|███▊         | 11/33 [01:15<02:22,  6.49s/it]print_dice: 0.5745754241943359
     ,   print_iou: 0.4030907452106476
1128 print_dice: 0.46327826380729675,   print_iou: 0.3014717996120453
1129 Epoch 18/499:  39%|████▊        | 13/33 [01:28<02:09,  6.47s/it]print_dice: 0.5137553811073303
     ,   print_iou: 0.34567350149154663
1130 Epoch 18/499:  42%|████▊        | 14/33 [01:34<02:03,  6.51s/it]print_dice: 0.48742854595184326
     ,   print_iou: 0.3222515881061554
1131 print_dice: 0.5245221257209778,   print_iou: 0.35549303889274597
1132 Epoch 18/499:  48%|█████▊       | 16/33 [01:47<01:50,  6.50s/it]print_dice: 0.46778786182403564
     ,   print_iou: 0.30530229210853577
1133 Epoch 18/499:  52%|██████▊      | 17/33 [01:54<01:44,  6.51s/it]print_dice: 0.5191820859909058
     ,   print_iou: 0.35060495138168335
1134 print_dice: 0.48461848497390747,   print_iou: 0.31979966163635254
1135 Epoch 18/499:  58%|███████▊     | 19/33 [02:07<01:31,  6.51s/it]print_dice: 0.49629268050193787
     ,   print_iou: 0.33004605770111084
1136 Epoch 18/499:  61%|███████▊     | 20/33 [02:13<01:24,  6.53s/it]print_dice: 0.40838322043418884
     ,   print_iou: 0.25658389925956726
1137 Epoch 18/499:  64%|████████▊    | 21/33 [02:20<01:18,  6.52s/it]print_dice: 0.42705845832824707
     ,   print_iou: 0.2715030908584595
1138 Epoch 18/499:  67%|████████▊    | 22/33 [02:26<01:11,  6.51s/it]print_dice: 0.44933536648750305
     ,   print_iou: 0.2897695302963257
1139 print_dice: 0.4234831929206848,   print_iou: 0.2686195373535156
1140 Epoch 18/499:  73%|█████████▊   | 24/33 [02:39<00:58,  6.51s/it]print_dice: 0.5132767558097839
     ,   print_iou: 0.3452402651309967
1141 print_dice: 0.4469771087169647,   print_iou: 0.2878110110759735
1142 Epoch 18/499:  79%|██████████▊  | 26/33 [02:52<00:45,  6.52s/it]print_dice: 0.5022915005683899
     ,   print_iou: 0.33537331223487854
1143 Epoch 18/499:  82%|██████████▊  | 27/33 [02:59<00:39,  6.52s/it]print_dice: 0.5675230026245117
     ,   print_iou: 0.39618298411369324
1144 print_dice: 0.5232676267623901,   print_iou: 0.3543415367603302
1145 Epoch 18/499:  88%|███████████▊ | 29/33 [03:12<00:26,  6.51s/it]print_dice: 0.5551247596740723
     ,   print_iou: 0.3842025697231293
1146 Epoch 18/499:  91%|███████████▊ | 30/33 [03:18<00:19,  6.53s/it]print_dice: 0.5429502725601196
     ,   print_iou: 0.3726367652416229
1147 print_dice: 0.5226535797119141,   print_iou: 0.3537786304950714
1148 Epoch 18/499:  97%|████████████▊| 32/33 [03:31<00:06,  6.47s/it]print_dice: 0.49634620547294617
     ,   print_iou: 0.3300934135913849
1149 print_dice: 0.5210219621658325,   print_iou: 0.35228511691093445
1150  [32/33] eta: 0:00:06    time: 6.5057  data: 0.0003
1151 Epoch 18/499: 100%|█████████████| 33/33 [03:38<00:00,  6.62s/it]
1152  Total time: 0:03:38 (6.6238 s / it)
1153 Averaged stats: training_loss: 88.3376 (88.3376)  loss_mask: 87.7048 (87.7048)  loss_dice: 0
     .6328 (0.6328)
1154   0%|            | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8372047892772
1155 Validating...
1156 Valid_dataloader len: 12
1157   8%|█          | 1/12 [00:07<01:27,  7.96s/it]print_dice: 0.5400444865226746,   print_iou: 0.
     3699047267436981
1158  [ 0/12] eta: 0:01:35    time: 7.9582  data: 3.8456
1159 print_dice: 0.5462113618850708,   print_iou: 0.37571579217910767
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1160   25%|██        | 3/12 [00:16<00:46,  5.13s/it]print_dice: 0.496675968170166,  print_iou: 0.
     3303851783275604
1161 print_dice: 0.49324649572372437,  print_iou: 0.32735714316368103
1162   42%|████     | 5/12 [00:25<00:33,  4.78s/it]print_dice: 0.5478891730308533,  print_iou: 0.
     37730535864830017
1163   50%|████     | 6/12 [00:30<00:27,  4.65s/it]print_dice: 0.4924289882183075,  print_iou: 0.
     3266373574733734
1164 print_dice: 0.4302607476711273,  print_iou: 0.2740969657897949
1165   67%|██████   | 8/12 [00:39<00:18,  4.57s/it]print_dice: 0.523095428943634,  print_iou: 0.
     3541836142539978
1166   75%|███████  | 9/12 [00:43<00:13,  4.54s/it]print_dice: 0.5313011407852173,  print_iou: 0.
     3617495596408844
1167 print_dice: 0.5298844575881958,  print_iou: 0.3604373037815094
1168   92%|████████ | 11/12 [00:52<00:04,  4.42s/it]print_dice: 0.5951268672943115,  print_iou: 0
     .42361608147621155
1169 print_dice: 0.5562219023704529,  print_iou: 0.3852544128894806
1170   [11/12]  eta: 0:00:04   time: 4.7036  data: 0.3211
1171 100%|████████| 12/12 [00:56<00:00,  4.74s/it]
1172  Total time: 0:00:56 (4.7406 s / it)
1173 ============================
1174 Averaged stats:
1175 Epoch 19/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
1176 epoch:    19   learning rate:   1e-06
1177 print_dice: 0.4365500509738922,  print_iou: 0.2792222797870636
1178   [ 0/33]  eta: 0:05:45   time: 10.4620  data: 4.0934
1179 Epoch 19/499:   6%|         | 2/33 [00:16<04:05,  7.92s/it]print_dice: 0.5680301785469055
     ,  print_iou: 0.3966774642467499
1180 Epoch 19/499:   9%|█        | 3/33 [00:23<03:38,  7.28s/it]print_dice: 0.4792530834674835
     ,  print_iou: 0.3151432275772095
1181 print_dice: 0.4762422740459442,  print_iou: 0.3125446140766144
1182 Epoch 19/499:  15%|█        | 5/33 [00:36<03:11,  6.84s/it]print_dice: 0.5865536332130432
     ,  print_iou: 0.4149811565876007
1183 Epoch 19/499:  18%|█▌       | 6/33 [00:42<03:01,  6.72s/it]print_dice: 0.5456122756004333
     ,  print_iou: 0.375149130821228
1184 Epoch 19/499:  21%|██       | 7/33 [00:49<02:54,  6.69s/it]print_dice: 0.5181716084480286
     ,  print_iou: 0.3496839702129364
1185 Epoch 19/499:  24%|██▌      | 8/33 [00:55<02:46,  6.66s/it]print_dice: 0.45016199350357056
     ,  print_iou: 0.29045745730400085
1186 print_dice: 0.48774972558021545,  print_iou: 0.32253241539001465
1187 Epoch 19/499:  30%|██       | 10/33 [01:09<02:31,  6.58s/it]print_dice: 0.5379812121391296
     ,  print_iou: 0.3679714798927307
1188 Epoch 19/499:  33%|██▌      | 11/33 [01:15<02:24,  6.58s/it]print_dice: 0.5015652775764465
     ,  print_iou: 0.33472615480422974
1189 print_dice: 0.5012404322624207,  print_iou: 0.33443683385849
1190 Epoch 19/499:  39%|███▌     | 13/33 [01:28<02:11,  6.59s/it]print_dice: 0.4454263746738434
     ,  print_iou: 0.2865264117717743
1191 Epoch 19/499:  42%|███▌     | 14/33 [01:35<02:04,  6.54s/it]print_dice: 0.4755314886569977
     ,  print_iou: 0.31193265318870544
1192 print_dice: 0.48137834668159485,  print_iou: 0.31698372960090637
1193 Epoch 19/499:  48%|████▌    | 16/33 [01:48<01:50,  6.51s/it]print_dice: 0.4934789836406708
     ,  print_iou: 0.32756197452545166
1194 print_dice: 0.4024967551231384,  print_iou: 0.2519536316394806
1195 Epoch 19/499:  55%|█████    | 18/33 [02:01<01:37,  6.50s/it]print_dice: 0.5117130279541016
     ,  print_iou: 0.34382686018943787
1196 Epoch 19/499:  58%|█████▌   | 19/33 [02:07<01:31,  6.56s/it]print_dice: 0.47970250248908997
     ,  print_iou: 0.31553199887275696
1197 Epoch 19/499:  61%|██████   | 20/33 [02:14<01:25,  6.56s/it]print_dice: 0.42057138681411743
     ,  print_iou: 0.26628074049949646
1198 print_dice: 0.4044794738292694,  print_iou: 0.25350940227508545
1199 Epoch 19/499:  67%|██████▌  | 22/33 [02:27<01:11,  6.54s/it]print_dice: 0.5192469358444214
     ,  print_iou: 0.35066407918930054
1200 Epoch 19/499:  70%|███████  | 23/33 [02:33<01:05,  6.52s/it]print_dice: 0.5245252251625061
     ,  print_iou: 0.3554958999156952
1201 Epoch 19/499:  73%|███████▌ | 24/33 [02:40<00:59,  6.59s/it]print_dice: 0.4931070841789246
     ,  print_iou: 0.3272903561592102
1202 Epoch 19/499:  76%|███████▌ | 25/33 [02:47<00:52,  6.57s/it]print_dice: 0.4755704700946808
     ,  print_iou: 0.3119661808013916
1203 print_dice: 0.5335826873779297,  print_iou: 0.36386823654174805
1204 Epoch 19/499:  82%|████████ | 27/33 [03:03<00:42,  7.15s/it]print_dice: 0.6063650846481323
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1204 ,   print_iou: 0.43509605526924133
1205 print_dice: 0.4824148714542389,   print_iou: 0.3178832232952118
1206 Epoch 19/499: 88%|████████▊ | 29/33 [03:16<00:27, 6.86s/it]print_dice: 0.49196723103523254
      ,   print_iou: 0.32623112201690674
1207 Epoch 19/499: 91%|█████████ | 30/33 [03:22<00:20, 6.73s/it]print_dice: 0.519878089427948
      ,   print_iou: 0.35124003887176514
1208 Epoch 19/499: 94%|█████████▍ | 31/33 [03:29<00:13, 6.67s/it]print_dice: 0.5374085307121277
      ,   print_iou: 0.36743584275245667
1209 print_dice: 0.5189648270606995,   print_iou: 0.35040682554244995
1210 Epoch 19/499: 100%|██████████| 33/33 [03:42<00:00, 6.59s/it]print_dice: 0.5213260054588318
      ,   print_iou: 0.35256317257881165
1211   [32/33] eta: 0:00:06   time: 6.6726 data: 0.0007
1212 Epoch 19/499: 100%|██████████| 33/33 [03:42<00:00, 6.75s/it]
1213 Total time: 0:03:42 (6.7463 s / it)
1214 Averaged stats: training_loss: -88.3256 (-88.3256) loss_mask: -88.3922 (-88.3922)
      loss_dice: 0.0666 (0.0666)
1215   0%| | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8370097639272
1216 Validating...
1217 Valid_dataloader len: 12
1218 print_dice: 0.5254685282707214, print_iou: 0.3563630282878876
1219 [0/12] eta: 0:01:35   time: 7.9326 data: 3.9247
1220 17%|██ | 2/12 [00:12<00:57, 5.73s/it]print_dice: 0.5424010753631592, print_iou: 0.
      37211957573890686
1221 print_dice: 0.5123462080955505, print_iou: 0.3443988263607025
1222 33%|███ | 4/12 [00:21<00:39, 4.91s/it]print_dice: 0.5034487843513489, print_iou: 0.
      33640599250793457
1223 42%|████ | 5/12 [00:25<00:33, 4.76s/it]print_dice: 0.5417402982711792, print_iou: 0.
      37149783968925476
1224 print_dice: 0.4849940538406372, print_iou: 0.32012683153152466
1225 58%|█████ | 7/12 [00:34<00:22, 4.60s/it]print_dice: 0.42813223600387573,   print_iou: 0
      .27237167954444885
1226 print_dice: 0.5274656414985657, print_iou: 0.35820257663726807
1227 75%|███████ | 9/12 [00:43<00:13, 4.48s/it]print_dice: 0.5282052755355835, print_iou: 0.
      35888516902923584
1228 print_dice: 0.5392640829086304, print_iou: 0.3691728711128235
1229 92%|█████████▏| 11/12 [00:51<00:04, 4.38s/it]print_dice: 0.5842078328132629, print_iou: 0
      .41263675689697266
1230 print_dice: 0.5406453013420105, print_iou: 0.37046873569488525
1231 [11/12] eta: 0:00:04   time: 4.6681 data: 0.3273
1232 100%|██████████| 12/12 [00:56<00:00, 4.70s/it]
1233 Total time: 0:00:56 (4.7024 s / it)
1234 ============================
1235 Averaged stats:
1236 Epoch 20/499:   0%| | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
1237 epoch: 20   learning rate: 1e-07
1238 print_dice: 0.5016753673553467,   print_iou: 0.33482423424720764
1239 Epoch 20/499:   3%|▎ | 1/33 [00:10<05:37, 10.55s/it] [0/33] eta: 0:05:48   time
      : 10.5557 data: 3.9855
1240 Epoch 20/499:   6%|▌ | 2/33 [00:16<04:09, 8.04s/it]print_dice: 0.538725733757019
      ,   print_iou: 0.36866843700408936
1241 Epoch 20/499:   9%|▉ | 3/33 [00:23<03:39, 7.30s/it]print_dice: 0.4824346601963043
      ,   print_iou: 0.3179004192352295
1242 Epoch 20/499: 12%|█▏ | 4/33 [00:29<03:23, 7.03s/it]print_dice: 0.5203952789306641
      ,   print_iou: 0.3517123758792877
1243 Epoch 20/499: 15%|█▌ | 5/33 [00:36<03:11, 6.83s/it]print_dice: 0.5224609375,
      print_iou: 0.3536021113395691
1244 print_dice: 0.5173742771148682,   print_iou: 0.3489581048488617
1245 Epoch 20/499: 21%|██ | 7/33 [00:49<02:52, 6.64s/it]print_dice: 0.6124139428138733
      ,   print_iou: 0.44135206937789917
1246 print_dice: 0.5412295460700989,   print_iou: 0.3710176348686218
1247 Epoch 20/499: 27%|██▋ | 9/33 [01:02<02:37, 6.54s/it]print_dice: 0.43300899863243103
      ,   print_iou: 0.27633151412010193
1248 Epoch 20/499: 30%|███ | 10/33 [01:08<02:30, 6.53s/it]print_dice: 0.516951858997345
      ,   print_iou: 0.3485739231109619
1249 Epoch 20/499: 33%|███▎ | 11/33 [01:15<02:23, 6.53s/it]print_dice: 0.42851921916007996
      ,   print_iou: 0.2726849913597107
1250 Epoch 20/499: 36%|███▌ | 12/33 [01:21<02:16, 6.51s/it]print_dice: 0.5665945410728455
      ,   print_iou: 0.39527860283851624
1251 print_dice: 0.5193346738815308,   print_iou: 0.3507441282272339

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1252 Epoch 20/499:  42%|██▌        | 14/33 [01:34<02:03,  6.49s/it]print_dice: 0.5236940979957581
     ,   print_iou: 0.35473278164863586
1253 print_dice: 0.5870524644851685,   print_iou: 0.41548070311546326
1254 Epoch 20/499:  48%|███▋       | 16/33 [01:47<01:50,  6.50s/it]print_dice: 0.4579666554927826
     ,   print_iou: 0.2969888150691986
1255 print_dice: 0.49334681034088135,   print_iou: 0.32744550704956055
1256 Epoch 20/499:  55%|████▏      | 18/33 [02:00<01:37,  6.52s/it]print_dice: 0.5140579342842102
     ,   print_iou: 0.3459475040435791
1257 Epoch 20/499:  58%|████▌      | 19/33 [02:07<01:31,  6.52s/it]print_dice: 0.4691718816757202
     ,   print_iou: 0.3064824044704437
1258 print_dice: 0.5146676898002625,   print_iou: 0.3465000092983246
1259 Epoch 20/499:  64%|████▉      | 21/33 [02:20<01:18,  6.52s/it]print_dice: 0.5332034826278687
     ,   print_iou: 0.3635156452655792
1260 Epoch 20/499:  67%|█████▏     | 22/33 [02:26<01:12,  6.55s/it]print_dice: 0.49181920289993286
     ,   print_iou: 0.3261009454727173
1261 print_dice: 0.49056822061538696,   print_iou: 0.32500189542770386
1262 Epoch 20/499:  73%|█████▋     | 24/33 [02:40<00:58,  6.54s/it]print_dice: 0.5062755942344666
     ,   print_iou: 0.33893507719039917
1263 print_dice: 0.44635653495788574,   print_iou: 0.2872966229915619
1264 Epoch 20/499:  79%|██████▏    | 26/33 [02:52<00:45,  6.49s/it]print_dice: 0.48158296942710876
     ,   print_iou: 0.3171612024307251
1265 print_dice: 0.5414494276046753,   print_iou: 0.3712242841720581
1266 Epoch 20/499:  85%|██████▌    | 28/33 [03:05<00:32,  6.49s/it]print_dice: 0.5372419357299805
     ,   print_iou: 0.36728012561798096
1267 Epoch 20/499:  88%|██████▊    | 29/33 [03:12<00:25,  6.47s/it]print_dice: 0.4261060953140259
     ,   print_iou: 0.27073368430137634
1268 Epoch 20/499:  91%|███████    | 30/33 [03:18<00:19,  6.53s/it]print_dice: 0.47496750950813293
     ,   print_iou: 0.31144747138023376
1269 print_dice: 0.44475632905960083,   print_iou: 0.28597211837768555
1270 Epoch 20/499:  97%|███████▊   | 32/33 [03:32<00:06,  6.60s/it]print_dice: 0.5467835068702698
     ,   print_iou: 0.37625744938850403
1271 Epoch 20/499: 100%|███████████| 33/33 [03:38<00:00,  6.56s/it]print_dice: 0.5367019772529602
     ,   print_iou: 0.36677560210227966
1272   [32/33]  eta: 0:00:06   time: 6.5244  data: 0.0004
1273 Epoch 20/499: 100%|███████████| 33/33 [03:39<00:00,  6.64s/it]
1274  Total time: 0:03:39 (6.6397 s / it)
1275 Averaged stats: training_loss: 0.1393 (0.1393)  loss_mask: -0.1127 (-0.1127)  loss_dice: 0.
     2520 (0.2520)
1276 Net parameter norm: 1054.8370943401242
1277 Validating...
1278 Valid_dataloader len: 12
1279   8%|█          | 1/12 [00:08<01:28,  8.03s/it]print_dice: 0.5159639120101929,   print_iou: 0.
     3476761281490326
1280  [ 0/12]  eta: 0:01:36   time: 8.0314  data: 3.9452
1281  17%|██         | 2/12 [00:12<00:57,  5.79s/it]print_dice: 0.5479439496994019,   print_iou: 0.
     37735727429389954
1282  25%|██▊        | 3/12 [00:16<00:46,  5.11s/it]print_dice: 0.5030350685119629,   print_iou: 0.
     3360366225242615
1283  33%|███▋       | 4/12 [00:21<00:38,  4.85s/it]print_dice: 0.4851953089237213,   print_iou: 0.
     32030221819877625
1284 print_dice: 0.5369754433631897,  print_iou: 0.367031067609787
1285  50%|█████      | 6/12 [00:29<00:27,  4.64s/it]print_dice: 0.47682827711105347,   print_iou: 0
     .3130495846271515
1286  58%|██████▌    | 7/12 [00:34<00:22,  4.59s/it]print_dice: 0.4259844422340393,   print_iou: 0.
     2706354856491089
1287 print_dice: 0.5212118029594421,  print_iou: 0.3524587154388428
1288  75%|███████▌   | 9/12 [00:43<00:13,  4.54s/it]print_dice: 0.5234650373458862,   print_iou: 0.
     35452261567115784
1289  83%|████████▌  | 10/12 [00:47<00:08,  4.46s/it]print_dice: 0.5283936262130737,   print_iou: 0
     .35905906558036804
1290  92%|█████████▌ | 11/12 [00:52<00:04,  4.42s/it]print_dice: 0.5846033692359924,   print_iou: 0
     .4130314588546753
1291 100%|███████████| 12/12 [00:56<00:00,  4.39s/it]print_dice: 0.5459539890289307,   print_iou: 0
     .3754723072052002
1292  [11/12]  eta: 0:00:04   time: 4.6960  data: 0.3291
1293 100%|███████████| 12/12 [00:56<00:00,  4.73s/it]
1294  Total time: 0:00:56 (4.7318 s / it)
1295 =============================
1296 Averaged stats:
```

```
1297 Epoch 21/499:   0%|            | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
1298 epoch:    21   learning rate:   1e-07
1299 print_dice: 0.500569760799408,   print_iou: 0.333840012550354
1300   [ 0/33]  eta: 0:05:51   time: 10.6415  data: 4.0657
1301 Epoch 21/499:   6%|▌           | 2/33 [00:16<04:09,  8.03s/it]print_dice: 0.5368393063545227
     ,   print_iou: 0.3669038414955139
1302 Epoch 21/499:   9%|█          | 3/33 [00:23<03:40,  7.36s/it]print_dice: 0.4285512864589691
     ,   print_iou: 0.27271097898483276
1303 print_dice: 0.547080397605896,   print_iou: 0.3765386641025543
1304 Epoch 21/499:  15%|█▌          | 5/33 [00:36<03:12,  6.88s/it]print_dice: 0.5654063820838928
     ,   print_iou: 0.39412301778793335
1305 Epoch 21/499:  18%|██          | 6/33 [00:43<03:02,  6.77s/it]print_dice: 0.5315195918083191
     ,   print_iou: 0.36195212602615356
1306 print_dice: 0.48391830921173096,   print_iou: 0.3191901445388794
1307 Epoch 21/499:  24%|██▌         | 8/33 [00:56<02:46,  6.67s/it]print_dice: 0.5134235620498657
     ,   print_iou: 0.34537312388420105
1308 Epoch 21/499:  27%|██▋         | 9/33 [01:02<02:39,  6.66s/it]print_dice: 0.5189636945724487
     ,   print_iou: 0.3504057824611664
1309 Epoch 21/499:  30%|███         | 10/33 [01:09<02:32,  6.63s/it]print_dice: 0.5333359837532043
     ,   print_iou: 0.36363884806632996
1310 Epoch 21/499:  33%|███▎        | 11/33 [01:16<02:26,  6.65s/it]print_dice: 0.5108906626701355
     ,   print_iou: 0.34308475255966187
1311 Epoch 21/499:  36%|███▌        | 12/33 [01:22<02:18,  6.59s/it]print_dice: 0.5146655440330505
     ,   print_iou: 0.3464980721473694
1312 Epoch 21/499:  39%|███▊        | 13/33 [01:29<02:11,  6.55s/it]print_dice: 0.48569512367248535
     ,   print_iou: 0.3207380175590515
1313 Epoch 21/499:  42%|████▏       | 14/33 [01:35<02:03,  6.52s/it]print_dice: 0.536473274230957
     ,   print_iou: 0.36656200885772705
1314 Epoch 21/499:  45%|████▌       | 15/33 [01:42<01:57,  6.54s/it]print_dice: 0.6109785437583923
     ,   print_iou: 0.43986254930496216
1315 Epoch 21/499:  48%|████▊       | 16/33 [01:48<01:50,  6.49s/it]print_dice: 0.42498865723609924
     ,   print_iou: 0.26983213424682617
1316 print_dice: 0.5122142434120178,   print_iou: 0.34427958726882935
1317 Epoch 21/499:  55%|█████▌      | 18/33 [02:01<01:38,  6.54s/it]print_dice: 0.43729913234710693
     ,   print_iou: 0.27983546257019043
1318 print_dice: 0.464114785194397,   print_iou: 0.3021806478500366
1319 Epoch 21/499:  61%|██████      | 20/33 [02:14<01:24,  6.50s/it]print_dice: 0.49652090668678284
     ,   print_iou: 0.3302479386329651
1320 Epoch 21/499:  64%|██████▍     | 21/33 [02:21<01:18,  6.52s/it]print_dice: 0.4908156991004944
     ,   print_iou: 0.32521921396255493
1321 print_dice: 0.5346221923828125,   print_iou: 0.3648357689380646
1322 Epoch 21/499:  70%|███████     | 23/33 [02:34<01:05,  6.54s/it]print_dice: 0.5188230872154236
     ,   print_iou: 0.3502776026725769
1323 Epoch 21/499:  73%|███████▎    | 24/33 [02:40<00:58,  6.51s/it]print_dice: 0.42341217398643494
     ,   print_iou: 0.268562376499176
1324 print_dice: 0.4754367172718048,   print_iou: 0.3118510842323303
1325 Epoch 21/499:  79%|███████▊    | 26/33 [02:53<00:45,  6.49s/it]print_dice: 0.5122144222259521
     ,   print_iou: 0.3442797362804413
1326 Epoch 21/499:  82%|████████▏   | 27/33 [03:00<00:39,  6.51s/it]print_dice: 0.5420693755149841
     ,   print_iou: 0.37180739641189575
1327 print_dice: 0.4504459798336029,   print_iou: 0.2906939685344696
1328 Epoch 21/499:  88%|████████▊   | 29/33 [03:13<00:26,  6.52s/it]print_dice: 0.5192822813987732
     ,   print_iou: 0.350696325302124
1329 Epoch 21/499:  91%|█████████   | 30/33 [03:19<00:19,  6.51s/it]print_dice: 0.4821402132511139
     ,   print_iou: 0.31764474511146545
1330 Epoch 21/499:  94%|█████████▍  | 31/33 [03:26<00:13,  6.53s/it]print_dice: 0.5866696834564209
     ,   print_iou: 0.4150973856449127
1331 Epoch 21/499:  97%|█████████▋  | 32/33 [03:32<00:06,  6.47s/it]print_dice: 0.5052226185798645
     ,   print_iou: 0.337991863489151
1332 Epoch 21/499: 100%|██████████| 33/33 [03:39<00:00,  6.47s/it]print_dice: 0.4575539529323578
     ,   print_iou: 0.2966417968273163
1333   [32/33]  eta: 0:00:06   time: 6.5036  data: 0.0005
1334 Epoch 21/499: 100%|██████████| 33/33 [03:39<00:00,  6.65s/it]
1335  Total time: 0:03:39 (6.6524 s / it)
1336 Averaged stats: training_loss: 25.2996 (25.2996)  loss_mask: 25.0168 (25.0168)  loss_dice: 0
     .2828 (0.2828)
1337   0%|           | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.837145004305
1338 Validating...
1339 Valid_dataloader len: 12
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1340    8%|█              | 1/12 [00:07<01:25,  7.81s/it]print_dice: 0.515644967559998,  print_iou: 0.
       34738656878471375
1341    [ 0/12] eta: 0:01:33    time: 7.8071   data: 3.8613
1342 print_dice: 0.5476295948028564,  print_iou: 0.3770591914653778
1343   25%|██             | 3/12 [00:16<00:46,  5.13s/it]print_dice: 0.5034244656562805,  print_iou: 0.
       33638426661491394
1344 print_dice: 0.4883737564086914,  print_iou: 0.3230783939361572
1345   42%|██████         | 5/12 [00:25<00:33,  4.74s/it]print_dice: 0.5391903519630432,  print_iou: 0.
       3691037893295288
1346   50%|███████        | 6/12 [00:29<00:27,  4.64s/it]print_dice: 0.4798785448074341,  print_iou: 0.
       31568434834480286
1347   58%|████████       | 7/12 [00:34<00:23,  4.61s/it]print_dice: 0.42305073142051697,  print_iou: 0
       .26827162504196167
1348   67%|██████████     | 8/12 [00:38<00:18,  4.54s/it]print_dice: 0.522274374961853,  print_iou: 0.
       35343122482299805
1349 print_dice: 0.5114038586616516,  print_iou: 0.3435477614402771
1350   83%|████████████   | 10/12 [00:47<00:08,  4.47s/it]print_dice: 0.5293786525726318,  print_iou: 0
       .3599694073200226
1351 print_dice: 0.5850437879562378,  print_iou: 0.4134713113307953
1352  100%|███████████████| 12/12 [00:56<00:00,  4.34s/it]print_dice: 0.5501204133033752,  print_iou: 0
       .37942489981651306
1353    [11/12] eta: 0:00:04    time: 4.6786   data: 0.3220
1354  Total time: 0:00:56 (4.7151 s / it)
1355 =============================
1356 Averaged stats:
1357  100%|███████████████| 12/12 [00:56<00:00,  4.72s/it]
1358 Epoch 22/499:    0%|               | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
1359 epoch:    22    learning rate:    1e-07
1360 Epoch 22/499:    3%|▊              | 1/33 [00:10<05:27, 10.24s/it]print_dice: 0.5370436310768127
       ,   print_iou: 0.3670947551727295
1361   [ 0/33] eta: 0:05:37    time: 10.2406   data: 3.9357
1362 Epoch 22/499:    6%|█              | 2/33 [00:16<04:05,  7.93s/it]print_dice: 0.4748423099517822
       ,   print_iou: 0.3113398253917694
1363 print_dice: 0.5196258425712585,   print_iou: 0.3510098159313202
1364 Epoch 22/499:   12%|██             | 4/33 [00:29<03:21,  6.94s/it]print_dice: 0.5001806020736694
       ,   print_iou: 0.3334938883781433
1365 Epoch 22/499:   15%|██             | 5/33 [00:35<03:08,  6.75s/it]print_dice: 0.5134820342063904
       ,   print_iou: 0.345426082611084
1366 Epoch 22/499:   18%|███            | 6/33 [00:42<03:01,  6.73s/it]print_dice: 0.42511889338493347
       ,   print_iou: 0.269937127828598
1367 Epoch 22/499:   21%|███            | 7/33 [00:49<02:53,  6.66s/it]print_dice: 0.5669825673103333
       ,   print_iou: 0.3956564664840698
1368 Epoch 22/499:   24%|███            | 8/33 [00:55<02:45,  6.64s/it]print_dice: 0.48726457357406616
       ,   print_iou: 0.3221082389354706
1369 print_dice: 0.45750921964645386,   print_iou: 0.296604186296463
1370 Epoch 22/499:   30%|████           | 10/33 [01:08<02:31,  6.57s/it]print_dice: 0.44709280133247375
       ,   print_iou: 0.2879069447517395
1371 Epoch 22/499:   33%|████           | 11/33 [01:15<02:24,  6.56s/it]print_dice: 0.5144720077514648
       ,   print_iou: 0.3463226854801178
1372 print_dice: 0.49017441272735596,   print_iou: 0.32465630769729614
1373 Epoch 22/499:   39%|█████          | 13/33 [01:28<02:10,  6.53s/it]print_dice: 0.44605883955955505
       ,   print_iou: 0.2870500385761261
1374 Epoch 22/499:   42%|██████         | 14/33 [01:34<02:03,  6.52s/it]print_dice: 0.4834086298942566
       ,   print_iou: 0.31874677538871765
1375 Epoch 22/499:   45%|██████         | 15/33 [01:41<01:57,  6.54s/it]print_dice: 0.5382859706878662
       ,   print_iou: 0.36825665831565857
1376 Epoch 22/499:   48%|███████        | 16/33 [01:47<01:51,  6.56s/it]print_dice: 0.5080974102020264
       ,   print_iou: 0.3405700922012329
1377 Epoch 22/499:   52%|███████        | 17/33 [01:54<01:44,  6.54s/it]print_dice: 0.5441905856132507
       ,   print_iou: 0.3738061785697937
1378 Epoch 22/499:   55%|████████       | 18/33 [02:00<01:38,  6.54s/it]print_dice: 0.5411704778671265
       ,   print_iou: 0.37096211314201355
1379 print_dice: 0.5356800556182861,   print_iou: 0.3658217489719391
1380 Epoch 22/499:   61%|████████       | 20/33 [02:14<01:25,  6.56s/it]print_dice: 0.429317831993103
       ,   print_iou: 0.2733320891857147
1381 print_dice: 0.47113174200057983,   print_iou: 0.30815717577934265
1382 Epoch 22/499:   67%|██████████     | 22/33 [02:27<01:12,  6.60s/it]print_dice: 0.6128340363502502
       ,   print_iou: 0.44178852438926697
1383 Epoch 22/499:   70%|██████████     | 23/33 [02:33<01:05,  6.55s/it]print_dice: 0.5153830647468567
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1383 ,    print_iou: 0.3471488654613495
1384 print_dice: 0.5192511081695557,   print_iou: 0.35066792368888855
1385 Epoch 22/499:  76%|███████     | 25/33 [02:46<00:52,  6.53s/it]print_dice: 0.49851399660110474
     ,    print_iou: 0.3320137262343604
1386 Epoch 22/499:  79%|███████▊    | 26/33 [02:53<00:45,  6.51s/it]print_dice: 0.5372586250305176
     ,    print_iou: 0.36729568243026733
1387 Epoch 22/499:  82%|████████▏   | 27/33 [02:59<00:39,  6.52s/it]print_dice: 0.5515326261520386
     ,    print_iou: 0.3807697892189026
1388 Epoch 22/499:  85%|████████▌   | 28/33 [03:06<00:32,  6.54s/it]print_dice: 0.5221739411354065
     ,    print_iou: 0.3533392548561096
1389 print_dice: 0.4835827946662903,   print_iou: 0.3188982605934143
1390 Epoch 22/499:  91%|█████████   | 30/33 [03:19<00:19,  6.53s/it]print_dice: 0.5205389857292175
     ,    print_iou: 0.351836551094055
1391 Epoch 22/499:  94%|█████████▍  | 31/33 [03:25<00:12,  6.48s/it]print_dice: 0.4302549660205841
     ,    print_iou: 0.27409225702285767
1392 Epoch 22/499:  97%|█████████▋  | 32/33 [03:32<00:06,  6.42s/it]print_dice: 0.5225456953048706
     ,    print_iou: 0.3536797761917114
1393 Epoch 22/499: 100%|██████████  | 33/33 [03:38<00:00,  6.42s/it]print_dice: 0.5903261303901672
     ,    print_iou: 0.41876789927482605
1394   [32/33]  eta: 0:00:06   time: 6.5132  data: 0.0004
1395 Epoch 22/499: 100%|██████████  | 33/33 [03:38<00:00,  6.63s/it]
1396  Total time: 0:03:38 (6.6319 s / it)
1397 Averaged stats: training_loss: -184.7600 (-184.7600)  loss_mask: -184.6879 (-184.6879)
     loss_dice: -0.0721 (-0.0721)
1398   0%|         | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8372119185515
1399 Validating...
1400 Valid_dataloader len: 12
1401 print_dice: 0.5071524977684021,  print_iou: 0.33972156047821045
1402   [ 0/12]  eta: 0:01:38   time: 8.1866  data: 3.8467
1403  17%|██       | 2/12 [00:12<00:58,  5.86s/it]print_dice: 0.5483118295669556,  print_iou: 0.
     3777063190937042
1404  25%|███      | 3/12 [00:16<00:46,  5.15s/it]print_dice: 0.5064250826835632,  print_iou: 0.
     33906906843185425
1405  33%|███▎     | 4/12 [00:21<00:39,  4.92s/it]print_dice: 0.5026189684867859,  print_iou: 0.
     33566537499427795
1406 print_dice: 0.548365592956543,  print_iou: 0.37775737047195435
1407  50%|█████    | 6/12 [00:30<00:28,  4.70s/it]print_dice: 0.4826408922672272,  print_iou: 0.
     31807953119277954
1408  58%|█████▊   | 7/12 [00:34<00:23,  4.62s/it]print_dice: 0.42560291290283203,  print_iou: 0
     .27032753825187683
1409  67%|██████▋  | 8/12 [00:39<00:18,  4.67s/it]print_dice: 0.5209168791770935,  print_iou: 0.
     3521890342235565
1410  75%|███████▌ | 9/12 [00:44<00:14,  4.77s/it]print_dice: 0.5257314443588257,  print_iou: 0.
     3566049337387085
1411 print_dice: 0.5373884439468384,  print_iou: 0.3674170672893524
1412  92%|█████████▏| 11/12 [00:53<00:04,  4.59s/it]print_dice: 0.5815235376358032,  print_iou: 0
     .409963458776474
1413 100%|██████████| 12/12 [00:57<00:00,  4.48s/it]print_dice: 0.552277147769928,  print_iou: 0.
     3814798593521118
1414   [11/12]  eta: 0:00:04   time: 4.8067  data: 0.3208
1415 100%|██████████| 12/12 [00:58<00:00,  4.85s/it]
1416  Total time: 0:00:58 (4.8521 s / it)
1417 ============================
1418 Averaged stats:
1419 Epoch 23/499:   0%|         | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
1420 epoch:   23   learning rate:  1e-07
1421 Epoch 23/499:   3%|▏        | 1/33 [00:11<06:01, 11.28s/it]print_dice: 0.5368719696998596
     ,    print_iou: 0.3669343590736389
1422   [ 0/33]  eta: 0:06:12   time: 11.2852  data: 4.7718
1423 Epoch 23/499:   6%|▌        | 2/33 [00:17<04:16,  8.28s/it]print_dice: 0.4885382354259491
     ,    print_iou: 0.3232223689556122
1424 Epoch 23/499:   9%|▉        | 3/33 [00:24<03:44,  7.49s/it]print_dice: 0.4887565076351166
     ,    print_iou: 0.3234134614467621
1425 Epoch 23/499:  12%|█▏       | 4/33 [00:30<03:26,  7.11s/it]print_dice: 0.5464288592338562
     ,    print_iou: 0.3759216368198395
1426 Epoch 23/499:  15%|█▌       | 5/33 [00:37<03:13,  6.91s/it]print_dice: 0.6120565533638,
     print_iou: 0.4409809112548828
1427 print_dice: 0.5170366168022156,   print_iou: 0.3486509621143341
1428 Epoch 23/499:  21%|██       | 7/33 [00:50<02:53,  6.68s/it]print_dice: 0.4972167909145355
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1428 ,    print_iou: 0.33086395263671875
1429 Epoch 23/499:  24%|██▌        | 8/33 [00:56<02:45,  6.62s/it]print_dice: 0.5050821900367737
     ,    print_iou: 0.3378662168979645
1430 print_dice: 0.47526127099990845,   print_iou: 0.31170013546943665
1431 Epoch 23/499:  30%|███        | 10/33 [01:09<02:30,  6.56s/it]print_dice: 0.4273512065410614
     ,    print_iou: 0.27173975110054016
1432 Epoch 23/499:  33%|███▎       | 11/33 [01:16<02:23,  6.54s/it]print_dice: 0.4820249378681183
     ,    print_iou: 0.31754469871520996
1433 print_dice: 0.5127474069595337,   print_iou: 0.3447614908218384
1434 Epoch 23/499:  39%|███▉       | 13/33 [01:29<02:11,  6.57s/it]print_dice: 0.512492835521698
     ,    print_iou: 0.3445313572883606
1435 Epoch 23/499:  42%|████▏      | 14/33 [01:35<02:04,  6.54s/it]print_dice: 0.5390976667404175
     ,    print_iou: 0.3690169155597687
1436 Epoch 23/499:  45%|████▌      | 15/33 [01:42<01:57,  6.54s/it]print_dice: 0.46728184819221497
     ,    print_iou: 0.3048713505268097
1437 Epoch 23/499:  48%|████▊      | 16/33 [01:48<01:50,  6.50s/it]print_dice: 0.5628002882003784
     ,    print_iou: 0.3915950655937195
1438 Epoch 23/499:  52%|█████▏     | 17/33 [01:55<01:44,  6.52s/it]print_dice: 0.5198015570640564
     ,    print_iou: 0.351170152425766
1439 print_dice: 0.5444515347480774,   print_iou: 0.3740524649620056
1440 Epoch 23/499:  58%|█████▊     | 19/33 [02:08<01:31,  6.54s/it]print_dice: 0.5131091475486755
     ,    print_iou: 0.3450886309146881
1441 Epoch 23/499:  61%|██████     | 20/33 [02:15<01:25,  6.56s/it]print_dice: 0.5077135562896729
     ,    print_iou: 0.3402252495288849
1442 Epoch 23/499:  64%|██████▍    | 21/33 [02:21<01:18,  6.54s/it]print_dice: 0.4226321280002594
     ,    print_iou: 0.26793503761291504
1443 print_dice: 0.421306252479532,   print_iou: 0.2668701708316803
1444 Epoch 23/499:  70%|███████    | 23/33 [02:34<01:05,  6.54s/it]print_dice: 0.4439311623573303
     ,    print_iou: 0.2852901816368103
1445 print_dice: 0.5852805972099304,   print_iou: 0.4137078821659088
1446 Epoch 23/499:  76%|███████▌   | 25/33 [02:47<00:52,  6.56s/it]print_dice: 0.5325274467468262
     ,    print_iou: 0.36288750171661377
1447 Epoch 23/499:  79%|███████▉   | 26/33 [02:54<00:45,  6.51s/it]print_dice: 0.4788375496864319
     ,    print_iou: 0.3147839605808258
1448 print_dice: 0.4947024881839752,   print_iou: 0.32864099740982056
1449 Epoch 23/499:  85%|████████▌  | 28/33 [03:07<00:32,  6.49s/it]print_dice: 0.44876828789711
     ,    print_iou: 0.28929802775382996
1450 Epoch 23/499:  88%|████████▊  | 29/33 [03:13<00:26,  6.51s/it]print_dice: 0.5358105301856995
     ,    print_iou: 0.36594343185424805
1451 Epoch 23/499:  91%|█████████▏ | 30/33 [03:20<00:19,  6.51s/it]print_dice: 0.5190891623497009
     ,    print_iou: 0.35052019357681274
1452 print_dice: 0.4562447965145111,   print_iou: 0.2955421805381775
1453 Epoch 23/499:  97%|█████████▋| 32/33 [03:33<00:06,  6.50s/it]print_dice: 0.5178400874137878
     ,    print_iou: 0.34938207268714905
1454 Epoch 23/499: 100%|██████████| 33/33 [03:39<00:00,  6.53s/it]print_dice: 0.5354333519935608
     ,    print_iou: 0.3655916750431061
1455  [32/33]  eta: 0:00:06   time: 6.5244  data: 0.0003
1456 Epoch 23/499: 100%|██████████| 33/33 [03:40<00:00,  6.67s/it]
1457  Total time: 0:03:40 (6.6736 s / it)
1458 Averaged stats: training_loss: -30.4653 (-30.4653)  loss_mask: -30.6599 (-30.6599)
     loss_dice: 0.1947 (0.1947)
1459   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8372965115122
1460 Validating...
1461 Valid_dataloader len: 12
1462 print_dice: 0.5133967399597168,  print_iou: 0.34534886479377747
1463  [ 0/12]  eta: 0:01:37   time: 8.1382  data: 3.9900
1464  17%|██        | 2/12 [00:12<00:58,  5.86s/it]print_dice: 0.5468576550483704,  print_iou: 0.
     37632766366004944
1465  25%|██▌       | 3/12 [00:16<00:47,  5.23s/it]print_dice: 0.4739287495613098,  print_iou: 0.
     3105548024177551
1466  33%|███▎      | 4/12 [00:21<00:39,  4.93s/it]print_dice: 0.47070538997650146,  print_iou: 0
     .3077924847602844
1467 print_dice: 0.5337572693824768,  print_iou: 0.364030659198761
1468  50%|█████     | 6/12 [00:30<00:27,  4.62s/it]print_dice: 0.4783976674079895,  print_iou: 0.
     31440386176109314
1469  58%|█████▊    | 7/12 [00:34<00:22,  4.56s/it]print_dice: 0.4341551959514618,  print_iou: 0.
     2772657871246338
1470  67%|██████▋   | 8/12 [00:38<00:17,  4.48s/it]print_dice: 0.5086424946784973,  print_iou: 0.
     3410601019859314
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1471  75%|███████     | 9/12 [00:43<00:13,  4.48s/it]print_dice: 0.5220937132835388,  print_iou: 0.
      35326579213142395
1472 print_dice: 0.5319778919219971,  print_iou: 0.3623773157596588
1473  92%|█████████ | 11/12 [00:52<00:04,  4.42s/it]print_dice: 0.5685479640960693,  print_iou: 0
      .3971827030181885
1474 100%|██████████| 12/12 [00:56<00:00,  4.40s/it]print_dice: 0.5443443059921265,  print_iou: 0
      .373951256275177
1475  [11/12]  eta: 0:00:04   time: 4.7065  data: 0.3330
1476 100%|██████████| 12/12 [00:56<00:00,  4.74s/it]
1477  Total time: 0:00:56 (4.7423 s / it)
1478 ============================
1479 Averaged stats:
1480 come here save at work_dirs/DrSAM_b
1481 epoch:    24   learning rate:   1e-07
1482 Epoch 24/499:   3%|█         | 1/33 [00:10<05:33, 10.42s/it]print_dice: 0.44301220774650574
      ,  print_iou: 0.2845315933227539
1483  [ 0/33]  eta: 0:05:43   time: 10.4193  data: 4.0439
1484 Epoch 24/499:   6%|█         | 2/33 [00:16<04:08,  8.03s/it]print_dice: 0.5360642075538635
      ,  print_iou: 0.3661801218986511
1485 Epoch 24/499:   9%|██        | 3/33 [00:23<03:39,  7.33s/it]print_dice: 0.5630916357040405
      ,  print_iou: 0.3918772041797638
1486 print_dice: 0.4889295697212219,  print_iou: 0.3235650360584259
1487 Epoch 24/499:  15%|██        | 5/33 [00:36<03:12,  6.88s/it]print_dice: 0.4563933312892914
      ,  print_iou: 0.2956668436527252
1488 Epoch 24/499:  18%|██▏       | 6/33 [00:43<03:03,  6.78s/it]print_dice: 0.5140538215637207
      ,  print_iou: 0.34594377875328064
1489 Epoch 24/499:  21%|██        | 7/33 [00:49<02:54,  6.69s/it]print_dice: 0.5178093910217285
      ,  print_iou: 0.3493541181087494
1490 Epoch 24/499:  24%|██▍       | 8/33 [00:56<02:46,  6.64s/it]print_dice: 0.5849015712738037
      ,  print_iou: 0.41332927346229553
1491 print_dice: 0.5361918807029724,  print_iou: 0.3662993013858795
1492 Epoch 24/499:  30%|███       | 10/33 [01:09<02:30,  6.56s/it]print_dice: 0.5058885216712952
      ,  print_iou: 0.3385882079601288
1493 print_dice: 0.445266455411911,  print_iou: 0.28639405965805054
1494 Epoch 24/499:  36%|███▌      | 12/33 [01:22<02:17,  6.55s/it]print_dice: 0.609515368938446
      ,  print_iou: 0.43834739923477173
1495 print_dice: 0.5309476852416992,  print_iou: 0.36142194271087646
1496 Epoch 24/499:  42%|████▏     | 14/33 [01:35<02:05,  6.60s/it]print_dice: 0.48712411522865295
      ,  print_iou: 0.32198551297187805
1497 print_dice: 0.4637893736362457,  print_iou: 0.3019048273563385
1498 Epoch 24/499:  48%|████▊     | 16/33 [01:48<01:51,  6.57s/it]print_dice: 0.4733752906322479
      ,  print_iou: 0.3100796639919281
1499 print_dice: 0.5177528262138367,  print_iou: 0.34930261969566345
1500 Epoch 24/499:  55%|█████▍    | 18/33 [02:01<01:38,  6.58s/it]print_dice: 0.5322738289833069
      ,  print_iou: 0.3626519739627838
1501 Epoch 24/499:  58%|█████▊    | 19/33 [02:08<01:32,  6.58s/it]print_dice: 0.5447697639465332
      ,  print_iou: 0.37435296177864075
1502 Epoch 24/499:  61%|██████    | 20/33 [02:14<01:25,  6.57s/it]print_dice: 0.4226050078868866
      ,  print_iou: 0.26791325211524963
1503 print_dice: 0.4251662492752075,  print_iou: 0.26997533440589905
1504 Epoch 24/499:  67%|██████▋   | 22/33 [02:27<01:11,  6.54s/it]print_dice: 0.5329564809799194
      ,  print_iou: 0.3632860779762268
1505 Epoch 24/499:  70%|███████   | 23/33 [02:34<01:05,  6.54s/it]print_dice: 0.4793202579021454
      ,  print_iou: 0.3152013123035431
1506 print_dice: 0.4954865276813507,  print_iou: 0.3293333947658539
1507 Epoch 24/499:  76%|███████▌  | 25/33 [02:47<00:52,  6.50s/it]print_dice: 0.513866126537323
      ,  print_iou: 0.3457737863063812
1508 Epoch 24/499:  79%|███████▉  | 26/33 [02:53<00:45,  6.52s/it]print_dice: 0.5423187017440796
      ,  print_iou: 0.3720420002937317
1509 print_dice: 0.5199766755104065,  print_iou: 0.351330041885376
1510 Epoch 24/499:  85%|████████▌ | 28/33 [03:06<00:32,  6.54s/it]print_dice: 0.4251209497451782
      ,  print_iou: 0.26993879675865173
1511 Epoch 24/499:  88%|████████▊ | 29/33 [03:13<00:26,  6.53s/it]print_dice: 0.4813905954360962
      ,  print_iou: 0.316994339227676
1512 Epoch 24/499:  91%|█████████ | 30/33 [03:20<00:19,  6.57s/it]print_dice: 0.5134353041648865
      ,  print_iou: 0.34538373351097107
1513 print_dice: 0.5094636678695679,  print_iou: 0.3417988717556
1514 Epoch 24/499:  97%|█████████▋| 32/33 [03:33<00:06,  6.56s/it]print_dice: 0.5121025443077087
      ,  print_iou: 0.3441786468029022
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1515 Epoch 24/499: 100%|██████████| 33/33 [03:39<00:00,  6.50s/it]print_dice: 0.49821192026138306
     ,   print_iou: 0.3317458331584930
1516  [32/33]  eta: 0:00:06    time: 6.5381  data: 0.0004
1517 Epoch 24/499: 100%|██████████| 33/33 [03:39<00:00,  6.67s/it]
1518  Total time: 0:03:39 (6.6661 s / it)
1519 Averaged stats: training_loss: -80.6328 (-80.6328)  loss_mask: -80.6942 (-80.6942)
     loss_dice: 0.0614 (0.0614)
1520   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8373326780275
1521 Validating...
1522 Valid_dataloader len: 12
1523 print_dice: 0.5149953961372375,  print_iou: 0.3467971980571747
1524  [ 0/12]  eta: 0:01:36    time: 8.0747  data: 3.9557
1525  17%|██        | 2/12 [00:12<00:59,  5.93s/it]print_dice: 0.5466735363006592,  print_iou: 0.
     37615326046943665
1526  25%|██        | 3/12 [00:16<00:47,  5.24s/it]print_dice: 0.4726591408252716,  print_iou: 0.
     3094653785228729
1527 print_dice: 0.4862103760242462,  print_iou: 0.3211875557899475
1528  42%|████      | 5/12 [00:25<00:33,  4.76s/it]print_dice: 0.5400315523147583,  print_iou: 0.
     3698926270008087
1529 print_dice: 0.4804409146308899,  print_iou: 0.316171258687973
1530  58%|█████     | 7/12 [00:34<00:23,  4.62s/it]print_dice: 0.4340488612651825,  print_iou: 0.
     2771790623664856
1531  67%|██████    | 8/12 [00:39<00:18,  4.54s/it]print_dice: 0.5190122723579407,  print_iou: 0.
     3504500687122345
1532 print_dice: 0.5185956954956055,  print_iou: 0.3500703275203705
1533  83%|████████  | 10/12 [00:48<00:08,  4.48s/it]print_dice: 0.5275709629058838,  print_iou: 0
     .35829976201057434
1534  92%|█████████ | 11/12 [00:52<00:04,  4.45s/it]print_dice: 0.5853822231292725,  print_iou: 0
     .41380947828292847
1535 100%|██████████| 12/12 [00:56<00:00,  4.40s/it]print_dice: 0.5461328625679016,  print_iou: 0
     .37564152479171753
1536  [11/12]  eta: 0:00:04    time: 4.7310  data: 0.3301
1537 100%|██████████| 12/12 [00:57<00:00,  4.77s/it]
1538  Total time: 0:00:57 (4.7734 s / it)
1539 ============================
1540 Averaged stats:
1541 Epoch 25/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
1542 epoch:    25   learning rate:   1e-07
1543 Epoch 25/499:   3%|▏         | 1/33 [00:10<05:35, 10.49s/it]print_dice: 0.51283860206604,
     print_iou: 0.34484395384788513
1544  [ 0/33]  eta: 0:05:46    time: 10.4949  data: 4.2130
1545 Epoch 25/499:   6%|▏         | 2/33 [00:16<04:05,  7.92s/it]print_dice: 0.5374825596809387
     ,   print_iou: 0.3675050437450409
1546 Epoch 25/499:   9%|▎         | 3/33 [00:23<03:38,  7.30s/it]print_dice: 0.5397325158119202
     ,   print_iou: 0.36961206793785095
1547 print_dice: 0.6119739413261414,   print_iou: 0.44089511036872864
1548 Epoch 25/499:  15%|█▌        | 5/33 [00:36<03:11,  6.86s/it]print_dice: 0.511680006980896
     ,   print_iou: 0.3437970280647278
1549 Epoch 25/499:  18%|█▊        | 6/33 [00:42<03:02,  6.75s/it]print_dice: 0.4263345003128052
     ,   print_iou: 0.2709181308746338
1550 print_dice: 0.5125312805175781,   print_iou: 0.34456610679626465
1551 Epoch 25/499:  24%|██▍       | 8/33 [00:55<02:44,  6.60s/it]print_dice: 0.5439602732658386
     ,   print_iou: 0.373588889837265
1552 Epoch 25/499:  27%|██▋       | 9/33 [01:02<02:38,  6.59s/it]print_dice: 0.49913543462753296
     ,   print_iou: 0.3325652778148651
1553 Epoch 25/499:  30%|███       | 10/33 [01:08<02:30,  6.54s/it]print_dice: 0.5161464214324951
     ,   print_iou: 0.34784185886383057
1554 Epoch 25/499:  33%|███▎      | 11/33 [01:15<02:23,  6.53s/it]print_dice: 0.45686015486717224
     ,   print_iou: 0.2960588335990906
1555 print_dice: 0.4777873456478119,   print_iou: 0.3138768672943115
1556 Epoch 25/499:  39%|███▉      | 13/33 [01:28<02:10,  6.50s/it]print_dice: 0.4878072440624237
     ,   print_iou: 0.3225827217102051
1557 print_dice: 0.492936372756958,   print_iou: 0.3270839750766754
1558 Epoch 25/499:  45%|████▌     | 15/33 [01:41<01:57,  6.54s/it]print_dice: 0.5195329189300537
     ,   print_iou: 0.3509249985218048
1559 Epoch 25/499:  48%|████▊     | 16/33 [01:47<01:50,  6.52s/it]print_dice: 0.4538630247116089
     ,   print_iou: 0.2935464680194855
1560 Epoch 25/499:  52%|█████▏    | 17/33 [01:54<01:44,  6.56s/it]print_dice: 0.5235503315925598
     ,   print_iou: 0.3546008765697479
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1561 print_dice: 0.4846321940422058,   print_iou: 0.3198115825653076
1562 Epoch 25/499:  58%|██████      | 19/33 [02:07<01:31,  6.53s/it]print_dice: 0.5213906764984131
     ,   print_iou: 0.3526223301887512
1563 print_dice: 0.4491725564002991,   print_iou: 0.2896341383457184
1564 Epoch 25/499:  64%|██████      | 21/33 [02:20<01:18,  6.53s/it]print_dice: 0.48230767250061035
     ,   print_iou: 0.317790150642395
1565 print_dice: 0.5696943402290344,   print_iou: 0.39830249547958374
1566 Epoch 25/499:  70%|███████     | 23/33 [02:33<01:05,  6.58s/it]print_dice: 0.5386951565742493
     ,   print_iou: 0.36863982677459717
1567 Epoch 25/499:  73%|███████     | 24/33 [02:40<00:58,  6.55s/it]print_dice: 0.5894655585289001
     ,   print_iou: 0.41790229082107544
1568 Epoch 25/499:  76%|███████     | 25/33 [02:46<00:52,  6.53s/it]print_dice: 0.42951205372810364
     ,   print_iou: 0.2734895646572113
1569 Epoch 25/499:  79%|███████     | 26/33 [02:53<00:45,  6.50s/it]print_dice: 0.5413923263549805
     ,   print_iou: 0.37117063999176025
1570 Epoch 25/499:  82%|████████    | 27/33 [02:59<00:39,  6.51s/it]print_dice: 0.5508291721343994
     ,   print_iou: 0.3800995349884033
1571 Epoch 25/499:  85%|████████    | 28/33 [03:06<00:32,  6.52s/it]print_dice: 0.5209092497825623
     ,   print_iou: 0.3521820902824402
1572 Epoch 25/499:  88%|████████    | 29/33 [03:12<00:26,  6.54s/it]print_dice: 0.42964649200439453
     ,   print_iou: 0.2735985815525055
1573 Epoch 25/499:  91%|█████████   | 30/33 [03:19<00:19,  6.51s/it]print_dice: 0.5073665976524353
     ,   print_iou: 0.3399136960506439
1574 Epoch 25/499:  94%|█████████   | 31/33 [03:25<00:13,  6.50s/it]print_dice: 0.5368896126747131
     ,   print_iou: 0.3669508695602417
1575 Epoch 25/499:  97%|█████████   | 32/33 [03:32<00:06,  6.47s/it]print_dice: 0.49732452630996704
     ,   print_iou: 0.33095937967300415
1576 Epoch 25/499: 100%|██████████  | 33/33 [03:38<00:00,  6.49s/it]print_dice: 0.4705033004283905
     ,   print_iou: 0.30761969089508057
1577   [32/33]  eta: 0:00:06    time: 6.5205  data: 0.0003
1578 Epoch 25/499: 100%|██████████| 33/33 [03:39<00:00,  6.64s/it]
1579  Total time: 0:03:39 (6.6387 s / it)
1580 Averaged stats: training_loss: -66.1380 (-66.1380)  loss_mask: -66.2789 (-66.2789)
     loss_dice: 0.1409 (0.1409)
1581   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8373765384313
1582 Validating...
1583 Valid_dataloader len: 12
1584   8%|█         | 1/12 [00:07<01:27,  7.98s/it]print_dice: 0.517849862575531,  print_iou: 0.
     3493909537792206
1585  [ 0/12]  eta: 0:01:35    time: 7.9769  data: 3.9279
1586  17%|██        | 2/12 [00:12<00:57,  5.77s/it]print_dice: 0.5486852526664734,  print_iou: 0.
     37806081771850586
1587  25%|███       | 3/12 [00:16<00:45,  5.06s/it]print_dice: 0.5055508017539978,  print_iou: 0.
     3382857143878937
1588  33%|███       | 4/12 [00:20<00:38,  4.83s/it]print_dice: 0.4883258044719696,  print_iou: 0.
     32303640246391296
1589  42%|████      | 5/12 [00:25<00:33,  4.72s/it]print_dice: 0.5484736561775208,  print_iou: 0.
     3778599500656128
1590  50%|█████     | 6/12 [00:29<00:27,  4.63s/it]print_dice: 0.46939289569854736,  print_iou: 0
     .30667105317115784
1591 print_dice: 0.43567967414855957,  print_iou: 0.27851051092147827
1592  67%|██████    | 8/12 [00:38<00:18,  4.54s/it]print_dice: 0.5147876143455505,  print_iou: 0.
     3466087281703949
1593 print_dice: 0.5284970998764038,  print_iou: 0.359154611825943
1594  83%|████████  | 10/12 [00:47<00:08,  4.46s/it]print_dice: 0.532573938369751,  print_iou: 0.
     36293065547943115
1595 print_dice: 0.5633270740509033,  print_iou: 0.3921053111553192
1596 100%|██████████| 12/12 [00:56<00:00,  4.37s/it]print_dice: 0.5523808598518372,  print_iou: 0
     .38157886266708374
1597   [11/12]  eta: 0:00:04    time: 4.6816  data: 0.3279
1598  Total time: 0:00:56 (4.7200 s / it)
1599 ============================
1600 Averaged stats:
1601 100%|██████████| 12/12 [00:56<00:00,  4.72s/it]
1602 Epoch 26/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
1603 epoch:   26   learning rate:   1e-07
1604 Epoch 26/499:   3%|          | 1/33 [00:10<05:35, 10.47s/it]print_dice: 0.4836632311344147
     ,   print_iou: 0.3189682364463806
1605  [ 0/33]  eta: 0:05:45    time: 10.4718  data: 4.1143
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1606 Epoch 26/499:   6%|▌          | 2/33 [00:16<04:10,  8.07s/it]print_dice: 0.5145315527915955
     ,     print_iou: 0.34637659788131714
1607 print_dice: 0.5243231058120728,   print_iou: 0.35531023144721985
1608 Epoch 26/499:  12%|█          | 4/33 [00:29<03:24,  7.05s/it]print_dice: 0.5356288552284241
     ,     print_iou: 0.365774005651474
1609 print_dice: 0.5677760243415833,   print_iou: 0.3964295983314514
1610 Epoch 26/499:  18%|█▊         | 6/33 [00:42<03:01,  6.73s/it]print_dice: 0.5171893835067749
     ,     print_iou: 0.34878993034362793
1611 Epoch 26/499:  21%|██         | 7/33 [00:49<02:53,  6.66s/it]print_dice: 0.5897907614707947
     ,     print_iou: 0.41822925209999084
1612 Epoch 26/499:  24%|██▍        | 8/33 [00:56<02:45,  6.63s/it]print_dice: 0.49004802107810974
     ,     print_iou: 0.32454541325569153
1613 print_dice: 0.5429200530052185,   print_iou: 0.3726082742214203
1614 Epoch 26/499:  30%|██▉        | 10/33 [01:09<02:32,  6.61s/it]print_dice: 0.5010594129562378
     ,     print_iou: 0.33427566289901733
1615 print_dice: 0.5094008445739746,   print_iou: 0.3417423367500305
1616 Epoch 26/499:  36%|███▋       | 12/33 [01:22<02:19,  6.64s/it]print_dice: 0.48161450028419495
     ,     print_iou: 0.317188560962677
1617 Epoch 26/499:  39%|███▉       | 13/33 [01:29<02:12,  6.63s/it]print_dice: 0.5512780547142029
     ,     print_iou: 0.380527138710022
1618 Epoch 26/499:  42%|████▏      | 14/33 [01:35<02:05,  6.63s/it]print_dice: 0.48852869868278503
     ,     print_iou: 0.32321402430534363
1619 print_dice: 0.5226896405220032,   print_iou: 0.35381168127059937
1620 Epoch 26/499:  48%|████▊      | 16/33 [01:48<01:52,  6.60s/it]print_dice: 0.4305283725261688
     ,     print_iou: 0.2743142247200012
1621 print_dice: 0.4414617717266083,   print_iou: 0.2832537293434143
1622 Epoch 26/499:  55%|█████▍     | 18/33 [02:02<01:39,  6.60s/it]print_dice: 0.4986960291862488
     ,     print_iou: 0.33217525482177734
1623 print_dice: 0.4713279902935028,   print_iou: 0.3083251118659973
1624 Epoch 26/499:  61%|██████     | 20/33 [02:15<01:25,  6.58s/it]print_dice: 0.426323264837265
     ,     print_iou: 0.27090904116630554
1625 Epoch 26/499:  64%|██████▍    | 21/33 [02:21<01:18,  6.55s/it]print_dice: 0.4528576135635376
     ,     print_iou: 0.29270583391189575
1626 Epoch 26/499:  67%|██████▋    | 22/33 [02:28<01:12,  6.59s/it]print_dice: 0.5153017044067383
     ,     print_iou: 0.34707504510879517
1627 Epoch 26/499:  70%|██████▉    | 23/33 [02:34<01:05,  6.60s/it]print_dice: 0.5226699113845825
     ,     print_iou: 0.35379359126091003
1628 Epoch 26/499:  73%|███████▎   | 24/33 [02:41<00:59,  6.61s/it]print_dice: 0.459444522857666
     ,     print_iou: 0.2982330322265625
1629 Epoch 26/499:  76%|███████▌   | 25/33 [02:48<00:52,  6.60s/it]print_dice: 0.539225161075592
     ,     print_iou: 0.36913639307022095
1630 Epoch 26/499:  79%|███████▉   | 26/33 [02:54<00:46,  6.58s/it]print_dice: 0.5391107201576233
     ,     print_iou: 0.36902910470962524
1631 print_dice: 0.4302387833595276,   print_iou: 0.2740791141986847
1632 Epoch 26/499:  85%|████████▍  | 28/33 [03:07<00:32,  6.58s/it]print_dice: 0.5376533269882202
     ,     print_iou: 0.36766475439071655
1633 print_dice: 0.478067010641098,   print_iou: 0.31411832571029663
1634 Epoch 26/499:  91%|█████████  | 30/33 [03:20<00:19,  6.57s/it]print_dice: 0.516078531742096
     ,     print_iou: 0.3477801978588104
1635 Epoch 26/499:  94%|█████████▍ | 31/33 [03:27<00:13,  6.54s/it]print_dice: 0.6145220994949341
     ,     print_iou: 0.44354522228240967
1636 print_dice: 0.520807683467865,   print_iou: 0.3520892262458801
1637 Epoch 26/499: 100%|██████████ | 33/33 [03:40<00:00,  6.43s/it]print_dice: 0.5481434464454651
     ,     print_iou: 0.3775465786457062
1638  [32/33]  eta: 0:00:06   time: 6.5501  data: 0.0006
1639  Total time: 0:03:40 (6.6806 s / it)
1640 Averaged stats: training_loss: 41.1392 (41.1392)  loss_mask: 40.7001 (40.7001)  loss_dice: 0
     .4391 (0.4391)
1641 Epoch 26/499: 100%|██████████ | 33/33 [03:40<00:00,  6.68s/it]
1642   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.837428630679
1643 Validating...
1644 Valid_dataloader len: 12
1645 print_dice: 0.5193216800689697,  print_iou: 0.35073229670524597
1646  [ 0/12]  eta: 0:01:37   time: 8.0879  data: 3.9073
1647  17%|█▋        | 2/12 [00:12<00:58,  5.85s/it]print_dice: 0.5495663285255432,  print_iou: 0.
     3788979649543762
1648  25%|██▌       | 3/12 [00:16<00:47,  5.23s/it]print_dice: 0.5068091750144958,  print_iou: 0.
     3394135534763336
1649  33%|███▎      | 4/12 [00:21<00:39,  4.92s/it]print_dice: 0.5020007491111755,  print_iou: 0.
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1649 33511415123939514
1650  42%|█████        | 5/12 [00:25<00:33,  4.79s/it]print_dice: 0.5441684126853943,  print_iou: 0.
     3737852871417999
1651 print_dice: 0.4838610291481018,  print_iou: 0.3191402852535248
1652  58%|███████      | 7/12 [00:34<00:23,  4.61s/it]print_dice: 0.4318541884422302,  print_iou: 0.
     2753916084766388
1653 print_dice: 0.5245386362075806,  print_iou: 0.3555082082748413
1654  75%|█████████    | 9/12 [00:43<00:13,  4.47s/it]print_dice: 0.5290554165840149,  print_iou: 0.
     359670490026474
1655  83%|██████████   | 10/12 [00:47<00:08,  4.44s/it]print_dice: 0.5383116006851196,  print_iou: 0
     .36828064918518066
1656  92%|███████████  | 11/12 [00:52<00:04,  4.39s/it]print_dice: 0.5823983550071716,  print_iou: 0
     .41083356738090515
1657 print_dice: 0.5535805821418762,  print_iou: 0.382724791765213
1658  [11/12]  eta: 0:00:04   time: 4.6932  data: 0.3260
1659 100%|████████████| 12/12 [00:56<00:00,  4.73s/it]
1660  Total time: 0:00:56 (4.7295 s / it)
1661 =============================
1662 Averaged stats:
1663 Epoch 27/499:   0%|             | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
1664 epoch:    27   learning rate:    1e-07
1665 print_dice: 0.5218270421028137,  print_iou: 0.35302165150642395
1666  [ 0/33]  eta: 0:05:52   time: 10.6933  data: 4.1945
1667 Epoch 27/499:   6%|▏            | 2/33 [00:16<04:09,  8.05s/it]print_dice: 0.516382098197937
     ,  print_iou: 0.34805598855018616
1668 print_dice: 0.500552237033844,  print_iou: 0.33382442593574524
1669 Epoch 27/499:  12%|█            | 4/33 [00:30<03:25,  7.09s/it]print_dice: 0.5175914764404297
     ,  print_iou: 0.3491557538509369
1670 Epoch 27/499:  15%|█            | 5/33 [00:36<03:13,  6.91s/it]print_dice: 0.524103045463562
     ,  print_iou: 0.3551081717014313
1671 print_dice: 0.4330738782826904,  print_iou: 0.2763843536376953
1672 Epoch 27/499:  21%|██           | 7/33 [00:50<02:55,  6.75s/it]print_dice: 0.5715562105178833
     ,  print_iou: 0.400125116109848
1673 print_dice: 0.5171828269958496,  print_iou: 0.3487839698791504
1674 Epoch 27/499:  27%|██▊          | 9/33 [01:03<02:38,  6.62s/it]print_dice: 0.5218249559402466
     ,  print_iou: 0.35301971435546875
1675 Epoch 27/499:  30%|███          | 10/33 [01:09<02:31,  6.58s/it]print_dice: 0.43123459815979004
     ,  print_iou: 0.27488788962364197
1676 Epoch 27/499:  33%|███▎         | 11/33 [01:16<02:26,  6.64s/it]print_dice: 0.5396667718887329
     ,  print_iou: 0.3695504367351532
1677 print_dice: 0.4889173209667206,  print_iou: 0.32355430722236633
1678 Epoch 27/499:  39%|███▉         | 13/33 [01:29<02:12,  6.61s/it]print_dice: 0.4719996452331543
     ,  print_iou: 0.30890023708343506
1679 Epoch 27/499:  42%|████▏        | 14/33 [01:35<02:04,  6.54s/it]print_dice: 0.5421022772789001
     ,  print_iou: 0.37183836102485657
1680 Epoch 27/499:  45%|████▌        | 15/33 [01:42<01:58,  6.57s/it]print_dice: 0.5222557187080383
     ,  print_iou: 0.3534141182899475
1681 print_dice: 0.5370242595672607,  print_iou: 0.3670766353607178
1682 Epoch 27/499:  52%|█████▏       | 17/33 [01:55<01:44,  6.55s/it]print_dice: 0.5416421294212341
     ,  print_iou: 0.3714055120944977
1683 Epoch 27/499:  55%|█████▌       | 18/33 [02:02<01:38,  6.54s/it]print_dice: 0.4820673167705536
     ,  print_iou: 0.3175814747810364
1684 Epoch 27/499:  58%|█████▊       | 19/33 [02:08<01:32,  6.58s/it]print_dice: 0.6151819229125977
     ,  print_iou: 0.4442330598831177
1685 Epoch 27/499:  61%|██████       | 20/33 [02:15<01:25,  6.61s/it]print_dice: 0.5450040102005005
     ,  print_iou: 0.374574214220047
1686 print_dice: 0.4598464071750641,  print_iou: 0.29857179522514343
1687 Epoch 27/499:  67%|██████▋      | 22/33 [02:28<01:12,  6.57s/it]print_dice: 0.45724645256996155
     ,  print_iou: 0.2963833510875702
1688 Epoch 27/499:  70%|███████      | 23/33 [02:35<01:05,  6.57s/it]print_dice: 0.4821111857891083
     ,  print_iou: 0.31761956214904785
1689 Epoch 27/499:  73%|███████▎     | 24/33 [02:41<00:58,  6.54s/it]print_dice: 0.4889502227306366
     ,  print_iou: 0.32358312606811523
1690 Epoch 27/499:  76%|███████▌     | 25/33 [02:48<00:52,  6.53s/it]print_dice: 0.5931055545806885
     ,  print_iou: 0.421570748090744
1691 print_dice: 0.4919402301311493,  print_iou: 0.32620739936828613
1692 Epoch 27/499:  82%|████████▏    | 27/33 [03:01<00:39,  6.52s/it]print_dice: 0.4434398412704468
     ,  print_iou: 0.2848844826221466
1693 Epoch 27/499:  85%|████████▌    | 28/33 [03:07<00:32,  6.48s/it]print_dice: 0.42906486988067627
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1693 ,    print_iou: 0.2731270492076874
1694 Epoch 27/499:  88%|███████▏ | 29/33 [03:14<00:26,  6.53s/it]print_dice: 0.5008255839347839
     ,    print_iou: 0.33406755328178406
1695 Epoch 27/499:  91%|███████▏ | 30/33 [03:20<00:19,  6.55s/it]print_dice: 0.5105125904083252
     ,    print_iou: 0.34274381399154663
1696 Epoch 27/499:  94%|███████▏ | 31/33 [03:27<00:13,  6.61s/it]print_dice: 0.5216847658157349
     ,    print_iou: 0.3528914451599121
1697 Epoch 27/499:  97%|███████▏ | 32/33 [03:33<00:06,  6.57s/it]print_dice: 0.5530182123184204
     ,    print_iou: 0.3821873962879181
1698 Epoch 27/499: 100%|███████▏ | 33/33 [03:40<00:00,  6.55s/it]print_dice: 0.5509230494499207
     ,    print_iou: 0.3801889419555664
1699   [32/33] eta: 0:00:06   time: 6.5472  data: 0.0005
1700 Epoch 27/499: 100%|███████▏ | 33/33 [03:40<00:00,  6.69s/it]
1701  Total time: 0:03:40 (6.6924 s / it)
1702 Averaged stats: training_loss: -34.5650 (-34.5650)  loss_mask: -34.7362 (-34.7362)
     loss_dice: 0.1712 (0.1712)
1703   0%|         | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8374953360762
1704 Validating...
1705 Valid_dataloader len: 12
1706 print_dice: 0.5344944596290588,  print_iou: 0.3647167682647705
1707   [ 0/12] eta: 0:01:45   time: 8.8066  data: 4.6966
1708  17%|██       | 2/12 [00:13<01:01,  6.14s/it]print_dice: 0.5429445505142212,  print_iou: 0.
     37263137102127075
1709  25%|██       | 3/12 [00:17<00:47,  5.31s/it]print_dice: 0.4964163899421692,  print_iou: 0.
     33015549182891846
1710  33%|███▌      | 4/12 [00:21<00:39,  4.97s/it]print_dice: 0.5024081468582153,  print_iou: 0.
     3354773223400116
1711  42%|███▌      | 5/12 [00:26<00:33,  4.73s/it]print_dice: 0.5517306327819824,  print_iou: 0.
     38095858693122864
1712  50%|████      | 6/12 [00:30<00:27,  4.61s/it]print_dice: 0.48252031207084656,  print_iou: 0
     .3179748058319092
1713  58%|████▌     | 7/12 [00:35<00:22,  4.57s/it]print_dice: 0.4258996844291687,  print_iou: 0.
     27056705951690674
1714 print_dice: 0.5263875722885132,  print_iou: 0.3572089970111847
1715  75%|██████    | 9/12 [00:43<00:13,  4.48s/it]print_dice: 0.5276309847831726,  print_iou: 0.
     3583551049232483
1716  83%|███████▏  | 10/12 [00:48<00:08,  4.43s/it]print_dice: 0.5357758402824402,  print_iou: 0
     .365911066532135
1717 print_dice: 0.5901592373847961,  print_iou: 0.4185999035835266
1718 100%|████████| 12/12 [00:56<00:00,  4.37s/it]print_dice: 0.5405389666557312,  print_iou: 0
     .3703688681125641
1719   [11/12] eta: 0:00:04   time: 4.7330  data: 0.3919
1720 100%|████████| 12/12 [00:57<00:00,  4.77s/it]
1721  Total time: 0:00:57 (4.7658 s / it)
1722 =============================
1723 Averaged stats:
1724 Epoch 28/499:   0%|         | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
1725 epoch:   28   learning rate:   1e-07
1726 print_dice: 0.5016903877258301,  print_iou: 0.33483758568763733
1727  [ 0/33] eta: 0:05:45   time: 10.4760  data: 4.0610
1728 Epoch 28/499:   6%|▏        | 2/33 [00:16<04:07,  7.97s/it]print_dice: 0.5217090845108032
     ,   print_iou: 0.35291367769241333
1729 Epoch 28/499:   9%|▏        | 3/33 [00:23<03:38,  7.30s/it]print_dice: 0.4289226531982422
     ,   print_iou: 0.2730117738246918
1730 print_dice: 0.5532386898994446,  print_iou: 0.3823980689048767
1731 Epoch 28/499:  15%|▏        | 5/33 [00:36<03:10,  6.80s/it]print_dice: 0.48207059502601624
     ,   print_iou: 0.3175843358039856
1732 Epoch 28/499:  18%|█▏       | 6/33 [00:42<03:00,  6.69s/it]print_dice: 0.6170811057090759
     ,   print_iou: 0.4462164044380188
1733 Epoch 28/499:  21%|█▏       | 7/33 [00:49<02:52,  6.65s/it]print_dice: 0.570279598236084
     ,   print_iou: 0.3988748788833618
1734 Epoch 28/499:  24%|█▏▏      | 8/33 [00:55<02:44,  6.60s/it]print_dice: 0.5246562361717224
     ,   print_iou: 0.3556162416934967
1735 Epoch 28/499:  27%|██▏      | 9/33 [01:02<02:37,  6.55s/it]print_dice: 0.4957551956176758
     ,   print_iou: 0.3295708298683165
1736 Epoch 28/499:  30%|██▏      | 10/33 [01:08<02:31,  6.58s/it]print_dice: 0.5406190752983093
     ,   print_iou: 0.37044408917427063
1737 print_dice: 0.474037766456604,  print_iou: 0.3106484115123749
1738 Epoch 28/499:  36%|███▏     | 12/33 [01:21<02:16,  6.50s/it]print_dice: 0.5418241620063782
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1738 ,     print_iou: 0.3715766668319702
1739 print_dice: 0.45134395360946655,    print_iou: 0.291442334651947
1740 Epoch 28/499:  42%|██     | 14/33 [01:34<02:03,  6.51s/it]print_dice: 0.5178843140602112
     ,     print_iou: 0.349422356246948
1741 Epoch 28/499:  45%|██     | 15/33 [01:41<01:57,  6.50s/it]print_dice: 0.5369853973388672
     ,     print_iou: 0.36704033613204956
1742 Epoch 28/499:  48%|██▊    | 16/33 [01:47<01:50,  6.53s/it]print_dice: 0.5184812545776367
     ,     print_iou: 0.34996604919433594
1743 print_dice: 0.5945533514022827,    print_iou: 0.4230351746082306
1744 Epoch 28/499:  55%|███▊   | 18/33 [02:00<01:37,  6.52s/it]print_dice: 0.49756214022636414
     ,     print_iou: 0.33116987347602844
1745 print_dice: 0.5221236348152161,    print_iou: 0.35329318046569824
1746 Epoch 28/499:  61%|████    | 20/33 [02:13<01:24,  6.52s/it]print_dice: 0.5221914052963257
     ,     print_iou: 0.3533552587032318
1747 Epoch 28/499:  64%|████▊   | 21/33 [02:20<01:18,  6.52s/it]print_dice: 0.5110325813293457
     ,     print_iou: 0.343212753534317
1748 print_dice: 0.5435093641281128,    print_iou: 0.3731636106967926
1749 Epoch 28/499:  70%|█████▊   | 23/33 [02:33<01:04,  6.49s/it]print_dice: 0.4511496424674988
     ,     print_iou: 0.2912803292274475
1750 print_dice: 0.516763891105652,    print_iou: 0.3484025299549103
1751 Epoch 28/499:  76%|██████    | 25/33 [02:46<00:51,  6.49s/it]print_dice: 0.4603303074836731
     ,     print_iou: 0.29897990822792053
1752 print_dice: 0.48245784640312195,    print_iou: 0.3179205656051636
1753 Epoch 28/499:  82%|██████▊   | 27/33 [02:59<00:39,  6.50s/it]print_dice: 0.48853129148483276
     ,     print_iou: 0.3232162892818451
1754 Epoch 28/499:  85%|███████▊   | 28/33 [03:05<00:32,  6.50s/it]print_dice: 0.43210285902023315
     ,     print_iou: 0.2755938768386841
1755 print_dice: 0.4873330295085907,    print_iou: 0.3221680819988251
1756 Epoch 28/499:  91%|████████    | 30/33 [03:18<00:19,  6.52s/it]print_dice: 0.43100497126579285
     ,     print_iou: 0.2747012972831726
1757 Epoch 28/499:  94%|████████▊   | 31/33 [03:25<00:13,  6.52s/it]print_dice: 0.5424380898475647
     ,     print_iou: 0.3721543848514557
1758 Epoch 28/499:  97%|█████████▊ | 32/33 [03:31<00:06,  6.48s/it]print_dice: 0.5483742356300354
     ,     print_iou: 0.37776556611061096
1759 print_dice: 0.5225000977516174,    print_iou: 0.3536379933357239
1760   [32/33]  eta: 0:00:06    time: 6.4966  data: 0.0004
1761 Epoch 28/499: 100%|██████████| 33/33 [03:38<00:00,  6.62s/it]
1762  Total time: 0:03:38 (6.6209 s / it)
1763 Averaged stats: training_loss: -29.9358 (-29.9358)  loss_mask: -30.1609 (-30.1609)
     loss_dice: 0.2251 (0.2251)
1764   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.837558909203
1765 Validating...
1766 Valid_dataloader len: 12
1767 print_dice: 0.5227388739585876,  print_iou: 0.35385680198669434
1768   [ 0/12]  eta: 0:01:37    time: 8.1127  data: 3.9675
1769  17%|██     | 2/12 [00:12<00:59,  5.92s/it]print_dice: 0.5419371128082275,  print_iou: 0.
     3716829717159271
1770  25%|██     | 3/12 [00:16<00:46,  5.18s/it]print_dice: 0.4957347512245178,  print_iou: 0.
     3295527398586273
1771 print_dice: 0.5014601945877075,  print_iou: 0.33463254570961
1772  42%|███     | 5/12 [00:25<00:32,  4.70s/it]print_dice: 0.5471364259719849,  print_iou: 0.
     3765917718410492
1773  50%|████     | 6/12 [00:30<00:27,  4.65s/it]print_dice: 0.4842018187046051,  print_iou: 0.
     3194368779659271
1774  58%|█████    | 7/12 [00:34<00:22,  4.59s/it]print_dice: 0.43697547912597656,  print_iou: 0
     .27957046031951904
1775  67%|█████▊   | 8/12 [00:38<00:18,  4.51s/it]print_dice: 0.5190021395683289,  print_iou: 0.
     3504408299922943
1776  75%|██████   | 9/12 [00:43<00:13,  4.47s/it]print_dice: 0.5319922566413879,  print_iou: 0.
     3623906373977661
1777  83%|███████  | 10/12 [00:47<00:08,  4.46s/it]print_dice: 0.5304629802703857,  print_iou: 0
     .3609728515148163
1778 print_dice: 0.5910706520080566,  print_iou: 0.4195176064968109
1779 100%|█████████| 12/12 [00:56<00:00,  4.40s/it]print_dice: 0.5455149412155151,  print_iou: 0
     .375057101249694.8
1780   [11/12]  eta: 0:00:04    time: 4.7067  data: 0.3310
1781 100%|█████████| 12/12 [00:56<00:00,  4.74s/it]
1782  Total time: 0:00:56 (4.7426 s / it)
1783 ============================
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1784 Averaged stats:
1785 Epoch 29/499:   0%|              | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
1786 epoch:    29   learning rate:   1e-07
1787 print_dice: 0.4893087148666382,  print_iou: 0.32389721274375916
1788  [ 0/33] eta: 0:05:49   time: 10.5969  data: 4.1439
1789 Epoch 29/499:   6%|▌             | 2/33 [00:16<04:08,  8.00s/it]print_dice: 0.5457203388214111
     ,  print_iou: 0.37525129318237305
1790 print_dice: 0.5228314399719238,  print_iou: 0.3539416193962097
1791 Epoch 29/499:  12%|█             | 4/33 [00:29<03:22,  6.99s/it]print_dice: 0.5023088455200195
     ,  print_iou: 0.33538877964019775
1792 print_dice: 0.5199717283248901,  print_iou: 0.35132554173469543
1793 Epoch 29/499:  18%|██            | 6/33 [00:42<03:00,  6.69s/it]print_dice: 0.5153593420982361
     ,  print_iou: 0.3471273183822632
1794 print_dice: 0.45422062277793884,  print_iou: 0.2938457131385803
1795 Epoch 29/499:  24%|███           | 8/33 [00:55<02:44,  6.58s/it]print_dice: 0.5427230596542358
     ,  print_iou: 0.3724227249622345
1796 print_dice: 0.6190188527107239,  print_iou: 0.44824570417404175
1797 Epoch 29/499:  30%|███           | 10/33 [01:08<02:29,  6.52s/it]print_dice: 0.47761082649230957
     ,  print_iou: 0.313724547624588
1798 print_dice: 0.4850163459777832,  print_iou: 0.32014626264572144
1799 Epoch 29/499:  36%|████          | 12/33 [01:21<02:15,  6.45s/it]print_dice: 0.4537631571292877
     ,  print_iou: 0.2934629023075104
1800 Epoch 29/499:  39%|████          | 13/33 [01:28<02:12,  6.60s/it]print_dice: 0.48319029808044434
     ,  print_iou: 0.3185569643974304
1801 Epoch 29/499:  42%|████          | 14/33 [01:34<02:04,  6.56s/it]print_dice: 0.507727861404419
     ,  print_iou: 0.34023812413215637
1802 print_dice: 0.5208731293678284,  print_iou: 0.35214903950691223
1803 Epoch 29/499:  48%|█████         | 16/33 [01:48<01:51,  6.57s/it]print_dice: 0.5232530236244202
     ,  print_iou: 0.35432812571525574
1804 Epoch 29/499:  52%|█████         | 17/33 [01:54<01:44,  6.55s/it]print_dice: 0.4336806535720825
     ,  print_iou: 0.27687880396842957
1805 print_dice: 0.5749608278274536,  print_iou: 0.40347015857696533
1806 Epoch 29/499:  58%|██████        | 19/33 [02:07<01:31,  6.55s/it]print_dice: 0.5298953056335449
     ,  print_iou: 0.36044734716415405
1807 Epoch 29/499:  61%|██████        | 20/33 [02:14<01:25,  6.60s/it]print_dice: 0.5211726427078247
     ,  print_iou: 0.35242292284965515
1808 print_dice: 0.4312082827091217,  print_iou: 0.2748664915561676
1809 Epoch 29/499:  67%|███████       | 22/33 [02:27<01:12,  6.61s/it]print_dice: 0.5967929363250732
     ,  print_iou: 0.42530637979507446
1810 Epoch 29/499:  70%|███████       | 23/33 [02:34<01:06,  6.61s/it]print_dice: 0.541782557964325
     ,  print_iou: 0.37153759598731995
1811 Epoch 29/499:  73%|███████       | 24/33 [02:40<00:59,  6.59s/it]print_dice: 0.5557550191879272
     ,  print_iou: 0.38480663299560547
1812 print_dice: 0.5192074179649353,  print_iou: 0.3506280779838562
1813 Epoch 29/499:  79%|████████      | 26/33 [02:54<00:46,  6.59s/it]print_dice: 0.4616033136844635
     ,  print_iou: 0.3000548183917999
1814 Epoch 29/499:  82%|████████      | 27/33 [03:00<00:39,  6.58s/it]print_dice: 0.4346652626991272
     ,  print_iou: 0.27768197655677795
1815 Epoch 29/499:  85%|████████      | 28/33 [03:07<00:32,  6.54s/it]print_dice: 0.49735668301582336
     ,  print_iou: 0.3309878408908844
1816 Epoch 29/499:  88%|█████████     | 29/33 [03:13<00:26,  6.55s/it]print_dice: 0.5450068116188049
     ,  print_iou: 0.3745768666267395
1817 Epoch 29/499:  91%|█████████     | 30/33 [03:20<00:19,  6.56s/it]print_dice: 0.5420442819595337
     ,  print_iou: 0.3717837631702423
1818 Epoch 29/499:  94%|█████████     | 31/33 [03:26<00:13,  6.56s/it]print_dice: 0.5525169968605042
     ,  print_iou: 0.3817088007926941
1819 Epoch 29/499:  97%|██████████    | 32/33 [03:33<00:06,  6.51s/it]print_dice: 0.48810139298439026
     ,  print_iou: 0.32284003496170044
1820 print_dice: 0.5229902863502502,  print_iou: 0.3540872633457184
1821  [32/33] eta: 0:00:06   time: 6.5563  data: 0.0004
1822 Epoch 29/499: 100%|██████████████| 33/33 [03:39<00:00,  6.67s/it]
1823  Total time: 0:03:39 (6.6659 s / it)
1824 Averaged stats: training_loss: -131.4703 (-131.4703)  loss_mask: -131.4740 (-131.4740)
     loss_dice: 0.0037 (0.0037)
1825   0%|         | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8376126522198
1826 Validating...
1827 Valid_dataloader len: 12
1828 print_dice: 0.5181712508201599,  print_iou: 0.34968364238739014
1829  [ 0/12] eta: 0:01:36   time: 8.0590  data: 3.9326
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1830  17%|██          | 2/12 [00:12<00:57,  5.77s/it]print_dice: 0.5503540635108948,  print_iou: 0.
      3796471953392029
1831 print_dice: 0.49453219771385193,  print_iou: 0.3284907042980194
1832  33%|███         | 4/12 [00:21<00:39,  4.88s/it]print_dice: 0.502487003803253,  print_iou: 0.
      33554768562316895
1833 print_dice: 0.5521361231803894,  print_iou: 0.38134536147117615
1834  50%|█████       | 6/12 [00:29<00:27,  4.59s/it]print_dice: 0.48297202587127686,  print_iou: 0
      .31836724281311035
1835  58%|██████      | 7/12 [00:34<00:22,  4.59s/it]print_dice: 0.4262099862098694,  print_iou: 0.
      2708175778388977
1836  67%|███████     | 8/12 [00:38<00:18,  4.51s/it]print_dice: 0.5107930898666382,  print_iou: 0.
      3429967164993286
1837  75%|████████    | 9/12 [00:43<00:13,  4.51s/it]print_dice: 0.5310807824134827,  print_iou: 0.
      36154526472091675
1838  83%|█████████   | 10/12 [00:47<00:08,  4.45s/it]print_dice: 0.540935754776001,  print_iou: 0.
      3707415461540222
1839  92%|██████████  | 11/12 [00:51<00:04,  4.40s/it]print_dice: 0.5662046074867249,  print_iou: 0
      .3948991596698761
1840 print_dice: 0.5416080355644226,  print_iou: 0.3713734447956085
1841  [11/12]  eta: 0:00:04    time: 4.6743  data: 0.3283
1842 100%|███████████| 12/12 [00:56<00:00,  4.72s/it]
1843  Total time: 0:00:56 (4.7155 s / it)
1844 ============================
1845 Averaged stats:
1846 Epoch 30/499:   0%|            | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
1847 epoch:    30    learning rate:    1e-07
1848 print_dice: 0.4613279402256012,  print_iou: 0.2998221218585968
1849  [ 0/33] eta: 0:05:56    time: 10.8128  data: 4.3594
1850 Epoch 30/499:   6%|█           | 2/33 [00:17<04:10,  8.09s/it]print_dice: 0.5117651224136353
      ,  print_iou: 0.34387391805648804
1851 print_dice: 0.5227137804031372,  print_iou: 0.35383376479148865
1852 Epoch 30/499:  12%|█▌          | 4/33 [00:30<03:25,  7.08s/it]print_dice: 0.6172509789466858
      ,  print_iou: 0.44639408588409424
1853 print_dice: 0.5166003108024597,  print_iou: 0.3482542634010315
1854 Epoch 30/499:  18%|██          | 6/33 [00:43<03:01,  6.73s/it]print_dice: 0.5547754764556885
      ,  print_iou: 0.383868008852005
1855 print_dice: 0.43003833293914795,  print_iou: 0.27391645312309265
1856 Epoch 30/499:  24%|██▌         | 8/33 [00:56<02:47,  6.70s/it]print_dice: 0.5924215912818909
      ,  print_iou: 0.4208800196647644
1857 print_dice: 0.5698809027671814,  print_iou: 0.3984849154949188
1858 Epoch 30/499:  30%|███         | 10/33 [01:09<02:33,  6.68s/it]print_dice: 0.5359455943107605
      ,  print_iou: 0.3660694360733032
1859 Epoch 30/499:  33%|███▌        | 11/33 [01:16<02:25,  6.63s/it]print_dice: 0.5157262682914734
      ,  print_iou: 0.3474603295326233
1860 Epoch 30/499:  36%|███▌        | 12/33 [01:22<02:18,  6.61s/it]print_dice: 0.5406983494758606
      ,  print_iou: 0.3705185353755951
1861 print_dice: 0.48071226477622986,  print_iou: 0.31640633940696716
1862 Epoch 30/499:  42%|████        | 14/33 [01:35<02:05,  6.58s/it]print_dice: 0.42728379368782043
      ,  print_iou: 0.27168524265289307
1863 print_dice: 0.44044268131256104,  print_iou: 0.2824152112007141
1864 Epoch 30/499:  48%|████▌       | 16/33 [01:48<01:51,  6.55s/it]print_dice: 0.5216196179389954
      ,  print_iou: 0.35283181071281433
1865 Epoch 30/499:  52%|█████▌      | 17/33 [01:55<01:44,  6.55s/it]print_dice: 0.4862278699874878
      ,  print_iou: 0.32120281457901
1866 print_dice: 0.4900984466075897,  print_iou: 0.32458966970443726
1867 Epoch 30/499:  58%|██████      | 19/33 [02:08<01:31,  6.50s/it]print_dice: 0.4819628596305847
      ,  print_iou: 0.317490816116333
1868 print_dice: 0.5386043787002563,  print_iou: 0.3685548007488251
1869 Epoch 30/499:  64%|██████▌     | 21/33 [02:21<01:18,  6.51s/it]print_dice: 0.48770296573638916
      ,  print_iou: 0.32249149680137634
1870 Epoch 30/499:  67%|███████     | 22/33 [02:27<01:11,  6.51s/it]print_dice: 0.5043106079101562
      ,  print_iou: 0.33717602491378784
1871 print_dice: 0.4555390775203705,  print_iou: 0.2949502170085907
1872 Epoch 30/499:  73%|███████▌    | 24/33 [02:41<00:58,  6.52s/it]print_dice: 0.5226708054542542
      ,  print_iou: 0.3537943959236145
1873 print_dice: 0.5494533181190491,  print_iou: 0.3787905275821686
1874 Epoch 30/499:  79%|████████    | 26/33 [02:54<00:45,  6.53s/it]print_dice: 0.5422559976577759
      ,  print_iou: 0.37198302149772644
1875 Epoch 30/499:  82%|████████▌   | 27/33 [03:00<00:38,  6.48s/it]print_dice: 0.4708672761917114
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1875 ,    print_iou: 0.30793094635009766
1876 print_dice: 0.5007612109184265,    print_iou: 0.3340103328227997
1877 Epoch 30/499:  88%|████████▊ | 29/33 [03:13<00:26,  6.50s/it]print_dice: 0.5187352895736694
     ,    print_iou: 0.35019758343696594
1878 Epoch 30/499:  91%|█████████ | 30/33 [03:20<00:19,  6.52s/it]print_dice: 0.5241784453392029
     ,    print_iou: 0.3551774024963379
1879 Epoch 30/499:  94%|█████████▍| 31/33 [03:26<00:13,  6.51s/it]print_dice: 0.5177006721496582
     ,    print_iou: 0.34925514459609985
1880 print_dice: 0.5380952954292297,    print_iou: 0.36807823181152344
1881 Epoch 30/499: 100%|██████████| 33/33 [03:39<00:00,  6.45s/it]print_dice: 0.43138575553894043
     ,    print_iou: 0.27501073479652405
1882   [32/33]  eta: 0:00:06    time: 6.4955  data: 0.0003
1883  Total time: 0:03:39 (6.6574 s / it)
1884 Averaged stats: training_loss: 105.7726 (105.7726)  loss_mask: 105.1491 (105.1491)
     loss_dice: 0.6235 (0.6235)
1885 Epoch 30/499: 100%|██████████| 33/33 [03:39<00:00,  6.66s/it]
1886   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8376749710878
1887 Validating...
1888 Valid_dataloader len: 12
1889   8%|█         | 1/12 [00:08<01:28,  8.01s/it]print_dice: 0.5201166868209839,  print_iou: 0.
     3514578938484192
1890   [ 0/12]  eta: 0:01:36    time: 8.0079  data: 3.9277
1891 print_dice: 0.5490339398384094,  print_iou: 0.37839198112487793
1892  25%|██        | 3/12 [00:16<00:46,  5.16s/it]print_dice: 0.5092819929122925,  print_iou: 0.
     3416353762149811
1893 print_dice: 0.5013569593429565,  print_iou: 0.33454063534736633
1894  42%|████▏     | 5/12 [00:25<00:33,  4.83s/it]print_dice: 0.5519988536834717,  print_iou: 0.
     38121435046195984
1895  50%|█████     | 6/12 [00:30<00:28,  4.71s/it]print_dice: 0.48591747879981995,  print_iou: 0
     .32093194127082825
1896 print_dice: 0.4259631037712097,  print_iou: 0.2706182599067688
1897  67%|██████▋   | 8/12 [00:39<00:18,  4.57s/it]print_dice: 0.5233306288719177,  print_iou: 0.
     35439932346343994
1898  75%|███████▌  | 9/12 [00:43<00:13,  4.56s/it]print_dice: 0.5310757756233215,  print_iou: 0.
     36154061555862427
1899  83%|████████▎ | 10/12 [00:48<00:08,  4.49s/it]print_dice: 0.5408909320831299,  print_iou: 0
     .3706994354724884
1900 print_dice: 0.5843949317932129,  print_iou: 0.4128234386444092
1901 100%|██████████| 12/12 [00:56<00:00,  4.41s/it]print_dice: 0.5550311207771301,  print_iou: 0
     .3841128647327423
1902   [11/12]  eta: 0:00:04    time: 4.7418  data: 0.3279
1903 100%|██████████| 12/12 [00:57<00:00,  4.78s/it]
1904  Total time: 0:00:57 (4.7832 s / it)
1905 =============================
1906 Averaged stats:
1907 Epoch 31/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
1908 epoch:    31   learning rate:   1e-07
1909 Epoch 31/499:   3%|▎         | 1/33 [00:10<05:31, 10.35s/it]print_dice: 0.5937470197677612
     ,    print_iou: 0.4222192168235779
1910   [ 0/33]  eta: 0:05:41    time: 10.3452  data: 4.0185
1911 print_dice: 0.5023587346076965,  print_iou: 0.33543330430984497
1912 Epoch 31/499:   9%|▉         | 3/33 [00:23<03:38,  7.28s/it]print_dice: 0.4595501124858856
     ,    print_iou: 0.29832202196121216
1913 print_dice: 0.5739348530769348,  print_iou: 0.4024604856967926
1914 Epoch 31/499:  15%|█▌        | 5/33 [00:36<03:12,  6.86s/it]print_dice: 0.5017524361610413
     ,    print_iou: 0.3348928689956665
1915 print_dice: 0.4753338396549225,  print_iou: 0.31176257133483887
1916 Epoch 31/499:  21%|██▏       | 7/33 [00:49<02:53,  6.67s/it]print_dice: 0.4940575063228607
     ,    print_iou: 0.3280719518661499
1917 Epoch 31/499:  24%|██▍       | 8/33 [00:55<02:45,  6.63s/it]print_dice: 0.4887542426586151
     ,    print_iou: 0.3234114944934845
1918 print_dice: 0.5454545021057129,  print_iou: 0.3749999403953552
1919 Epoch 31/499:  30%|███       | 10/33 [01:08<02:30,  6.56s/it]print_dice: 0.5200048089027405
     ,    print_iou: 0.35135573148727417
1920 Epoch 31/499:  33%|███▎      | 11/33 [01:15<02:23,  6.54s/it]print_dice: 0.43338829278945923
     ,    print_iou: 0.27664053440093994
1921 Epoch 31/499:  36%|███▋      | 12/33 [01:21<02:16,  6.51s/it]print_dice: 0.5569584369659424
     ,    print_iou: 0.38596147298812866
1922 print_dice: 0.5407600998878479,  print_iou: 0.37057653069496155
```

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1923 Epoch 31/499:  42%|██▌       | 14/33 [01:34<02:03,  6.51s/it]print_dice: 0.5448468923568726
     ,   print_iou: 0.37442582845687866
1924 print_dice: 0.5541695356369019,   print_iou: 0.38328802585601807
1925 Epoch 31/499:  48%|███▏      | 16/33 [01:47<01:50,  6.51s/it]print_dice: 0.4308970272541046
     ,   print_iou: 0.274613618850708
1926 print_dice: 0.5202299356460571,   print_iou: 0.3515613079071045
1927 Epoch 31/499:  55%|███▌      | 18/33 [02:00<01:37,  6.51s/it]print_dice: 0.45258331298828125
     ,   print_iou: 0.29247668385505676
1928 Epoch 31/499:  58%|███▊      | 19/33 [02:07<01:31,  6.54s/it]print_dice: 0.5161593556404114
     ,   print_iou: 0.3478536307811737
1929 print_dice: 0.6211146116256714,   print_iou: 0.45044684410095215
1930 Epoch 31/499:  64%|████▏     | 21/33 [02:20<01:18,  6.54s/it]print_dice: 0.5233545303344727
     ,   print_iou: 0.3544212281703949
1931 print_dice: 0.48116350173950195,   print_iou: 0.3167974352836609
1932 Epoch 31/499:  70%|████▋     | 23/33 [02:33<01:05,  6.51s/it]print_dice: 0.5248743891716003
     ,   print_iou: 0.3558167517185211
1933 Epoch 31/499:  73%|████▊     | 24/33 [02:40<00:58,  6.53s/it]print_dice: 0.520479679107666
     ,   print_iou: 0.3517894744873047
1934 Epoch 31/499:  76%|█████     | 25/33 [02:46<00:52,  6.50s/it]print_dice: 0.48481249809265137
     ,   print_iou: 0.31996864080429077
1935 Epoch 31/499:  79%|█████▎    | 26/33 [02:52<00:45,  6.48s/it]print_dice: 0.5240705609321594
     ,   print_iou: 0.3550783097743988
1936 print_dice: 0.5269646644592285,   print_iou: 0.35774070024490356
1937 Epoch 31/499:  85%|█████▋    | 28/33 [03:05<00:32,  6.48s/it]print_dice: 0.5381900072097778
     ,   print_iou: 0.36816686391830444
1938 print_dice: 0.43282249569892883,   print_iou: 0.27617964148521423
1939 Epoch 31/499:  91%|██████    | 30/33 [03:19<00:19,  6.54s/it]print_dice: 0.48883724212646484
     ,   print_iou: 0.3234841823577881
1940 print_dice: 0.45225828886032104,   print_iou: 0.292205274105072
1941 Epoch 31/499:  97%|██████▌   | 32/33 [03:32<00:06,  6.51s/it]print_dice: 0.523231565952301
     ,   print_iou: 0.35430848598480225
1942 Epoch 31/499: 100%|██████▋   | 33/33 [03:38<00:00,  6.47s/it]print_dice: 0.5435644388198853
     ,   print_iou: 0.37321558594703674
1943  [32/33] eta: 0:00:06   time: 6.5053  data: 0.0004
1944  Total time: 0:03:38 (6.6327 s / it)
1945 Averaged stats: training_loss: -126.4777 (-126.4777)  loss_mask: -126.5254 (-126.5254)
     loss_dice: 0.0478 (0.0478)
1946 Epoch 31/499: 100%|██████▋   | 33/33 [03:38<00:00,  6.63s/it]
1947   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8377478934126
1948 Validating...
1949 Valid_dataloader len: 12
1950   8%|▌         | 1/12 [00:07<01:27,  7.95s/it]print_dice: 0.5219616889953613,  print_iou: 0.
     35314488410949707
1951  [ 0/12] eta: 0:01:35   time: 7.9546  data: 3.9479
1952  17%|█▏        | 2/12 [00:12<00:57,  5.79s/it]print_dice: 0.5482827425003052,  print_iou: 0.
     3776787519454956
1953  25%|█▋        | 3/12 [00:16<00:46,  5.14s/it]print_dice: 0.4833085238933563,  print_iou: 0.
     3186597526073456
1954  33%|██▏       | 4/12 [00:21<00:39,  4.91s/it]print_dice: 0.4903477728366852,  print_iou: 0.
     3248084485530853
1955  42%|██▋       | 5/12 [00:25<00:32,  4.70s/it]print_dice: 0.5521463751792908,  print_iou: 0.
     38135507702827454
1956  50%|███       | 6/12 [00:30<00:27,  4.64s/it]print_dice: 0.48282989859580994,  print_iou: 0
     .31824374198913574
1957  58%|███▌      | 7/12 [00:34<00:23,  4.62s/it]print_dice: 0.43643590807914734,  print_iou: 0
     .27912887930870056
1958  67%|████      | 8/12 [00:38<00:18,  4.51s/it]print_dice: 0.5263554453849792,  print_iou: 0.
     35717934370040894
1959 print_dice: 0.5284644365310669,  print_iou: 0.35912448167800903
1960  83%|█████     | 10/12 [00:47<00:08,  4.47s/it]print_dice: 0.5154290795326233,  print_iou: 0
     .34719058871269226
1961  92%|█████▌    | 11/12 [00:52<00:04,  4.43s/it]print_dice: 0.5902851819992065,  print_iou: 0
     .4187266528606415
1962 print_dice: 0.5485638380050659,  print_iou: 0.37794554233551025
1963  [11/12] eta: 0:00:04   time: 4.6899  data: 0.3295
1964 100%|██████████| 12/12 [00:56<00:00,  4.73s/it]
1965  Total time: 0:00:56 (4.7282 s / it)
1966 ============================
1967 Averaged stats:
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1968 Epoch 32/499:   0%|            | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
1969 epoch:    32    learning rate:   1e-07
1970 Epoch 32/499:   3%|▌           | 1/33 [00:10<05:32, 10.40s/it]print_dice: 0.5550678968429565
     ,   print_iou: 0.38414809107780457
1971  [ 0/33] eta: 0:05:43   time: 10.4040  data: 3.9474
1972 print_dice: 0.4313971996307373,  print_iou: 0.275020033121109
1973 Epoch 32/499:   9%|█          | 3/33 [00:23<03:38,  7.29s/it]print_dice: 0.514661967754364
     ,   print_iou: 0.3464948534965515
1974 Epoch 32/499:  12%|█▌         | 4/33 [00:29<03:21,  6.96s/it]print_dice: 0.5411991477012634
     ,   print_iou: 0.3709890842437744
1975 Epoch 32/499:  15%|█▊         | 5/33 [00:36<03:09,  6.76s/it]print_dice: 0.48846596479415894
     ,   print_iou: 0.3231590986251831
1976 Epoch 32/499:  18%|██         | 6/33 [00:42<03:00,  6.68s/it]print_dice: 0.5225005149841309
     ,   print_iou: 0.3536383807659149
1977 Epoch 32/499:  21%|██▍        | 7/33 [00:49<02:52,  6.62s/it]print_dice: 0.4337044358253479
     ,   print_iou: 0.27689820528030396
1978 print_dice: 0.4875637888908386,  print_iou: 0.3223698139190674
1979 Epoch 32/499:  27%|███        | 9/33 [01:02<02:37,  6.55s/it]print_dice: 0.4287196695804596
     ,   print_iou: 0.27284735441207886
1980 Epoch 32/499:  30%|███▍       | 10/33 [01:08<02:30,  6.55s/it]print_dice: 0.6191890239715576
     ,   print_iou: 0.44842419028282166
1981 print_dice: 0.5438374280929565,  print_iou: 0.37347304821014404
1982 Epoch 32/499:  36%|████       | 12/33 [01:21<02:17,  6.53s/it]print_dice: 0.5423991084098816
     ,   print_iou: 0.3721177279949188
1983 Epoch 32/499:  39%|████▍      | 13/33 [01:28<02:11,  6.56s/it]print_dice: 0.5175556540489197
     ,   print_iou: 0.34912315011024475
1984 Epoch 32/499:  42%|████▊      | 14/33 [01:34<02:03,  6.51s/it]print_dice: 0.5248603820800781
     ,   print_iou: 0.35580384731292725
1985 print_dice: 0.47086960077285767,  print_iou: 0.30793294310569763
1986 Epoch 32/499:  48%|█████▍     | 16/33 [01:47<01:51,  6.57s/it]print_dice: 0.49091413617134094
     ,   print_iou: 0.32530564069747925
1987 print_dice: 0.521693229675293,  print_iou: 0.3528991937637329
1988 Epoch 32/499:  55%|██████     | 18/33 [02:01<01:38,  6.59s/it]print_dice: 0.4987734258174896
     ,   print_iou: 0.3322439193725586
1989 Epoch 32/499:  58%|██████▌    | 19/33 [02:07<01:31,  6.56s/it]print_dice: 0.5948612689971924
     ,   print_iou: 0.42334699630737305
1990 print_dice: 0.4592292904853821,  print_iou: 0.298051655292511
1991 Epoch 32/499:  64%|███████    | 21/33 [02:20<01:18,  6.53s/it]print_dice: 0.5712953805923462
     ,   print_iou: 0.39986947178840637
1992 Epoch 32/499:  67%|███████▌   | 22/33 [02:27<01:11,  6.51s/it]print_dice: 0.5160173177719116
     ,   print_iou: 0.3477246165275574
1993 print_dice: 0.5226058959960938,  print_iou: 0.353573494029045105
1994 Epoch 32/499:  73%|████████   | 24/33 [02:40<00:59,  6.59s/it]print_dice: 0.5027430057525635
     ,   print_iou: 0.33577606081962585
1995 Epoch 32/499:  76%|████████▌  | 25/33 [02:46<00:52,  6.57s/it]print_dice: 0.5221917629241943
     ,   print_iou: 0.3533555865287781
1996 Epoch 32/499:  79%|█████████  | 26/33 [02:53<00:46,  6.59s/it]print_dice: 0.517498254776001
     ,   print_iou: 0.3490709364414215
1997 print_dice: 0.4427867531776428,  print_iou: 0.2843456268310547
1998 Epoch 32/499:  85%|█████████▌ | 28/33 [03:06<00:32,  6.54s/it]print_dice: 0.4810565114021301
     ,   print_iou: 0.316704660654068
1999 Epoch 32/499:  88%|██████████ | 29/33 [03:13<00:26,  6.57s/it]print_dice: 0.4561295211315155
     ,   print_iou: 0.2954454720020294
2000 print_dice: 0.537639319896698,  print_iou: 0.36765167117118835
2001 Epoch 32/499:  94%|██████████▌| 31/33 [03:26<00:13,  6.63s/it]print_dice: 0.5430930256843567
     ,   print_iou: 0.3727712631225586
2002 print_dice: 0.5472162365913391,  print_iou: 0.3766673803329468
2003 Epoch 32/499: 100%|███████████| 33/33 [03:39<00:00,  6.51s/it]print_dice: 0.4829165041446686
     ,   print_iou: 0.3183189928531647
2004  [32/33] eta: 0:00:06   time: 6.5584  data: 0.0006
2005 Epoch 32/499: 100%|███████████| 33/33 [03:39<00:00,  6.66s/it]
2006  Total time: 0:03:39 (6.6586 s / it)
2007 Averaged stats: training_loss: 73.3364 (73.3364)  loss_mask: 73.0424 (73.0424)  loss_dice: 0
     .2940 (0.2940)
2008   0%|           | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8377925954992
2009 Validating...
2010 Valid_dataloader len: 12
2011   8%|█          | 1/12 [00:08<01:29,  8.18s/it]print_dice: 0.5028397440910339,  print_iou: 0.
     33586233854293823
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2012   [ 0/12]  eta: 0:01:38   time: 8.1751  data: 3.9228
2013  17%|██          | 2/12 [00:12<00:59,  5.91s/it]print_dice: 0.5505304336547852,  print_iou: 0.
     37981510162353516
2014  25%|██          | 3/12 [00:16<00:47,  5.26s/it]print_dice: 0.5063793063163757,  print_iou: 0.
     3390280306339264
2015  33%|███         | 4/12 [00:21<00:39,  4.98s/it]print_dice: 0.5013739466667175,  print_iou: 0.
     3345557153224945
2016 print_dice: 0.5439170598983765,  print_iou: 0.37354815006256104
2017  50%|█████       | 6/12 [00:30<00:28,  4.68s/it]print_dice: 0.47308486700057983,  print_iou: 0
     .3098304867744446
2018 print_dice: 0.4366897940635681,  print_iou: 0.2793366312980652
2019  67%|██████      | 8/12 [00:39<00:18,  4.58s/it]print_dice: 0.5240108966827393,  print_iou: 0.
     3550235629081726
2020  75%|███████     | 9/12 [00:44<00:13,  4.56s/it]print_dice: 0.5184025168418884,  print_iou: 0.
     34989428520202637
2021 print_dice: 0.5337957739830017,  print_iou: 0.3640664517879486
2022  92%|████████    | 11/12 [00:52<00:04,  4.41s/it]print_dice: 0.5723397135734558,  print_iou: 0
     .4008934795856476
2023 100%|█████████   | 12/12 [00:56<00:00,  4.36s/it]print_dice: 0.5454151034355164,  print_iou: 0
     .3749626874923706
2024   [11/12]  eta: 0:00:04   time: 4.7339  data: 0.3274
2025  Total time: 0:00:57 (4.7706 s / it)
2026 =============================
2027 Averaged stats:
2028 100%|█████████   | 12/12 [00:57<00:00,  4.77s/it]
2029 Epoch 33/499:    0%|            | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
2030 epoch:    33   learning rate:   1e-07
2031 print_dice: 0.5164810419082642,  print_iou: 0.34814590215682983
2032   [ 0/33]  eta: 0:05:41   time: 10.3522  data: 3.9518
2033 Epoch 33/499:    6%|█           | 2/33 [00:16<04:05,  7.91s/it]print_dice: 0.4608393609523773
     ,  print_iou: 0.29940950870513916
2034 print_dice: 0.4490583539009094,  print_iou: 0.2895391881465912
2035 Epoch 33/499:   12%|█▌          | 4/33 [00:29<03:24,  7.05s/it]print_dice: 0.5260363221168518
     ,  print_iou: 0.35688555240631104
2036 print_dice: 0.5215125679969788,  print_iou: 0.352733850479126
2037 Epoch 33/499:   18%|██          | 6/33 [00:42<03:01,  6.73s/it]print_dice: 0.568631112575531
     ,  print_iou: 0.3972638249397278
2038 print_dice: 0.49348926544189453,  print_iou: 0.3275710344314575
2039 Epoch 33/499:   24%|██▌         | 8/33 [00:55<02:45,  6.63s/it]print_dice: 0.5416175723075867
     ,  print_iou: 0.3713824152946472
2040 print_dice: 0.5386986136436462,  print_iou: 0.36864304542541504
2041 Epoch 33/499:   30%|███         | 10/33 [01:09<02:31,  6.60s/it]print_dice: 0.5396809577941895
     ,  print_iou: 0.3695637285709381
2042 print_dice: 0.5436311960220337,  print_iou: 0.37327849864959717
2043 Epoch 33/499:   36%|███▌        | 12/33 [01:22<02:17,  6.55s/it]print_dice: 0.4272690415382385
     ,  print_iou: 0.271673321723938
2044 Epoch 33/499:   39%|████        | 13/33 [01:28<02:11,  6.57s/it]print_dice: 0.4953141212463379
     ,  print_iou: 0.32918107509613037
2045 Epoch 33/499:   42%|████▌       | 14/33 [01:35<02:03,  6.51s/it]print_dice: 0.42803242802619934
     ,  print_iou: 0.2722908556461334
2046 print_dice: 0.47837838530540466,  print_iou: 0.3143872320652008
2047 Epoch 33/499:   48%|█████       | 16/33 [01:48<01:50,  6.51s/it]print_dice: 0.5211387276649475
     ,  print_iou: 0.3523918688297272
2048 Epoch 33/499:   52%|█████▌      | 17/33 [01:54<01:44,  6.50s/it]print_dice: 0.48100030422210693
     ,  print_iou: 0.3166559636592865
2049 print_dice: 0.6128604412078857,  print_iou: 0.4418160319328308
2050 Epoch 33/499:   58%|██████      | 19/33 [02:07<01:31,  6.53s/it]print_dice: 0.50745689868927
     ,  print_iou: 0.33999478816986084
2051 Epoch 33/499:   61%|██████▌     | 20/33 [02:14<01:24,  6.50s/it]print_dice: 0.4850130081176758
     ,  print_iou: 0.32014334201812744
2052 Epoch 33/499:   64%|███████     | 21/33 [02:20<01:18,  6.52s/it]print_dice: 0.5318852066993713
     ,  print_iou: 0.3622913062572479
2053 Epoch 33/499:   67%|███████▌    | 22/33 [02:27<01:11,  6.52s/it]print_dice: 0.5113770961761475
     ,  print_iou: 0.343235917568207
2054 Epoch 33/499:   70%|████████    | 23/33 [02:33<01:05,  6.55s/it]print_dice: 0.512495219707489
     ,  print_iou: 0.3445335030555725
2055 Epoch 33/499:   73%|████████▌   | 24/33 [02:40<00:58,  6.50s/it]print_dice: 0.42209380865097046
     ,  print_iou: 0.26750245690345764
2056 Epoch 33/499:   76%|█████████   | 25/33 [02:46<00:52,  6.53s/it]print_dice: 0.5484734177589417
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2056 ,    print_iou: 0.3778596818447113
2057 Epoch 33/499:  79%|███████▊  | 26/33 [02:53<00:45,  6.52s/it]print_dice: 0.489443302154541
     ,    print_iou: 0.32401517033576965
2058 Epoch 33/499:  82%|████████▏ | 27/33 [02:59<00:39,  6.53s/it]print_dice: 0.46401745080947876
     ,    print_iou: 0.3020981252193451
2059 print_dice: 0.509967029094696,    print_iou: 0.3422521650791168
2060 Epoch 33/499:  88%|████████▊ | 29/33 [03:12<00:26,  6.52s/it]print_dice: 0.5896021723747253
     ,    print_iou: 0.4180396497249603
2061 print_dice: 0.5182716250419617,    print_iou: 0.3497750759124756
2062 Epoch 33/499:  94%|█████████▍| 31/33 [03:26<00:13,  6.55s/it]print_dice: 0.5001468062400818
     ,    print_iou: 0.3334638178348541
2063 print_dice: 0.4374333322048187,    print_iou: 0.27994537353515625
2064 Epoch 33/499: 100%|██████████| 33/33 [03:38<00:00,  6.47s/it]print_dice: 0.539047122001648
     ,    print_iou: 0.36896952986717224
2065  [32/33] eta: 0:00:06   time: 6.5060  data: 0.0006
2066 Epoch 33/499: 100%|██████████| 33/33 [03:39<00:00,  6.64s/it]
2067  Total time: 0:03:39 (6.6437 s / it)
2068 Averaged stats: training_loss: -39.0997 (-39.0997)  loss_mask: -39.2538 (-39.2538)
     loss_dice: 0.1541 (0.1541)
2069   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8378558087861
2070 Validating...
2071 Valid_dataloader len: 12
2072   8%|▊         | 1/12 [00:07<01:26,  7.90s/it]print_dice: 0.5148923397064209,  print_iou: 0.
     34670373797416687
2073  [ 0/12] eta: 0:01:34   time: 7.8979  data: 3.8643
2074  17%|█▋        | 2/12 [00:12<00:57,  5.74s/it]print_dice: 0.5497941374778748,  print_iou: 0.
     37911456823349
2075 print_dice: 0.5017589926719666,  print_iou: 0.3348987400531769
2076  33%|███▎      | 4/12 [00:20<00:38,  4.84s/it]print_dice: 0.501459538936615,  print_iou: 0.
     33463194966316223
2077  42%|████▏     | 5/12 [00:25<00:33,  4.73s/it]print_dice: 0.5395904779434204,  print_iou: 0.
     369478911116142273
2078  50%|█████     | 6/12 [00:29<00:27,  4.63s/it]print_dice: 0.4768322706222534,  print_iou: 0.
     31305304169654846
2079  58%|█████▊    | 7/12 [00:34<00:22,  4.57s/it]print_dice: 0.42607414722442627,  print_iou: 0
     .2707078754901886
2080  67%|██████▋   | 8/12 [00:38<00:18,  4.50s/it]print_dice: 0.5180937051773071,  print_iou: 0.
     3496129810810089
2081  75%|███████▌  | 9/12 [00:43<00:13,  4.46s/it]print_dice: 0.5231503844261169,  print_iou: 0.
     3542340397834778
2082  83%|████████▎ | 10/12 [00:47<00:08,  4.47s/it]print_dice: 0.5334529280662537,  print_iou: 0
     .36374759674072266
2083  92%|█████████▏| 11/12 [00:51<00:04,  4.45s/it]print_dice: 0.5785999298095703,  print_iou: 0
     .40706339478492737
2084 100%|██████████| 12/12 [00:56<00:00,  4.40s/it]print_dice: 0.5465664863586426,  print_iou: 0
     .37605196237564087
2085  [11/12] eta: 0:00:04   time: 4.6896  data: 0.3224
2086 100%|██████████| 12/12 [00:56<00:00,  4.72s/it]
2087  Total time: 0:00:56 (4.7220 s / it)
2088 =============================
2089 Averaged stats:
2090 Epoch 34/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
2091 epoch:    34   learning rate:   1e-07
2092 Epoch 34/499:   3%|▎         | 1/33 [00:10<05:32, 10.38s/it]print_dice: 0.5681889057159424
     ,    print_iou: 0.39683231711387634
2093  [ 0/33] eta: 0:05:42   time: 10.3765  data: 4.0561
2094 print_dice: 0.5167906284332275,  print_iou: 0.34842726588249207
2095 Epoch 34/499:   9%|▉         | 3/33 [00:22<03:36,  7.23s/it]print_dice: 0.43836620450019836
     ,    print_iou: 0.28070998191833496
2096 print_dice: 0.5131954550743103,  print_iou: 0.34516671299934387
2097 Epoch 34/499:  15%|█▌        | 5/33 [00:36<03:10,  6.79s/it]print_dice: 0.5398686528205872
     ,    print_iou: 0.3697397708892822
2098 print_dice: 0.4689981937408447,  print_iou: 0.3063341975212097
2099 Epoch 34/499:  21%|██▏       | 7/33 [00:49<02:54,  6.73s/it]print_dice: 0.5401206016540527
     ,    print_iou: 0.3699761927127838
2100 print_dice: 0.5414788722991943,  print_iou: 0.37125200033187866
2101 Epoch 34/499:  27%|██▋       | 9/33 [01:02<02:39,  6.63s/it]print_dice: 0.5199234485626221
     ,    print_iou: 0.35128146409988403
2102 print_dice: 0.5207614898681641,  print_iou: 0.35204699635505676
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2103 Epoch 34/499:  33%|██▌        | 11/33 [01:15<02:25,  6.63s/it]print_dice: 0.5136725306510925
     ,   print_iou: 0.3455985188484192
2104 Epoch 34/499:  36%|██▌        | 12/33 [01:22<02:18,  6.60s/it]print_dice: 0.4989180266857147
     ,   print_iou: 0.3323722779750824
2105 print_dice: 0.4877448379934387,   print_iou: 0.3225281536579132
2106 Epoch 34/499:  42%|██▌        | 14/33 [01:35<02:04,  6.55s/it]print_dice: 0.5202890038490295
     ,   print_iou: 0.3516152501106262
2107 print_dice: 0.5150659680366516,   print_iou: 0.3468611538410187
2108 Epoch 34/499:  48%|███▌       | 16/33 [01:48<01:52,  6.61s/it]print_dice: 0.45817527174949646
     ,   print_iou: 0.29716432094573975
2109 print_dice: 0.553137481212616,   print_iou: 0.38230133056640625
2110 Epoch 34/499:  55%|███▌       | 18/33 [02:01<01:39,  6.62s/it]print_dice: 0.5123299956321716
     ,   print_iou: 0.34438419342041016
2111 Epoch 34/499:  58%|███▌       | 19/33 [02:08<01:31,  6.55s/it]print_dice: 0.4259684979915619
     ,   print_iou: 0.2706226110458374
2112 Epoch 34/499:  61%|████       | 20/33 [02:14<01:25,  6.55s/it]print_dice: 0.49779534339904785
     ,   print_iou: 0.3313765227794647
2113 print_dice: 0.618109941482544,   print_iou: 0.44729316234588623
2114 Epoch 34/499:  67%|████▌      | 22/33 [02:28<01:12,  6.57s/it]print_dice: 0.45444822311401367
     ,   print_iou: 0.29403623938560486
2115 Epoch 34/499:  70%|████▌      | 23/33 [02:34<01:05,  6.51s/it]print_dice: 0.4812648296356201
     ,   print_iou: 0.3168852925300598
2116 Epoch 34/499:  73%|█████      | 24/33 [02:41<00:58,  6.54s/it]print_dice: 0.5165514945983887
     ,   print_iou: 0.348209947347641
2117 Epoch 34/499:  76%|█████      | 25/33 [02:47<00:52,  6.51s/it]print_dice: 0.43099573254585266
     ,   print_iou: 0.2746937870979309
2118 Epoch 34/499:  79%|█████▌     | 26/33 [02:53<00:45,  6.52s/it]print_dice: 0.538261353969574
     ,   print_iou: 0.3682336211204529
2119 Epoch 34/499:  82%|█████▌     | 27/33 [03:00<00:39,  6.52s/it]print_dice: 0.59345543384552
     ,   print_iou: 0.4219244122505188
2120 Epoch 34/499:  85%|██████     | 28/33 [03:07<00:32,  6.54s/it]print_dice: 0.42923998832702637
     ,   print_iou: 0.27326899766921997
2121 Epoch 34/499:  88%|██████     | 29/33 [03:13<00:26,  6.52s/it]print_dice: 0.4827847480773926
     ,   print_iou: 0.31820452213287354
2122 Epoch 34/499:  91%|██████▌    | 30/33 [03:20<00:19,  6.57s/it]print_dice: 0.5491575598716736
     ,   print_iou: 0.37850943207740784
2123 Epoch 34/499:  94%|██████▌    | 31/33 [03:26<00:13,  6.56s/it]print_dice: 0.5406491160392761
     ,   print_iou: 0.3704723119735718
2124 print_dice: 0.4848514497280121,   print_iou: 0.32000258564949036
2125 Epoch 34/499: 100%|███████████| 33/33 [03:39<00:00,  6.50s/it]print_dice: 0.4903077483177185
     ,   print_iou: 0.32477328181266785
2126  [32/33]  eta: 0:00:06   time: 6.5418  data: 0.0004
2127 Epoch 34/499: 100%|███████████| 33/33 [03:40<00:00,  6.67s/it]
2128  Total time: 0:03:40 (6.6687 s / it)
2129 Averaged stats: training_loss: 82.4995 (82.4995)  loss_mask: 82.0609 (82.0609)  loss_dice: 0
     .4385 (0.4385)
2130   0%|           | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8379446126055
2131 Validating...
2132 Valid_dataloader len: 12
2133   8%|█        | 1/12 [00:08<01:29,  8.10s/it]print_dice: 0.5178639888763428,   print_iou: 0.
     3494037985801697
2134  [ 0/12]  eta: 0:01:37   time: 8.1025  data: 3.9096
2135  17%|██       | 2/12 [00:12<00:58,  5.90s/it]print_dice: 0.5494357347488403,   print_iou: 0.
     3787738084793091
2136 print_dice: 0.48577696084976196,   print_iou: 0.32080939412117004
2137  33%|███      | 4/12 [00:21<00:38,  4.87s/it]print_dice: 0.501052975654602,   print_iou: 0.
     33427000045776367
2138 print_dice: 0.5422517657279968,   print_iou: 0.3719790279865265
2139  50%|█████    | 6/12 [00:30<00:27,  4.62s/it]print_dice: 0.4799061417579651,   print_iou: 0.
     3157082200050354
2140  58%|█████▌   | 7/12 [00:34<00:22,  4.57s/it]print_dice: 0.41356921195983887,   print_iou: 0
     .2606916129589081
2141  67%|██████   | 8/12 [00:38<00:18,  4.51s/it]print_dice: 0.5213209390640259,   print_iou: 0.
     35255852341651917
2142 print_dice: 0.5281428694725037,   print_iou: 0.35882753133773804
2143  83%|████████ | 10/12 [00:47<00:08,  4.41s/it]print_dice: 0.5319409370422363,   print_iou: 0
     .3623430132865906
2144 print_dice: 0.58064740889622498,   print_iou: 0.4090931713581085
2145 100%|█████████| 12/12 [00:56<00:00,  4.33s/it]print_dice: 0.5535575747489929,   print_iou: 0
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2145 .3827027976512909
2146  [11/12]  eta: 0:00:04    time: 4.6720  data: 0.3261
2147 100%|████████| 12/12 [00:56<00:00,  4.71s/it]
2148  Total time: 0:00:56 (4.7051 s / it)
2149 =============================
2150 Averaged stats:
2151 Epoch 35/499:   0%|            | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
2152 epoch:   35   learning rate:  1e-07
2153 print_dice: 0.44881582260131836,   print_iou: 0.28933754563331604
2154  [ 0/33]  eta: 0:05:48    time: 10.5460  data: 4.0897
2155 Epoch 35/499:   6%|▌           | 2/33 [00:16<04:08,  8.01s/it]print_dice: 0.522575318813324
     ,   print_iou: 0.3537069261074066
2156 Epoch 35/499:   9%|▉           | 3/33 [00:23<03:42,  7.40s/it]print_dice: 0.5693349838256836
     ,   print_iou: 0.39795127511024475
2157 print_dice: 0.42812493443489075,   print_iou: 0.2723657488822937
2158 Epoch 35/499:  15%|█▌          | 5/33 [00:36<03:13,  6.91s/it]print_dice: 0.5479779839515686
     ,   print_iou: 0.3773895800113678
2159 Epoch 35/499:  18%|█▊          | 6/33 [00:43<03:02,  6.76s/it]print_dice: 0.552500307559967
     ,   print_iou: 0.3816928565502167
2160 print_dice: 0.4793964326816833,   print_iou: 0.3152672052383423
2161 Epoch 35/499:  24%|██▍         | 8/33 [00:56<02:45,  6.64s/it]print_dice: 0.5157037377357483
     ,   print_iou: 0.34743988513946533
2162 print_dice: 0.5012099146842957,   print_iou: 0.3344096839427948
2163 Epoch 35/499:  30%|███         | 10/33 [01:09<02:31,  6.59s/it]print_dice: 0.45758330821990967
     ,   print_iou: 0.2966664731502533
2164 Epoch 35/499:  33%|███▎        | 11/33 [01:15<02:25,  6.60s/it]print_dice: 0.487621933221817
     ,   print_iou: 0.3224206566810608
2165 Epoch 35/499:  36%|███▋        | 12/33 [01:22<02:18,  6.61s/it]print_dice: 0.516269862651825
     ,   print_iou: 0.34795400500297546
2166 print_dice: 0.537253737449646,   print_iou: 0.3672911524772644
2167 Epoch 35/499:  42%|████▏       | 14/33 [01:35<02:06,  6.65s/it]print_dice: 0.5134857892990112
     ,   print_iou: 0.3454294502735138
2168 Epoch 35/499:  45%|████▌       | 15/33 [01:42<01:59,  6.62s/it]print_dice: 0.5391066074371338
     ,   print_iou: 0.3690252900123596
2169 print_dice: 0.5202196836471558,   print_iou: 0.35155197978019714
2170 Epoch 35/499:  52%|█████▏      | 17/33 [01:55<01:45,  6.61s/it]print_dice: 0.5423561334609985
     ,   print_iou: 0.37207722663879395
2171 print_dice: 0.46796658635139465,   print_iou: 0.3054545521736145
2172 Epoch 35/499:  58%|█████▊      | 19/33 [02:08<01:32,  6.58s/it]print_dice: 0.49117350578308105
     ,   print_iou: 0.3255334794521332
2173 Epoch 35/499:  61%|██████      | 20/33 [02:15<01:25,  6.57s/it]print_dice: 0.520255446434021
     ,   print_iou: 0.35158464312553406
2174 Epoch 35/499:  64%|██████▍     | 21/33 [02:21<01:18,  6.54s/it]print_dice: 0.5200028419494629
     ,   print_iou: 0.3513539433479309
2175 print_dice: 0.5403518080711365,   print_iou: 0.3701931834220886
2176 Epoch 35/499:  70%|███████     | 23/33 [02:34<01:05,  6.53s/it]print_dice: 0.44870099425315857
     ,   print_iou: 0.28924211859703064
2177 Epoch 35/499:  73%|███████▎    | 24/33 [02:41<00:58,  6.49s/it]print_dice: 0.4810028076171875
     ,   print_iou: 0.3166581094264984
2178 print_dice: 0.5353705883026123,   print_iou: 0.36553314328193665
2179 Epoch 35/499:  79%|███████▉    | 26/33 [02:54<00:45,  6.55s/it]print_dice: 0.4994535446166992
     ,   print_iou: 0.3328477740287781
2180 print_dice: 0.4254663288593292,   print_iou: 0.2702173590660095
2181 Epoch 35/499:  85%|████████▌   | 28/33 [03:07<00:32,  6.54s/it]print_dice: 0.6151608228683472
     ,   print_iou: 0.4442110061645508
2182 print_dice: 0.5094355940818787,   print_iou: 0.3417735993862152
2183 Epoch 35/499:  91%|█████████   | 30/33 [03:20<00:19,  6.48s/it]print_dice: 0.48525214195251465
     ,   print_iou: 0.3203517496585846
2184 Epoch 35/499:  94%|█████████▍  | 31/33 [03:26<00:12,  6.46s/it]print_dice: 0.4288925528526306
     ,   print_iou: 0.272987425327301
2185 print_dice: 0.5918427109718323,   print_iou: 0.4202958643436432
2186 Epoch 35/499: 100%|██████████  | 33/33 [03:39<00:00,  6.42s/it]print_dice: 0.5150601863861084
     ,   print_iou: 0.34685593843460083
2187  [32/33]  eta: 0:00:06    time: 6.5096  data: 0.0003
2188 Epoch 35/499: 100%|██████████| 33/33 [03:39<00:00,  6.66s/it]
2189  Total time: 0:03:39 (6.6636 s / it)
2190 Averaged stats: training_loss: 58.6144 (58.6144)  loss_mask: 58.1981 (58.1981)  loss_dice: 0
     .4163 (0.4163)
2191   0%|            | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8379793242784
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2192 Validating...
2193 Valid_dataloader len: 12
2194 print_dice: 0.5323663949966431,  print_iou: 0.3627379536628723
2195  [ 0/12]  eta: 0:01:35   time: 7.9829  data: 3.9568
2196  17%|██       | 2/12 [00:12<00:58,  5.82s/it]print_dice: 0.54620361328125,  print_iou: 0.
     3757084608078003
2197 print_dice: 0.4939335584640503,  print_iou: 0.3279626667499542
2198  33%|███      | 4/12 [00:21<00:38,  4.86s/it]print_dice: 0.4892594516277313,  print_iou: 0.
     3238540589809418
2199 print_dice: 0.5430644750595093,  print_iou: 0.3727443516254425
2200  50%|████     | 6/12 [00:30<00:28,  4.70s/it]print_dice: 0.4687988758087158,  print_iou: 0.
     3061641454696655
2201 print_dice: 0.42628374695777893,  print_iou: 0.2708771526813507
2202  67%|██████   | 8/12 [00:39<00:18,  4.73s/it]print_dice: 0.5220001339912415,  print_iou: 0.
     3531801104545593
2203  75%|███████  | 9/12 [00:44<00:14,  4.69s/it]print_dice: 0.5284410119056702,  print_iou: 0.
     3591028153896332
2204 print_dice: 0.5239108800888062,  print_iou: 0.3549317419528961
2205  92%|████████ | 11/12 [00:53<00:04,  4.53s/it]print_dice: 0.582082211971283,  print_iou: 0.
     4105190336704254
2206 100%|█████████| 12/12 [00:57<00:00,  4.46s/it]print_dice: 0.531832754611969,  print_iou: 0.
     36224260926246643
2207  [11/12]  eta: 0:00:04   time: 4.7811  data: 0.3299
2208 100%|█████████| 12/12 [00:57<00:00,  4.82s/it]
2209  Total time: 0:00:57 (4.8205 s / it)
2210 =============================
2211 Averaged stats:
2212 Epoch 36/499:   0%|         | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
2213 epoch:   36   learning rate:   1e-07
2214 Epoch 36/499:   3%|█        | 1/33 [00:11<06:07, 11.50s/it]print_dice: 0.5492271780967712
     ,  print_iou: 0.3785755932331085
2215  [ 0/33]  eta: 0:06:19   time: 11.4999  data: 4.9882
2216 Epoch 36/499:   6%|█        | 2/33 [00:17<04:22,  8.45s/it]print_dice: 0.5425560474395752
     ,  print_iou: 0.37226545810699463
2217 print_dice: 0.5206835865974426,  print_iou: 0.35197579860687256
2218 Epoch 36/499:  12%|██       | 4/33 [00:30<03:27,  7.14s/it]print_dice: 0.5419396162033081
     ,  print_iou: 0.37168529629707336
2219 print_dice: 0.5936657190322876,  print_iou: 0.4221370220184326
2220 Epoch 36/499:  18%|██       | 6/33 [00:44<03:04,  6.84s/it]print_dice: 0.48108306527137756
     ,  print_iou: 0.3167276978492737
2221 Epoch 36/499:  21%|██       | 7/33 [00:50<02:54,  6.71s/it]print_dice: 0.4290410280227661
     ,  print_iou: 0.27310773730278015
2222 Epoch 36/499:  24%|██       | 8/33 [00:57<02:47,  6.68s/it]print_dice: 0.5145853757858276
     ,  print_iou: 0.3464254140853882
2223 Epoch 36/499:  27%|██       | 9/33 [01:03<02:38,  6.60s/it]print_dice: 0.5385972261428833
     ,  print_iou: 0.36854812502861023
2224 print_dice: 0.47022122144699097,  print_iou: 0.3073785901069641
2225 Epoch 36/499:  33%|███      | 11/33 [01:16<02:23,  6.54s/it]print_dice: 0.554071843624115
     ,  print_iou: 0.38319456577301025
2226 print_dice: 0.4872548282146454,  print_iou: 0.3220997452735901
2227 Epoch 36/499:  39%|███      | 13/33 [01:29<02:10,  6.53s/it]print_dice: 0.45749568939208984
     ,  print_iou: 0.2965928018093109
2228 print_dice: 0.5251606106758118,  print_iou: 0.3560798466205597
2229 Epoch 36/499:  45%|████     | 15/33 [01:42<01:58,  6.56s/it]print_dice: 0.5044013857841492
     ,  print_iou: 0.33725717663764954
2230 print_dice: 0.5171078443527222,  print_iou: 0.34871575236320496
2231 Epoch 36/499:  52%|████     | 17/33 [01:55<01:44,  6.52s/it]print_dice: 0.5181682705879211
     ,  print_iou: 0.34968090057373047
2232 print_dice: 0.5744252800941467,  print_iou: 0.402942955493927
2233 Epoch 36/499:  58%|█████    | 19/33 [02:09<01:32,  6.59s/it]print_dice: 0.61956387758255
     ,  print_iou: 0.44881749153137207
2234 Epoch 36/499:  61%|█████    | 20/33 [02:15<01:25,  6.60s/it]print_dice: 0.5372642874717712
     ,  print_iou: 0.36730101704597473
2235 Epoch 36/499:  64%|█████    | 21/33 [02:22<01:18,  6.56s/it]print_dice: 0.48826637864112854
     ,  print_iou: 0.32298439741134644
2236 Epoch 36/499:  67%|██████   | 22/33 [02:28<01:12,  6.57s/it]print_dice: 0.5220436453819275
     ,  print_iou: 0.353219926357269
2237 Epoch 36/499:  70%|██████   | 23/33 [02:35<01:05,  6.53s/it]print_dice: 0.5191314816474915
     ,  print_iou: 0.3505587875843048
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2238 Epoch 36/499:  73%|███████▌   | 24/33 [02:41<00:58,  6.52s/it]print_dice: 0.49623575806617737
     ,   print_iou: 0.329995721578598
2239 print_dice: 0.5151399374008179,   print_iou: 0.34692829847335815
2240 Epoch 36/499:  79%|████████▌  | 26/33 [02:54<00:46,  6.58s/it]print_dice: 0.5017171502113342
     ,   print_iou: 0.3348614275455475
2241 print_dice: 0.4336213171482086,   print_iou: 0.2768304646015167
2242 Epoch 36/499:  85%|█████████▌ | 28/33 [03:07<00:32,  6.57s/it]print_dice: 0.4514120817184448
     ,   print_iou: 0.29149916768074036
2243 Epoch 36/499:  88%|█████████▊ | 29/33 [03:14<00:26,  6.55s/it]print_dice: 0.42914384603500366
     ,   print_iou: 0.27319103479385376
2244 Epoch 36/499:  91%|██████████ | 30/33 [03:21<00:19,  6.55s/it]print_dice: 0.5449644327163696
     ,   print_iou: 0.3745368421077728
2245 print_dice: 0.4520993232727051,   print_iou: 0.2920725643634796
2246 Epoch 36/499:  97%|███████████▊| 32/33 [03:33<00:06,  6.50s/it]print_dice: 0.48128238320350647
     ,   print_iou: 0.31690049171447754
2247 Epoch 36/499: 100%|████████████| 33/33 [03:40<00:00,  6.49s/it]print_dice: 0.5253710150718689
     ,   print_iou: 0.356273353099823
2248   [32/33]  eta: 0:00:06   time: 6.5447  data: 0.0005
2249 Epoch 36/499: 100%|████████████| 33/33 [03:40<00:00,  6.69s/it]
2250  Total time: 0:03:40 (6.6927 s / it)
2251 Averaged stats: training_loss: -4.1916 (-4.1916)  loss_mask: -4.4027 (-4.4027)  loss_dice: 0
     .2111 (0.2111)
2252   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.83804106561
2253 Validating...
2254 Valid_dataloader len: 12
2255 print_dice: 0.5358877182006836,  print_iou: 0.3660154342651367
2256   [ 0/12]  eta: 0:01:38   time: 8.2015  data: 4.0442
2257  17%|██        | 2/12 [00:12<00:58,  5.88s/it]print_dice: 0.5482369661331177,  print_iou: 0.
     37763527035713196
2258  25%|██▌       | 3/12 [00:16<00:46,  5.16s/it]print_dice: 0.49700453877449036,  print_iou: 0
     .330676601919174194
2259  33%|███▌      | 4/12 [00:21<00:39,  4.89s/it]print_dice: 0.4862801432609558,  print_iou: 0.
     32124844193458557
2260 print_dice: 0.546108067035675,  print_iou: 0.3756180703639984
2261  50%|█████     | 6/12 [00:30<00:27,  4.63s/it]print_dice: 0.48381805419921875,  print_iou: 0
     .3191029131412506
2262  58%|█████▊    | 7/12 [00:34<00:23,  4.64s/it]print_dice: 0.4183078706264496,  print_iou: 0.
     26446858048439026
2263  67%|██████▋   | 8/12 [00:39<00:18,  4.53s/it]print_dice: 0.5247286558151245,  print_iou: 0.
     3556827902793884
2264 print_dice: 0.527484655380249,  print_iou: 0.3582201302051544
2265  83%|████████▍ | 10/12 [00:48<00:09,  4.51s/it]print_dice: 0.5304292440414429,  print_iou: 0
     .3609415888786316
2266  92%|█████████▎| 11/12 [00:52<00:04,  4.46s/it]print_dice: 0.5850514769554138,  print_iou: 0
     .4134789705276489
2267 100%|██████████| 12/12 [00:56<00:00,  4.39s/it]print_dice: 0.5450178384780884,  print_iou: 0
     .3745872974395752
2268   [11/12]  eta: 0:00:04   time: 4.7227  data: 0.3376
2269  Total time: 0:00:57 (4.7555 s / it)
2270 =============================
2271 100%|██████████| 12/12 [00:57<00:00,  4.76s/it]
2272 Averaged stats:
2273 come here save at work_dirs/DrSAM_b
2274 epoch:    37   learning rate:   1e-07
2275 Epoch 37/499:   3%|▍         | 1/33 [00:10<05:31, 10.35s/it]print_dice: 0.5562687516212463
     ,   print_iou: 0.385299845939636
2276   [ 0/33]  eta: 0:05:41   time: 10.3508  data: 3.9301
2277 print_dice: 0.5231634378433228,   print_iou: 0.35424602031707764
2278 Epoch 37/499:   9%|█         | 3/33 [00:23<03:37,  7.26s/it]print_dice: 0.5152609348297119
     ,   print_iou: 0.34703803062438965
2279 print_dice: 0.5528453588485718,   print_iou: 0.38202232122421265
2280 Epoch 37/499:  15%|█▌        | 5/33 [00:36<03:10,  6.79s/it]print_dice: 0.544593095779419
     ,   print_iou: 0.37418612837791443
2281 Epoch 37/499:  18%|█▊        | 6/33 [00:42<03:01,  6.74s/it]print_dice: 0.4295985996723175
     ,   print_iou: 0.2735597491264343
2282 Epoch 37/499:  21%|██        | 7/33 [00:49<02:54,  6.71s/it]print_dice: 0.4440099000930786
     ,   print_iou: 0.28535524010658264
2283 Epoch 37/499:  24%|██▍       | 8/33 [00:55<02:46,  6.65s/it]print_dice: 0.5218136310577393
     ,   print_iou: 0.35300934314727783
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2284 Epoch 37/499:  27%|██       | 9/33 [01:02<02:39,  6.64s/it]print_dice: 0.5207225680351257
     ,  print_iou: 0.35201144218444824
2285 Epoch 37/499:  30%|██       | 10/33 [01:08<02:30,  6.56s/it]print_dice: 0.4586983323097229
     ,  print_iou: 0.2976045310497284
2286 Epoch 37/499:  33%|██▏      | 11/33 [01:15<02:24,  6.57s/it]print_dice: 0.45987069606781006
     ,  print_iou: 0.2985922694206238
2287 Epoch 37/499:  36%|██▎      | 12/33 [01:21<02:16,  6.52s/it]print_dice: 0.5973695516586304
     ,  print_iou: 0.42589235305786133
2288 print_dice: 0.4315796494483948,  print_iou: 0.27516835927963257
2289 Epoch 37/499:  42%|██▌      | 14/33 [01:34<02:03,  6.50s/it]print_dice: 0.4943184554576874
     ,  print_iou: 0.32830214500427246
2290 print_dice: 0.47600996494293213,  print_iou: 0.3123445510864258
2291 Epoch 37/499:  48%|██▊      | 16/33 [01:47<01:50,  6.48s/it]print_dice: 0.4854942560195923
     ,  print_iou: 0.32056283950805664
2292 Epoch 37/499:  52%|███      | 17/33 [01:54<01:43,  6.49s/it]print_dice: 0.5203489661216736
     ,  print_iou: 0.3516700565814972
2293 print_dice: 0.49007660150527954,  print_iou: 0.32457050681114197
2294 Epoch 37/499:  58%|███▎     | 19/33 [02:07<01:31,  6.53s/it]print_dice: 0.5175760984420776
     ,  print_iou: 0.34914177656173706
2295 Epoch 37/499:  61%|███▌     | 20/33 [02:13<01:25,  6.56s/it]print_dice: 0.5031047463417053
     ,  print_iou: 0.336098849773407
2296 Epoch 37/499:  64%|███▋     | 21/33 [02:20<01:19,  6.61s/it]print_dice: 0.4815174639225006
     ,  print_iou: 0.31710436940193176
2297 Epoch 37/499:  67%|███▊     | 22/33 [02:27<01:12,  6.57s/it]print_dice: 0.5443373918533325
     ,  print_iou: 0.3739447593688965
2298 Epoch 37/499:  70%|████     | 23/33 [02:33<01:05,  6.55s/it]print_dice: 0.5757097601890564
     ,  print_iou: 0.40420815348625183
2299 print_dice: 0.4368395507335663,  print_iou: 0.2794592082500458
2300 Epoch 37/499:  76%|████▎    | 25/33 [02:46<00:52,  6.58s/it]print_dice: 0.5459361672401428
     ,  print_iou: 0.37545543909072876
2301 Epoch 37/499:  79%|████▌    | 26/33 [02:53<00:45,  6.55s/it]print_dice: 0.5439590811729431
     ,  print_iou: 0.3735877573490143
2302 Epoch 37/499:  82%|████▋    | 27/33 [02:59<00:39,  6.56s/it]print_dice: 0.5240216851234436
     ,  print_iou: 0.3550334572792053
2303 Epoch 37/499:  85%|████▊    | 28/33 [03:06<00:32,  6.54s/it]print_dice: 0.5073509812355042
     ,  print_iou: 0.3398997187614441
2304 Epoch 37/499:  88%|█████    | 29/33 [03:12<00:26,  6.53s/it]print_dice: 0.4863722324371338
     ,  print_iou: 0.3213288187980652
2305 print_dice: 0.5304895043373108,  print_iou: 0.36099743843078613
2306 Epoch 37/499:  94%|█████▌   | 31/33 [03:25<00:13,  6.52s/it]print_dice: 0.5286170244216919
     ,  print_iou: 0.35926541686058044
2307 Epoch 37/499:  97%|█████▊   | 32/33 [03:32<00:06,  6.48s/it]print_dice: 0.6196436882019043
     ,  print_iou: 0.4489012658596039
2308 print_dice: 0.5433457493782043,  print_iou: 0.37300941348075867
2309  [32/33]  eta: 0:00:06   time: 6.5144  data: 0.0004
2310 Epoch 37/499: 100%|██████████| 33/33 [03:39<00:00,  6.64s/it]
2311  Total time: 0:03:39 (6.6387 s / it)
2312 Averaged stats: training_loss: -193.3553 (-193.3553)  loss_mask: -193.3131 (-193.3131)
     loss_dice: -0.0422 (-0.0422)
2313 Net parameter norm: 1054.8381074067438
2314 Validating...
2315 Valid_dataloader len: 12
2316   8%|█         | 1/12 [00:08<01:28,  8.01s/it]print_dice: 0.5378715395927429,  print_iou: 0.
     3678688406944275
2317  [ 0/12]  eta: 0:01:36   time: 8.0099  data: 3.9789
2318  17%|██        | 2/12 [00:12<00:58,  5.82s/it]print_dice: 0.5455042719841003,  print_iou: 0.
     3750469982624054
2319  25%|██        | 3/12 [00:16<00:46,  5.13s/it]print_dice: 0.5111083984375,  print_iou: 0.
     3432811200618744
2320 print_dice: 0.49112704396247864,  print_iou: 0.32549265027046204
2321  42%|████      | 5/12 [00:25<00:32,  4.66s/it]print_dice: 0.5490662455558777,  print_iou: 0.
     37842267751693726
2322 print_dice: 0.48830461502075195,  print_iou: 0.3230178654193878
2323  58%|█████     | 7/12 [00:34<00:22,  4.58s/it]print_dice: 0.4370327591896057,  print_iou: 0.
     2796173691749573
2324  67%|█████     | 8/12 [00:38<00:18,  4.53s/it]print_dice: 0.5284764766693115,  print_iou: 0.
     35913556814193726
2325  75%|██████    | 9/12 [00:43<00:13,  4.48s/it]print_dice: 0.529974639415741,  print_iou: 0.
     36052072048187256
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2326  83%|████████▋ | 10/12 [00:47<00:08,  4.47s/it]print_dice: 0.5282869935035706,  print_iou: 0
     .3589605987071991
2327  92%|█████████▌| 11/12 [00:51<00:04,  4.40s/it]print_dice: 0.5916773676872253,  print_iou: 0
     .4201291501522064
2328 100%|██████████| 12/12 [00:56<00:00,  4.36s/it]print_dice: 0.5585463047027588,  print_iou: 0
     .3874882161617279
2329  [11/12] eta: 0:00:04   time: 4.6757  data: 0.3320
2330 100%|██████████| 12/12 [00:56<00:00,  4.71s/it]
2331  Total time: 0:00:56 (4.7093 s / it)
2332 ============================
2333 Averaged stats:
2334 come here save at work_dirs/DrSAM_b
2335 epoch:    38   learning rate:   1e-07
2336 Epoch 38/499:   3%|▏         | 1/33 [00:10<05:34, 10.46s/it]print_dice: 0.5391080975532532
     ,  print_iou: 0.36902669072151184
2337  [ 0/33] eta: 0:05:45   time: 10.4591  data: 3.9628
2338 print_dice: 0.479647696018219,  print_iou: 0.31548458337783813
2339 Epoch 38/499:   9%|▊         | 3/33 [00:23<03:40,  7.36s/it]print_dice: 0.5157194137573242
     ,  print_iou: 0.34745413064956665
2340 Epoch 38/499:  12%|█▏        | 4/33 [00:29<03:24,  7.06s/it]print_dice: 0.5222108960151672
     ,  print_iou: 0.35337308049201965
2341 Epoch 38/499:  15%|█▌        | 5/33 [00:36<03:12,  6.88s/it]print_dice: 0.45141100883483887
     ,  print_iou: 0.2914982736110687
2342 print_dice: 0.4598899185657501,  print_iou: 0.2986084818840027
2343 Epoch 38/499:  21%|██        | 7/33 [00:49<02:54,  6.70s/it]print_dice: 0.5005993843078613
     ,  print_iou: 0.33386632800102234
2344 print_dice: 0.4708702862262726,  print_iou: 0.307933509349823
2345 Epoch 38/499:  27%|██▋       | 9/33 [01:02<02:37,  6.58s/it]print_dice: 0.48255670070648193
     ,  print_iou: 0.31800639629364014
2346 print_dice: 0.5951824188232422,  print_iou: 0.4236724078655243
2347 Epoch 38/499:  33%|███▎      | 11/33 [01:15<02:23,  6.53s/it]print_dice: 0.42930638790130615
     ,  print_iou: 0.27332279086112976
2348 Epoch 38/499:  36%|███▋      | 12/33 [01:22<02:16,  6.51s/it]print_dice: 0.5552778244018555
     ,  print_iou: 0.3843492269515991
2349 print_dice: 0.5163739919662476,  print_iou: 0.348048597574234
2350 Epoch 38/499:  42%|████▏     | 14/33 [01:35<02:03,  6.52s/it]print_dice: 0.48653507232666016
     ,  print_iou: 0.3214710056781769
2351 Epoch 38/499:  45%|████▌     | 15/33 [01:41<01:57,  6.51s/it]print_dice: 0.44224220514297485
     ,  print_iou: 0.28389662504196167
2352 print_dice: 0.5737456679344177,  print_iou: 0.40227439999580383
2353 Epoch 38/499:  52%|█████▏    | 17/33 [01:54<01:44,  6.52s/it]print_dice: 0.6170822978019714
     ,  print_iou: 0.4462176263332367
2354 Epoch 38/499:  55%|█████▌    | 18/33 [02:01<01:37,  6.50s/it]print_dice: 0.5420491695404053
     ,  print_iou: 0.37178835272789
2355 print_dice: 0.5138329863548279,  print_iou: 0.3457437753677368
2356 Epoch 38/499:  61%|██████    | 20/33 [02:14<01:24,  6.51s/it]print_dice: 0.5412166118621826
     ,  print_iou: 0.37100550532341003
2357 Epoch 38/499:  64%|██████▍   | 21/33 [02:20<01:17,  6.49s/it]print_dice: 0.5200300812721252
     ,  print_iou: 0.35137882828712463
2358 print_dice: 0.5404550433158875,  print_iou: 0.3702901005744934
2359 Epoch 38/499:  70%|██████▉   | 23/33 [02:33<01:05,  6.54s/it]print_dice: 0.49588772654533386
     ,  print_iou: 0.3296879827976227
2360 print_dice: 0.528562605381012,  print_iou: 0.3592151701450348
2361 Epoch 38/499:  76%|███████▌  | 25/33 [02:46<00:52,  6.54s/it]print_dice: 0.4300679862499237
     ,  print_iou: 0.2739405333995819
2362 Epoch 38/499:  79%|███████▉  | 26/33 [02:53<00:45,  6.53s/it]print_dice: 0.4282379150390625
     ,  print_iou: 0.27245721220970154
2363 print_dice: 0.517822265625,  print_iou: 0.34936583042144775
2364 Epoch 38/499:  85%|████████▍ | 28/33 [03:06<00:32,  6.52s/it]print_dice: 0.5519706010818481
     ,  print_iou: 0.38118743896484375
2365 print_dice: 0.5207743644714355,  print_iou: 0.3520587384700775
2366 Epoch 38/499:  91%|█████████ | 30/33 [03:19<00:19,  6.55s/it]print_dice: 0.49948421120643616
     ,  print_iou: 0.33287501335144043
2367 print_dice: 0.52088463306427,  print_iou: 0.3521595895290375
2368 Epoch 38/499:  97%|█████████▋| 32/33 [03:32<00:06,  6.48s/it]print_dice: 0.5426202416419983
     ,  print_iou: 0.3723258972167969
2369 Epoch 38/499: 100%|██████████| 33/33 [03:38<00:00,  6.45s/it]print_dice: 0.48533159494400024
     ,  print_iou: 0.320421040058136
2370  [32/33] eta: 0:00:06   time: 6.5084  data: 0.0004
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2371 Epoch 38/499: 100%|████████| 33/33 [03:39<00:00,  6.64s/it]
2372  Total time: 0:03:39 (6.6372 s / it)
2373 Averaged stats: training_loss: 54.8181 (54.8181)  loss_mask: 54.4230 (54.4230)  loss_dice: 0
     .3951 (0.3951)
2374   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.838158898754
2375 Validating...
2376 Valid_dataloader len: 12
2377   8%|█        | 1/12 [00:08<01:28,  8.05s/it]print_dice: 0.5378616452217102,  print_iou: 0.
     3678596019744873
2378   [ 0/12]  eta: 0:01:36   time: 8.0550  data: 3.9094
2379  17%|██       | 2/12 [00:12<00:57,  5.79s/it]print_dice: 0.5463874936103821,  print_iou: 0.
     37588247656822205
2380  25%|██       | 3/12 [00:16<00:45,  5.08s/it]print_dice: 0.5112512707710266,  print_iou: 0.
     34341004490852356
2381 print_dice: 0.4847916066646576,  print_iou: 0.3199504613876343
2382  42%|███      | 5/12 [00:25<00:33,  4.72s/it]print_dice: 0.5541167855262756,  print_iou: 0.
     3832375705242157
2383  50%|████     | 6/12 [00:29<00:27,  4.64s/it]print_dice: 0.4860100746154785,  print_iou: 0.
     3210127651691437
2384  58%|█████    | 7/12 [00:34<00:22,  4.59s/it]print_dice: 0.43491142988204956,  print_iou: 0
     .27788296341896057
2385  67%|██████   | 8/12 [00:38<00:18,  4.51s/it]print_dice: 0.5264461040496826,  print_iou: 0.
     35726287961006165
2386  75%|███████  | 9/12 [00:43<00:13,  4.51s/it]print_dice: 0.5300477147102356,  print_iou: 0.
     360588401556015
2387 print_dice: 0.5433729887008667,  print_iou: 0.3730350732803345
2388  92%|████████ | 11/12 [00:51<00:04,  4.41s/it]print_dice: 0.5781683325767517,  print_iou: 0
     .4066362977027893
2389 print_dice: 0.5580579042434692,  print_iou: 0.38701823353767395
2390   [11/12]  eta: 0:00:04   time: 4.6822  data: 0.3261
2391 100%|████████| 12/12 [00:56<00:00,  4.72s/it]
2392  Total time: 0:00:56 (4.7167 s / it)
2393 =============================
2394 Averaged stats:
2395 Epoch 39/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
2396 epoch:    39   learning rate:   1e-07
2397 Epoch 39/499:   3%|█        | 1/33 [00:10<05:37, 10.54s/it]print_dice: 0.5059539079666138
     ,  print_iou: 0.338646799325943
2398   [ 0/33]  eta: 0:05:47   time: 10.5386  data: 4.0537
2399 print_dice: 0.4522055685520172,  print_iou: 0.2921612560749054
2400 Epoch 39/499:   9%|█        | 3/33 [00:23<03:41,  7.37s/it]print_dice: 0.4542198181152344
     ,  print_iou: 0.2938450276851654
2401 Epoch 39/499:  12%|█        | 4/33 [00:29<03:23,  7.01s/it]print_dice: 0.4980790913105011
     ,  print_iou: 0.33162805438041687
2402 print_dice: 0.5452679395675659,  print_iou: 0.37482360005378723
2403 Epoch 39/499:  18%|██       | 6/33 [00:43<03:02,  6.77s/it]print_dice: 0.520348846912384
     ,  print_iou: 0.35166996717453003
2404 print_dice: 0.4799174666404724,  print_iou: 0.31571802496910095
2405 Epoch 39/499:  24%|██       | 8/33 [00:56<02:46,  6.65s/it]print_dice: 0.5431702136993408
     ,  print_iou: 0.37284398078918457
2406 print_dice: 0.5988407731056213,  print_iou: 0.427389532327652
2407 Epoch 39/499:  30%|███      | 10/33 [01:09<02:31,  6.60s/it]print_dice: 0.4845210611820221
     ,  print_iou: 0.31971481442451477
2408 print_dice: 0.4343574345111847,  print_iou: 0.27743077278137207
2409 Epoch 39/499:  36%|███      | 12/33 [01:22<02:18,  6.60s/it]print_dice: 0.4301617741584778
     ,  print_iou: 0.2740166187286377
2410 print_dice: 0.5238938927650452,  print_iou: 0.35491615533828735
2411 Epoch 39/499:  42%|████     | 14/33 [01:35<02:04,  6.56s/it]print_dice: 0.5193974375724792
     ,  print_iou: 0.35080137848854065
2412 Epoch 39/499:  45%|████     | 15/33 [01:42<01:58,  6.57s/it]print_dice: 0.48925134539604187
     ,  print_iou: 0.3238469660282135
2413 print_dice: 0.5552408695220947,  print_iou: 0.38431382179260254
2414 Epoch 39/499:  52%|█████    | 17/33 [01:55<01:44,  6.54s/it]print_dice: 0.5004619359970093
     ,  print_iou: 0.333744078874588
2415 Epoch 39/499:  55%|█████    | 18/33 [02:01<01:37,  6.49s/it]print_dice: 0.5216019153594971
     ,  print_iou: 0.3528155982494354
2416 print_dice: 0.48495519161224365,  print_iou: 0.32009297609329224
2417 Epoch 39/499:  61%|██████   | 20/33 [02:14<01:24,  6.51s/it]print_dice: 0.4310069978237152
     ,  print_iou: 0.27470293641090393
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2418 print_dice: 0.5186676383018494,   print_iou: 0.3501358926296234
2419 Epoch 39/499:  67%|██████▊     | 22/33 [02:27<01:11,  6.52s/it]print_dice: 0.4755461513996124
     ,   print_iou: 0.31194525957107544
2420 Epoch 39/499:  70%|███████     | 23/33 [02:34<01:05,  6.56s/it]print_dice: 0.6198397278785706
     ,   print_iou: 0.4491070508956909
2421 Epoch 39/499:  73%|███████▍    | 24/33 [02:40<00:58,  6.53s/it]print_dice: 0.5153879523277283
     ,   print_iou: 0.34715330600738525
2422 print_dice: 0.5761992931365967,   print_iou: 0.4046909809112549
2423 Epoch 39/499:  79%|███████▉    | 26/33 [02:53<00:45,  6.55s/it]print_dice: 0.5436671376228333
     ,   print_iou: 0.37331244349479675
2424 print_dice: 0.5433980822563171,   print_iou: 0.3730587661266327
2425 Epoch 39/499:  85%|████████▌   | 28/33 [03:07<00:32,  6.57s/it]print_dice: 0.5454298257827759
     ,   print_iou: 0.37497663497924805
2426 Epoch 39/499:  88%|████████▊   | 29/33 [03:13<00:26,  6.60s/it]print_dice: 0.5321575403213501
     ,   print_iou: 0.3625440299510956
2427 Epoch 39/499:  91%|█████████   | 30/33 [03:20<00:19,  6.56s/it]print_dice: 0.5590088367462158
     ,   print_iou: 0.38793355226516724
2428 print_dice: 0.5264017581939697,   print_iou: 0.3572220206260681
2429 Epoch 39/499:  97%|█████████▋  | 32/33 [03:33<00:06,  6.51s/it]print_dice: 0.4614560902118683
     ,   print_iou: 0.2999303936958313
2430 Epoch 39/499: 100%|██████████  | 33/33 [03:39<00:00,  6.47s/it]print_dice: 0.5228195190429688
     ,   print_iou: 0.35393068194389343
2431  [32/33]  eta: 0:00:06   time: 6.5307  data: 0.0007
2432 Epoch 39/499: 100%|██████████| 33/33 [03:40<00:00,  6.67s/it]
2433  Total time: 0:03:40 (6.6703 s / it)
2434 Averaged stats: training_loss: -52.8765 (-52.8765)  loss_mask: -52.9817 (-52.9817)
     loss_dice: 0.1052 (0.1052)
2435   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8382320640376
2436 Validating...
2437 Valid_dataloader len: 12
2438   8%|█         | 1/12 [00:07<01:27,  7.99s/it]print_dice: 0.5299749374389648,  print_iou: 0.
     3605210483074188
2439  [ 0/12]  eta: 0:01:35   time: 7.9895  data: 3.9560
2440 print_dice: 0.5449162721633911,  print_iou: 0.3744913637638092
2441  25%|██▌       | 3/12 [00:16<00:46,  5.14s/it]print_dice: 0.5126307010650635,  print_iou: 0.
     344465599060058594
2442 print_dice: 0.5015210509300232,  print_iou: 0.3346867859363556
2443  42%|████▏     | 5/12 [00:25<00:33,  4.72s/it]print_dice: 0.5458795428276062,  print_iou: 0.
     3754018545150757
2444 print_dice: 0.4803459346294403,  print_iou: 0.316089004278183
2445  58%|█████▊    | 7/12 [00:34<00:22,  4.55s/it]print_dice: 0.42161616683006287,  print_iou: 0
     .267118901014328
2446  67%|██████▋   | 8/12 [00:38<00:18,  4.50s/it]print_dice: 0.5267917513847351,  print_iou: 0.
     357758131742477417
2447  75%|███████▌  | 9/12 [00:43<00:13,  4.48s/it]print_dice: 0.5237836837768555,  print_iou: 0.
     35481497645378113
2448  83%|████████▎ | 10/12 [00:47<00:08,  4.43s/it]print_dice: 0.5394276976585388,  print_iou: 0
     .36932626366615295
2449 print_dice: 0.5918691158294678,  print_iou: 0.4203225076198578
2450 100%|██████████| 12/12 [00:56<00:00,  4.37s/it]print_dice: 0.5544239282608032,  print_iou: 0
     .38353151082992554
2451  [11/12]  eta: 0:00:04   time: 4.6743  data: 0.3302
2452 100%|██████████| 12/12 [00:56<00:00,  4.71s/it]
2453  Total time: 0:00:56 (4.7066 s / it)
2454 ============================
2455 Averaged stats:
2456 Epoch 40/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
2457 epoch:   40   learning rate:  1e-08
2458 Epoch 40/499:   3%|▎         | 1/33 [00:10<05:36, 10.53s/it]print_dice: 0.5452391505241394
     ,   print_iou: 0.37479639053344727
2459  [ 0/33]  eta: 0:05:47   time: 10.5282  data: 4.2088
2460 Epoch 40/499:   6%|▌         | 2/33 [00:16<04:09,  8.06s/it]print_dice: 0.5758360624313354
     ,   print_iou: 0.40433269739151
2461 print_dice: 0.48666179180145264,   print_iou: 0.321158163189888
2462 Epoch 40/499:  12%|█▏        | 4/33 [00:29<03:23,  7.02s/it]print_dice: 0.5443232655525208
     ,   print_iou: 0.3739314377307892
2463 Epoch 40/499:  15%|█▌        | 5/33 [00:36<03:10,  6.80s/it]print_dice: 0.5460548996925354
     ,   print_iou: 0.375567764043808
2464 Epoch 40/499:  18%|█▊        | 6/33 [00:42<03:01,  6.73s/it]print_dice: 0.45926806330680847
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2464 ,     print_iou: 0.2980843484401703
2465 Epoch 40/499:  21%|██          | 7/33 [00:49<02:52,  6.64s/it]print_dice: 0.48631811141967773
     ,     print_iou: 0.3212815821170807
2466 print_dice: 0.4956882297927063,    print_iou: 0.3295116424560547
2467 Epoch 40/499:  27%|██▌         | 9/33 [01:02<02:37,  6.57s/it]print_dice: 0.5228530764579773
     ,     print_iou: 0.3539614677429199
2468 print_dice: 0.4521913230419159,    print_iou: 0.2921493649482727
2469 Epoch 40/499:  33%|███▏        | 11/33 [01:15<02:23,  6.51s/it]print_dice: 0.48970285058021545
     ,     print_iou: 0.3242427110671997
2470 print_dice: 0.5285918712615967,    print_iou: 0.35924220085144043
2471 Epoch 40/499:  39%|███▊        | 13/33 [01:28<02:10,  6.53s/it]print_dice: 0.5212724208831787
     ,     print_iou: 0.3525141775608063
2472 print_dice: 0.520335853099823,    print_iou: 0.35165804624557495
2473 Epoch 40/499:  45%|████▌       | 15/33 [01:41<01:57,  6.52s/it]print_dice: 0.5392484664916992
     ,     print_iou: 0.36915823817253113
2474 print_dice: 0.45456111431121826,    print_iou: 0.29413077235221863
2475 Epoch 40/499:  52%|█████▏      | 17/33 [01:54<01:44,  6.51s/it]print_dice: 0.43116500973701477
     ,     print_iou: 0.2748313248157501
2476 Epoch 40/499:  55%|█████▌      | 18/33 [02:00<01:37,  6.51s/it]print_dice: 0.5034168362617493
     ,     print_iou: 0.33637744188308716
2477 Epoch 40/499:  58%|█████▊      | 19/33 [02:07<01:31,  6.50s/it]print_dice: 0.5217723250389099
     ,     print_iou: 0.35297155380249023
2478 Epoch 40/499:  61%|██████      | 20/33 [02:14<01:25,  6.58s/it]print_dice: 0.4771605432033539
     ,     print_iou: 0.3133360743522644
2479 Epoch 40/499:  64%|██████▍     | 21/33 [02:20<01:18,  6.57s/it]print_dice: 0.5552663803100586
     ,     print_iou: 0.38433825969696045
2480 Epoch 40/499:  67%|██████▋     | 22/33 [02:27<01:12,  6.60s/it]print_dice: 0.43133386969566345
     ,     print_iou: 0.27496856451034546
2481 print_dice: 0.515071451663971,    print_iou: 0.3468661308288574
2482 Epoch 40/499:  73%|███████▎    | 24/33 [02:40<00:59,  6.61s/it]print_dice: 0.5275312662124634
     ,     print_iou: 0.35826313495635986
2483 print_dice: 0.47958263754844666,    print_iou: 0.3154282867908478
2484 Epoch 40/499:  79%|███████▉    | 26/33 [02:53<00:46,  6.58s/it]print_dice: 0.4338904321193695
     ,     print_iou: 0.27704986929893494
2485 Epoch 40/499:  82%|████████▏   | 27/33 [03:00<00:39,  6.60s/it]print_dice: 0.5029255747795105
     ,     print_iou: 0.3359389305114746
2486 Epoch 40/499:  85%|████████▌   | 28/33 [03:06<00:32,  6.58s/it]print_dice: 0.5224193930625916
     ,     print_iou: 0.3535640835762024
2487 Epoch 40/499:  88%|████████▊   | 29/33 [03:13<00:26,  6.55s/it]print_dice: 0.5418926477432251
     ,     print_iou: 0.3716411292552948
2488 Epoch 40/499:  91%|█████████   | 30/33 [03:20<00:19,  6.60s/it]print_dice: 0.5182545185089111
     ,     print_iou: 0.34975945949554443
2489 print_dice: 0.5974923372268677,    print_iou: 0.426017165184021
2490 Epoch 40/499:  97%|█████████▋  | 32/33 [03:33<00:06,  6.60s/it]print_dice: 0.5594451427459717
     ,     print_iou: 0.38835394382476807
2491 Epoch 40/499: 100%|██████████| 33/33 [03:39<00:00,  6.55s/it]print_dice: 0.621656596660614
     ,     print_iou: 0.45101720094680786
2492  [32/33]  eta: 0:00:06   time: 6.5672  data: 0.0004
2493 Epoch 40/499: 100%|██████████| 33/33 [03:40<00:00,  6.67s/it]
2494  Total time: 0:03:40 (6.6724 s / it)
2495 Averaged stats: training_loss: -114.3076 (-114.3076)  loss_mask: -114.3167 (-114.3167)
     loss_dice: 0.0091 (0.0091)
2496   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8382400920382
2497 Validating...
2498 Valid_dataloader len: 12
2499   8%|█         | 1/12 [00:08<01:36,  8.80s/it]print_dice: 0.5383425951004028,  print_iou: 0.
     3683096766471863
2500  [ 0/12]  eta: 0:01:45   time: 8.7997  data: 4.6751
2501  17%|█▋        | 2/12 [00:12<01:00,  6.08s/it]print_dice: 0.5484766364097595,  print_iou: 0.
     3778627812862396
2502  25%|██▌       | 3/12 [00:17<00:47,  5.26s/it]print_dice: 0.5120251178741455,  print_iou: 0.
     3441087305545807
2503  33%|███▎      | 4/12 [00:21<00:39,  4.94s/it]print_dice: 0.5014097094535828,  print_iou: 0.
     3458760380744934
2504 print_dice: 0.5543385148048401,  print_iou: 0.3834497630596161
2505  50%|█████     | 6/12 [00:30<00:27,  4.65s/it]print_dice: 0.48120662569999695,  print_iou: 0
     .31683483719825745
2506  58%|█████▊    | 7/12 [00:35<00:23,  4.68s/it]print_dice: 0.4265212118625641,  print_iou: 0.
     2710689306259155
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2507  67%|██████        | 8/12 [00:39<00:18,  4.59s/it]print_dice: 0.5261913537979126,  print_iou: 0.
      3570282757282257
2508  75%|███████       | 9/12 [00:44<00:13,  4.52s/it]print_dice: 0.5322444438934326,  print_iou: 0.
      3626247048377991
2509  83%|████████▌     | 10/12 [00:48<00:08,  4.48s/it]print_dice: 0.5386780500411987,  print_iou: 0
      .3686237931251526
2510  92%|█████████▌    | 11/12 [00:52<00:04,  4.43s/it]print_dice: 0.5861701965332031,  print_iou: 0
      .41459739208221436
2511 print_dice: 0.5582865476608276,  print_iou: 0.38723820447921753
2512  [11/12]  eta: 0:00:04   time: 4.7570  data: 0.3901
2513 100%|██████████████| 12/12 [00:57<00:00,  4.79s/it]
2514  Total time: 0:00:57 (4.7915 s / it)
2515 =============================
2516 Averaged stats:
2517 Epoch 41/499:   0%|           | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
2518 epoch:    41   learning rate:   1e-08
2519 Epoch 41/499:   3%|▌          | 1/33 [00:10<05:31, 10.35s/it]print_dice: 0.5595329999923706
      ,  print_iou: 0.3884386122226715
2520  [ 0/33]  eta: 0:05:41   time: 10.3457  data: 3.9581
2521 Epoch 41/499:   6%|▌          | 2/33 [00:16<04:05,  7.93s/it]print_dice: 0.5753885507583618
      ,  print_iou: 0.40389153361320496
2522 Epoch 41/499:   9%|█         | 3/33 [00:23<03:40,  7.34s/it]print_dice: 0.5272197723388672
      ,  print_iou: 0.35797587037086487
2523 Epoch 41/499:  12%|█         | 4/33 [00:29<03:23,  7.02s/it]print_dice: 0.4309024214744568
      ,  print_iou: 0.274617999792099
2524 Epoch 41/499:  15%|█▌        | 5/33 [00:36<03:12,  6.88s/it]print_dice: 0.4593169689178467
      ,  print_iou: 0.29812556505203247
2525 Epoch 41/499:  18%|█▊        | 6/33 [00:42<03:02,  6.77s/it]print_dice: 0.4315272867679596
      ,  print_iou: 0.27512580156326294
2526 Epoch 41/499:  21%|██        | 7/33 [00:49<02:55,  6.75s/it]print_dice: 0.518007218837738
      ,  print_iou: 0.3495342433452606
2527 Epoch 41/499:  24%|██▌       | 8/33 [00:56<02:46,  6.65s/it]print_dice: 0.4540114998817444
      ,  print_iou: 0.2936706840991974
2528 print_dice: 0.5249485373497009,  print_iou: 0.3558849096298218
2529 Epoch 41/499:  30%|██▊       | 10/33 [01:09<02:31,  6.58s/it]print_dice: 0.4772852957248688
      ,  print_iou: 0.31344369053840637
2530 Epoch 41/499:  33%|███▌      | 11/33 [01:15<02:25,  6.60s/it]print_dice: 0.5167778134346008
      ,  print_iou: 0.34841564297676086
2531 print_dice: 0.48586443066596985,  print_iou: 0.32088565826416016
2532 Epoch 41/499:  39%|████▌     | 13/33 [01:29<02:12,  6.61s/it]print_dice: 0.43497490882873535
      ,  print_iou: 0.2779347896575928
2533 Epoch 41/499:  42%|████▌     | 14/33 [01:35<02:04,  6.57s/it]print_dice: 0.49913859367370605
      ,  print_iou: 0.33256807923316956
2534 Epoch 41/499:  45%|████▌     | 15/33 [01:42<01:58,  6.57s/it]print_dice: 0.5242207050323486
      ,  print_iou: 0.35521620512008667
2535 print_dice: 0.5288074612617493,  print_iou: 0.359441339969635
2536 Epoch 41/499:  52%|████▌     | 17/33 [01:55<01:44,  6.56s/it]print_dice: 0.4516356885433197
      ,  print_iou: 0.29168567061424255
2537 Epoch 41/499:  55%|█████▌    | 18/33 [02:01<01:37,  6.51s/it]print_dice: 0.5456106066703796
      ,  print_iou: 0.37514758110046387
2538 Epoch 41/499:  58%|█████▊    | 19/33 [02:08<01:31,  6.52s/it]print_dice: 0.4812668263912201
      ,  print_iou: 0.3168870210647583
2539 print_dice: 0.5973489284515381,  print_iou: 0.425871342420578
2540 Epoch 41/499:  64%|██████▌   | 21/33 [02:21<01:18,  6.54s/it]print_dice: 0.48416754603385925
      ,  print_iou: 0.31940704584121704
2541 print_dice: 0.5453916788101196,  print_iou: 0.37494057416915894
2542 Epoch 41/499:  70%|███████▌  | 23/33 [02:34<01:05,  6.55s/it]print_dice: 0.6191240549087524
      ,  print_iou: 0.448356032371521
2543 print_dice: 0.5195897221565247,  print_iou: 0.3509768545627594
2544 Epoch 41/499:  76%|████████  | 25/33 [02:47<00:52,  6.53s/it]print_dice: 0.5450623631477356
      ,  print_iou: 0.374629378318786
2545 Epoch 41/499:  79%|████████▌ | 26/33 [02:53<00:45,  6.50s/it]print_dice: 0.5003386735916138
      ,  print_iou: 0.3336344361305237
2546 Epoch 41/499:  82%|████████▌ | 27/33 [03:00<00:39,  6.51s/it]print_dice: 0.5520474314689636
      ,  print_iou: 0.3812607228755951
2547 print_dice: 0.540628969669342,  print_iou: 0.3704533874988556
2548 Epoch 41/499:  88%|█████████▌| 29/33 [03:13<00:26,  6.52s/it]print_dice: 0.5454381704330444
      ,  print_iou: 0.3749845325946808
2549 Epoch 41/499:  91%|█████████▌| 30/33 [03:19<00:19,  6.49s/it]print_dice: 0.520313560962677
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2549 ,   print_iou: 0.35163772106170654
2550 Epoch 41/499:   94%|███████▋ | 31/33 [03:26<00:13, 6.52s/it]print_dice: 0.48942646384239197
    ,   print_iou: 0.32400041818618774
2551 print_dice: 0.5050609111785889,   print_iou: 0.33784714341163635
2552 Epoch 41/499: 100%|████████▋| 33/33 [03:39<00:00, 6.45s/it]print_dice: 0.5214837193489075
    ,   print_iou: 0.3527074456214905
2553 [32/33] eta: 0:00:06   time: 6.5054 data: 0.0005
2554 Epoch 41/499: 100%|████████▋| 33/33 [03:39<00:00, 6.65s/it]
2555 Total time: 0:03:39 (6.6525 s / it)
2556 Averaged stats: training_loss: -101.1413 (-101.1413) loss_mask: -101.2400 (-101.2400)
    loss_dice: 0.0987 (0.0987)
2557 Net parameter norm: 1054.8382439834531
2558 Validating...
2559 Valid_dataloader len: 12
2560   8%|█ | 1/12 [00:07<01:26, 7.88s/it]print_dice: 0.5127201080322266, print_iou: 0.
    344736784696579
2561 [0/12] eta: 0:01:34   time: 7.8818 data: 3.8739
2562   17%|█▋ | 2/12 [00:12<00:57, 5.71s/it]print_dice: 0.5447356104850769, print_iou: 0.
    37432074546813965
2563 print_dice: 0.4992177486419678, print_iou: 0.33263835310935974
2564   33%|███▋ | 4/12 [00:20<00:38, 4.85s/it]print_dice: 0.4902324378490448, print_iou: 0.
    3247072100639343
2565   42%|████▋ | 5/12 [00:25<00:32, 4.68s/it]print_dice: 0.553907573223114, print_iou: 0.
    3830374777317047
2566   50%|█████ | 6/12 [00:29<00:27, 4.56s/it]print_dice: 0.4886273145675659, print_iou: 0.
    3233003318309784
2567   58%|█████▋ | 7/12 [00:34<00:22, 4.57s/it]print_dice: 0.42651382088661194, print_iou: 0
    .271062970161438
2568   67%|██████▋ | 8/12 [00:38<00:17, 4.50s/it]print_dice: 0.5257648229598999, print_iou: 0.
    3566356301307678
2569   75%|███████ | 9/12 [00:42<00:13, 4.48s/it]print_dice: 0.5271546840667725, print_iou: 0.
    35791584849357605
2570   83%|████████▋ | 10/12 [00:47<00:08, 4.47s/it]print_dice: 0.5434076189994812, print_iou: 0
    .373067706823349
2571   92%|█████████▋ | 11/12 [00:51<00:04, 4.41s/it]print_dice: 0.5911977291107178, print_iou: 0
    .41964566707611084
2572 print_dice: 0.5403364300727844, print_iou: 0.370178759098053
2573 [11/12] eta: 0:00:04   time: 4.6609 data: 0.3234
2574 100%|█████████▋| 12/12 [00:56<00:00, 4.70s/it]
2575 Total time: 0:00:56 (4.6972 s / it)
2576 ============================
2577 Averaged stats:
2578 Epoch 42/499:   0%| | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
2579 epoch: 42   learning rate: 1e-08
2580 Epoch 42/499:   3%|▋ | 1/33 [00:10<05:26, 10.21s/it]print_dice: 0.4529460370540619
    ,   print_iou: 0.29277971386909485
2581 [0/33] eta: 0:05:37   time: 10.2140 data: 3.9233
2582 print_dice: 0.5544196367263794,   print_iou: 0.38352739810943604
2583 Epoch 42/499:   9%|█ | 3/33 [00:22<03:37, 7.24s/it]print_dice: 0.5241839289665222
    ,   print_iou: 0.355182409286499
2584 print_dice: 0.5449958443641663,   print_iou: 0.3745664954185486
2585 Epoch 42/499: 15%|█▋ | 5/33 [00:35<03:10, 6.79s/it]print_dice: 0.5217310190200806
    ,   print_iou: 0.35293376445770264
2586 print_dice: 0.48851749300956726,   print_iou: 0.3232041895389557
2587 Epoch 42/499: 21%|██ | 7/33 [00:49<02:52, 6.65s/it]print_dice: 0.48455142974853516
    ,   print_iou: 0.31974124908447266
2588 Epoch 42/499: 24%|██▋ | 8/33 [00:55<02:46, 6.66s/it]print_dice: 0.516598105430603
    ,   print_iou: 0.3482522666454315
2589 Epoch 42/499: 27%|██▋ | 9/33 [01:02<02:37, 6.57s/it]print_dice: 0.5050885677337646
    ,   print_iou: 0.33787187933921814
2590 print_dice: 0.5384985208511353,   print_iou: 0.3684556782245636
2591 Epoch 42/499: 33%|███▋ | 11/33 [01:15<02:23, 6.50s/it]print_dice: 0.4947277307510376
    ,   print_iou: 0.32866328954696655
2592 Epoch 42/499: 36%|███▋ | 12/33 [01:21<02:17, 6.56s/it]print_dice: 0.43474385142326355
    ,   print_iou: 0.27774614095687866
2593 print_dice: 0.5002151131629944,   print_iou: 0.33352455496788025
2594 Epoch 42/499: 42%|████▋ | 14/33 [01:34<02:03, 6.51s/it]print_dice: 0.5305284857749939
    ,   print_iou: 0.36103352904319763
2595 print_dice: 0.5220995545387268,   print_iou: 0.35327112674713135

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2596 Epoch 42/499:  48%|███▌        | 16/33 [01:47<01:50,  6.50s/it]print_dice: 0.48601123690605164
     ,   print_iou: 0.32101374864578247
2597 print_dice: 0.5412299633026123,   print_iou: 0.37101802229881287
2598 Epoch 42/499:  55%|███▊        | 18/33 [02:00<01:38,  6.58s/it]print_dice: 0.544897735118866
     ,   print_iou: 0.37447383999824524
2599 print_dice: 0.6190218925476074,   print_iou: 0.44824886322021484
2600 Epoch 42/499:  61%|████▏       | 20/33 [02:13<01:25,  6.55s/it]print_dice: 0.4806784689426422
     ,   print_iou: 0.31637707352638245
2601 print_dice: 0.44385138154029846,   print_iou: 0.2852242887020111
2602 Epoch 42/499:  67%|████▋       | 22/33 [02:26<01:11,  6.52s/it]print_dice: 0.5178462862968445
     ,   print_iou: 0.3493877053260803
2603 Epoch 42/499:  70%|████▊       | 23/33 [02:33<01:05,  6.52s/it]print_dice: 0.5236470103263855
     ,   print_iou: 0.3546895682811737
2604 print_dice: 0.4588790237903595,   print_iou: 0.2977566719055176
2605 Epoch 42/499:  76%|█████▏      | 25/33 [02:46<00:51,  6.50s/it]print_dice: 0.5763316750526428
     ,   print_iou: 0.40482157468795776
2606 print_dice: 0.544948160648346,   print_iou: 0.3745214641094208
2607 Epoch 42/499:  82%|█████▌      | 27/33 [02:59<00:38,  6.47s/it]print_dice: 0.43091267347335815
     ,   print_iou: 0.27462631464004517
2608 Epoch 42/499:  85%|█████▊      | 28/33 [03:05<00:32,  6.51s/it]print_dice: 0.43012142181396484
     ,   print_iou: 0.273983895778656
2609 Epoch 42/499:  88%|██████      | 29/33 [03:12<00:25,  6.48s/it]print_dice: 0.5204257369041443
     ,   print_iou: 0.3517402112483978
2610 print_dice: 0.5573930144309998,   print_iou: 0.3863790035247803
2611 Epoch 42/499:  94%|██████▌     | 31/33 [03:25<00:13,  6.51s/it]print_dice: 0.5962035059928894
     ,   print_iou: 0.42470791935920715
2612 Epoch 42/499:  97%|██████▊     | 32/33 [03:31<00:06,  6.47s/it]print_dice: 0.4757762551307678
     ,   print_iou: 0.31214332580566406
2613 Epoch 42/499: 100%|███████     | 33/33 [03:38<00:00,  6.45s/it]print_dice: 0.5188611745834351
     ,   print_iou: 0.35031232237815857
2614  [32/33]  eta: 0:00:06   time: 6.4995  data: 0.0004
2615 Epoch 42/499: 100%|███████     | 33/33 [03:38<00:00,  6.62s/it]
2616  Total time: 0:03:38 (6.6218 s / it)
2617 Averaged stats: training_loss: 1.8484 (1.8484)  loss_mask: 1.5918 (1.5918)  loss_dice: 0.
     2566 (0.2566)
2618 Net parameter norm: 1054.8382456598338
2619   0%|           | 0/12 [00:00<?, ?it/s]Validating...
2620 Valid_dataloader len: 12
2621   8%|▊          | 1/12 [00:08<01:29,  8.12s/it]print_dice: 0.5371993780136108,  print_iou: 0.
     367240309715271
2622  [ 0/12]  eta: 0:01:37   time: 8.1208  data: 3.9150
2623  17%|█▊         | 2/12 [00:12<00:58,  5.89s/it]print_dice: 0.5486568212509155,  print_iou: 0.
     378033846616745
2624  25%|██▌        | 3/12 [00:16<00:46,  5.18s/it]print_dice: 0.5109813809394836,  print_iou: 0.
     3431665599346161
2625  33%|███▎       | 4/12 [00:21<00:39,  4.94s/it]print_dice: 0.4900214374065399,  print_iou: 0.
     32452210783958435
2626  42%|████▏      | 5/12 [00:25<00:33,  4.75s/it]print_dice: 0.5438302159309387,  print_iou: 0.
     3734661936759949
2627 print_dice: 0.4880653917789459,  print_iou: 0.32280853390693665
2628  58%|█████▊     | 7/12 [00:34<00:23,  4.64s/it]print_dice: 0.43628978729248047,  print_iou: 0
     .2790093719959259
2629  67%|██████▋    | 8/12 [00:39<00:18,  4.55s/it]print_dice: 0.5251865983009338,  print_iou: 0.
     3561037480831146
2630  75%|███████▌   | 9/12 [00:43<00:13,  4.52s/it]print_dice: 0.523833155632019,  print_iou: 0.
     3548603951931
2631 print_dice: 0.5383986234664917,  print_iou: 0.3683621287345886
2632  92%|█████████▏ | 11/12 [00:52<00:04,  4.39s/it]print_dice: 0.5770813822746277,  print_iou: 0
     .40556174516677856
2633 100%|██████████ | 12/12 [00:56<00:00,  4.32s/it]print_dice: 0.5576120615005493,  print_iou: 0
     .38658952713012695
2634  [11/12]  eta: 0:00:04   time: 4.6990  data: 0.3269
2635 100%|██████████ | 12/12 [00:56<00:00,  4.73s/it]
2636  Total time: 0:00:56 (4.7303 s / it)
2637 ============================
2638 Averaged stats:
2639 Epoch 43/499:   0%|           | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
2640 epoch:   43   learning rate:   1e-08
2641 Epoch 43/499:   3%|▏          | 1/33 [00:10<05:46, 10.84s/it]print_dice: 0.5175544023513794
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2641 ,     print_iou: 0.349122017621994
2642   [ 0/33]  eta: 0:05:57   time: 10.8367  data: 4.2488
2643 Epoch 43/499:    6%|█          | 2/33 [00:17<04:13,  8.19s/it]print_dice: 0.6212237477302551
     ,     print_iou: 0.4505617022514343
2644 Epoch 43/499:    9%|█          | 3/33 [00:23<03:42,  7.42s/it]print_dice: 0.5578616261482239
     ,     print_iou: 0.3868294656276703
2645 print_dice: 0.47980961203575134,   print_iou: 0.3156246840953827
2646 Epoch 43/499:   15%|█          | 5/33 [00:36<03:12,  6.88s/it]print_dice: 0.527751624584198
     ,     print_iou: 0.3584664463996887
2647 Epoch 43/499:   18%|██         | 6/33 [00:43<03:02,  6.75s/it]print_dice: 0.5446624755859375
     ,     print_iou: 0.37425166368484497
2648 print_dice: 0.5018216371536255,   print_iou: 0.33495455980300903
2649 Epoch 43/499:   24%|██         | 8/33 [00:56<02:46,  6.65s/it]print_dice: 0.575954258441925
     ,     print_iou: 0.4044492542743683
2650 print_dice: 0.48827803134918213,   print_iou: 0.322994589805603
2651 Epoch 43/499:   30%|███        | 10/33 [01:09<02:31,  6.60s/it]print_dice: 0.5212928056716919
     ,     print_iou: 0.35253283381462097
2652 print_dice: 0.5961500406265259,   print_iou: 0.42465364933013916
2653 Epoch 43/499:   36%|███        | 12/33 [01:22<02:19,  6.62s/it]print_dice: 0.42961472272872925
     ,     print_iou: 0.27357280254364014
2654 Epoch 43/499:   39%|███        | 13/33 [01:29<02:12,  6.64s/it]print_dice: 0.521399974822998
     ,     print_iou: 0.3526308238506317
2655 print_dice: 0.4530428946018219,   print_iou: 0.29286065697669983
2656 Epoch 43/499:   45%|████       | 15/33 [01:42<01:58,  6.58s/it]print_dice: 0.5220059156417847
     ,     print_iou: 0.35318541526794434
2657 Epoch 43/499:   48%|████       | 16/33 [01:48<01:51,  6.54s/it]print_dice: 0.5262473225593567
     ,     print_iou: 0.35707980394363403
2658 Epoch 43/499:   52%|█████      | 17/33 [01:55<01:45,  6.57s/it]print_dice: 0.43032482266426086
     ,     print_iou: 0.27414897084236145
2659 Epoch 43/499:   55%|█████      | 18/33 [02:02<01:38,  6.56s/it]print_dice: 0.43245917558670044
     ,     print_iou: 0.27588382363319397
2660 Epoch 43/499:   58%|█████      | 19/33 [02:08<01:32,  6.57s/it]print_dice: 0.5511143207550049
     ,     print_iou: 0.3803711533546448
2661 print_dice: 0.542339026927948,   print_iou: 0.3720611333847046
2662 Epoch 43/499:   64%|██████     | 21/33 [02:21<01:18,  6.51s/it]print_dice: 0.5439950823783875
     ,     print_iou: 0.37362170219421387
2663 Epoch 43/499:   67%|██████     | 22/33 [02:28<01:11,  6.52s/it]print_dice: 0.4435786306858063
     ,     print_iou: 0.2849990725517273
2664 print_dice: 0.5397176146507263,   print_iou: 0.3695980906486511
2665 Epoch 43/499:   73%|███████    | 24/33 [02:41<00:58,  6.50s/it]print_dice: 0.4938807189464569
     ,     print_iou: 0.32791608572006226
2666 Epoch 43/499:   76%|███████    | 25/33 [02:47<00:52,  6.50s/it]print_dice: 0.4840151071548462
     ,     print_iou: 0.319274365901947
2667 print_dice: 0.5198552012443542,   print_iou: 0.35121914744377136
2668 Epoch 43/499:   82%|████████   | 27/33 [03:00<00:38,  6.49s/it]print_dice: 0.51310795545578
     ,     print_iou: 0.34508755803108215
2669 print_dice: 0.5190691351890564,   print_iou: 0.3505019247531891
2670 Epoch 43/499:   88%|████████   | 29/33 [03:13<00:25,  6.48s/it]print_dice: 0.5027190446853638
     ,     print_iou: 0.3357546329498291
2671 print_dice: 0.47582703828811646,   print_iou: 0.3121870458126068
2672 Epoch 43/499:   94%|█████████  | 31/33 [03:26<00:13,  6.53s/it]print_dice: 0.5388076901435852
     ,     print_iou: 0.36874523758888245
2673 Epoch 43/499:   97%|█████████  | 32/33 [03:33<00:06,  6.49s/it]print_dice: 0.48582303524017334
     ,     print_iou: 0.32084959745407104
2674 Epoch 43/499:  100%|██████████ | 33/33 [03:39<00:00,  6.49s/it]print_dice: 0.46061334013938904
     ,     print_iou: 0.2992187440395355
2675   [32/33]  eta: 0:00:06   time: 6.5039  data: 0.0003
2676 Epoch 43/499:  100%|██████████ | 33/33 [03:39<00:00,  6.67s/it]
2677  Total time: 0:03:39 (6.6664 s / it)
2678 Averaged stats: training_loss: -37.8793 (-37.8793)  loss_mask: -38.0145 (-38.0145)
     loss_dice: 0.1352 (0.1352)
2679 Net parameter norm: 1054.8382536189165
2680 Validating...
2681 Valid_dataloader len: 12
2682    8%|█          | 1/12 [00:07<01:27,  7.99s/it]print_dice: 0.5373931527137756,   print_iou: 0.
     3674214482307434
2683   [ 0/12]  eta: 0:01:35   time: 7.9902  data: 3.9291
2684 print_dice: 0.5442060232162476,  print_iou: 0.3738207519054413
2685   25%|██         | 3/12 [00:16<00:46,  5.14s/it]print_dice: 0.49877434968948364,   print_iou: 0
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2685 .33224475383758545
2686  33%|███      | 4/12 [00:21<00:38,  4.84s/it]print_dice: 0.4907515347003937,  print_iou: 0.
     3251628577709198
2687  42%|███      | 5/12 [00:25<00:32,  4.70s/it]print_dice: 0.5477715134620667,  print_iou: 0.
     37719374895095825
2688 print_dice: 0.48821282386779785,  print_iou: 0.322937548160553
2689  58%|█████    | 7/12 [00:34<00:22,  4.58s/it]print_dice: 0.4362349808216095,  print_iou: 0.
     2789645195007324
2690 print_dice: 0.5164368152618408,  print_iou: 0.3481057286262512
2691  75%|███████  | 9/12 [00:43<00:13,  4.49s/it]print_dice: 0.5285263061523438,  print_iou: 0.
     35918164253234863
2692  83%|████████ | 10/12 [00:47<00:08,  4.46s/it]print_dice: 0.5429354310035706,  print_iou: 0
     .3726227581501007
2693  92%|█████████| 11/12 [00:52<00:04,  4.44s/it]print_dice: 0.5753405690193176,  print_iou: 0
     .40384426712989807
2694 print_dice: 0.5532315373420715,  print_iou: 0.38239118456840515
2695  [11/12]  eta: 0:00:04   time: 4.7004  data: 0.3278
2696 100%|█████████| 12/12 [00:56<00:00,  4.74s/it]
2697  Total time: 0:00:56 (4.7356 s / it)
2698 ============================
2699 Averaged stats:
2700 Epoch 44/499:    0%|         | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
2701 epoch:    44   learning rate:   1e-08
2702 Epoch 44/499:    3%|█        | 1/33 [00:10<05:45, 10.81s/it]print_dice: 0.434130996465683
     ,  print_iou: 0.27724605798721313
2703  [ 0/33]  eta: 0:05:56   time: 10.8068  data: 4.2485
2704 print_dice: 0.5198361277580261,  print_iou: 0.35120174288749695
2705 Epoch 44/499:    9%|█        | 3/33 [00:23<03:41,  7.37s/it]print_dice: 0.48692697286605835
     ,  print_iou: 0.3218132555484772
2706 print_dice: 0.5440223813056946,  print_iou: 0.3736474812030792
2707 Epoch 44/499:   15%|█        | 5/33 [00:36<03:13,  6.91s/it]print_dice: 0.4607180058956146
     ,  print_iou: 0.29930707812309265
2708 Epoch 44/499:   18%|██       | 6/33 [00:43<03:02,  6.76s/it]print_dice: 0.5279288291931152
     ,  print_iou: 0.35862997174263
2709 Epoch 44/499:   21%|██       | 7/33 [00:49<02:54,  6.73s/it]print_dice: 0.5745883584022522
     ,  print_iou: 0.40310344099998474
2710 print_dice: 0.5436822772026062,  print_iou: 0.37332668900489807
2711 Epoch 44/499:   27%|██       | 9/33 [01:03<02:39,  6.65s/it]print_dice: 0.4304133653640747
     ,  print_iou: 0.2742208242416382
2712 Epoch 44/499:   30%|███      | 10/33 [01:09<02:33,  6.65s/it]print_dice: 0.5575733780860901
     ,  print_iou: 0.3865523338317871
2713 Epoch 44/499:   33%|███      | 11/33 [01:16<02:25,  6.63s/it]print_dice: 0.5983037948608398
     ,  print_iou: 0.42684268951416016
2714 Epoch 44/499:   36%|███      | 12/33 [01:22<02:19,  6.64s/it]print_dice: 0.43020662665367126
     ,  print_iou: 0.27405303716659546
2715 Epoch 44/499:   39%|███      | 13/33 [01:29<02:11,  6.58s/it]print_dice: 0.5233750343322754
     ,  print_iou: 0.3544400632381439
2716 print_dice: 0.5216321349143982,  print_iou: 0.3528432846069336
2717 Epoch 44/499:   45%|████     | 15/33 [01:42<01:57,  6.54s/it]print_dice: 0.5417733192443848
     ,  print_iou: 0.37152886390686035
2718 print_dice: 0.4816979765892029,  print_iou: 0.3172609806060791
2719 Epoch 44/499:   52%|█████    | 17/33 [01:55<01:44,  6.51s/it]print_dice: 0.5388731956481934
     ,  print_iou: 0.3688066005706787
2720 print_dice: 0.485150545835495,  print_iou: 0.32026320695877075
2721 Epoch 44/499:   58%|█████    | 19/33 [02:08<01:31,  6.55s/it]print_dice: 0.452802836894989
     ,  print_iou: 0.29266005754470825
2722 Epoch 44/499:   61%|█████    | 20/33 [02:15<01:25,  6.55s/it]print_dice: 0.5448454022407532
     ,  print_iou: 0.37442439794540405
2723 Epoch 44/499:   64%|██████   | 21/33 [02:21<01:18,  6.52s/it]print_dice: 0.5175414681434631
     ,  print_iou: 0.3491102457046509
2724 Epoch 44/499:   67%|██████   | 22/33 [02:28<01:11,  6.52s/it]print_dice: 0.5031108856201172
     ,  print_iou: 0.33610430359840393
2725 Epoch 44/499:   70%|██████   | 23/33 [02:34<01:05,  6.52s/it]print_dice: 0.514043390750885
     ,  print_iou: 0.34593433141708374
2726 print_dice: 0.5215986371040344,  print_iou: 0.35281258821487427
2727 Epoch 44/499:   76%|███████  | 25/33 [02:47<00:52,  6.51s/it]print_dice: 0.4885048270225525
     ,  print_iou: 0.3231931030507502747
2728 print_dice: 0.45180320739746094,  print_iou: 0.29182544350624084
2729 Epoch 44/499:   82%|████████ | 27/33 [03:00<00:38,  6.49s/it]print_dice: 0.47385287284851074
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2729 ,    print_iou: 0.3104896545410156
2730 Epoch 44/499:   85%|████████▏  | 28/33 [03:07<00:32,  6.54s/it]print_dice: 0.5514463782310486
     ,    print_iou: 0.3806876242160797
2731 print_dice: 0.5190143585205078,   print_iou: 0.3504520058631897
2732 Epoch 44/499:   91%|████████▊  | 30/33 [03:20<00:19,  6.59s/it]print_dice: 0.5049572587013245
     ,    print_iou: 0.33775439858436584
2733 Epoch 44/499:   94%|█████████▏ | 31/33 [03:27<00:13,  6.67s/it]print_dice: 0.618711531162262
     ,    print_iou: 0.4479234516620636
2734 Epoch 44/499:   97%|█████████▌ | 32/33 [03:34<00:06,  6.72s/it]print_dice: 0.49417218565940857
     ,    print_iou: 0.32817310094833374
2735 Epoch 44/499:  100%|██████████ | 33/33 [03:41<00:00,  6.81s/it]print_dice: 0.5239434242248535
     ,    print_iou: 0.3549616038799286
2736   [32/33]  eta: 0:00:06    time: 6.5888  data: 0.0004
2737 Epoch 44/499:  100%|██████████ | 33/33 [03:41<00:00,  6.71s/it]
2738  Total time: 0:03:41 (6.7149 s / it)
2739 Averaged stats: training_loss: -17.1599 (-17.1599)  loss_mask: -17.3695 (-17.3695)
     loss_dice: 0.2096 (0.2096)
2740 Net parameter norm: 1054.8382547212532
2741 Validating...
2742 Valid_dataloader len: 12
2743    8%|█         | 1/12 [00:08<01:31,  8.28s/it]print_dice: 0.519839882850647,  print_iou: 0.
     3512051999568939
2744   [ 0/12]  eta: 0:01:39    time: 8.2772  data: 4.0669
2745   17%|█▋        | 2/12 [00:12<01:00,  6.10s/it]print_dice: 0.5475409030914307,  print_iou: 0.
     37697505950927734
2746 print_dice: 0.4988245964050293,  print_iou: 0.33228933811187744
2747   33%|███▎      | 4/12 [00:22<00:41,  5.22s/it]print_dice: 0.48363885283470154,  print_iou: 0
     .3189470171928406
2748   42%|████▏     | 5/12 [00:27<00:35,  5.07s/it]print_dice: 0.5536377429962158,  print_iou: 0.
     38277947902679443
2749   50%|█████     | 6/12 [00:31<00:29,  4.96s/it]print_dice: 0.4851756691932678,  print_iou: 0.
     3202851116657257
2750   58%|█████▊    | 7/12 [00:36<00:24,  4.89s/it]print_dice: 0.4361984133720398,  print_iou: 0.
     27893462777137756
2751   67%|██████▋   | 8/12 [00:41<00:19,  4.80s/it]print_dice: 0.5253306031227112,  print_iou: 0.
     35623618960380554
2752   75%|███████▌  | 9/12 [00:46<00:14,  4.79s/it]print_dice: 0.5293838381767273,  print_iou: 0.
     3599741458892822
2753   83%|████████▎ | 10/12 [00:50<00:09,  4.72s/it]print_dice: 0.5429701209068298,  print_iou: 0
     .3726554811000824
2754   92%|█████████▏| 11/12 [00:55<00:04,  4.76s/it]print_dice: 0.5850041508674622,  print_iou: 0
     .41343173384666443
2755  100%|██████████| 12/12 [01:00<00:00,  4.75s/it]print_dice: 0.5533260703086853,  print_iou: 0
     .38248154520988464
2756   [11/12]  eta: 0:00:05    time: 5.0169  data: 0.3394
2757  100%|██████████| 12/12 [01:00<00:00,  5.05s/it]
2758  Total time: 0:01:00 (5.0544 s / it)
2759 =============================
2760 Averaged stats:
2761 Epoch 45/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
2762 epoch:   45   learning rate:   1e-08
2763 print_dice: 0.48901867866516113,  print_iou: 0.3236430883407593
2764   [ 0/33]  eta: 0:06:09    time: 11.2041  data: 4.5792
2765 Epoch 45/499:   6%|▌         | 2/33 [00:17<04:19,  8.38s/it]print_dice: 0.4857926070690155
     ,    print_iou: 0.3208230435848236
2766 Epoch 45/499:   9%|▉         | 3/33 [00:24<03:47,  7.58s/it]print_dice: 0.5160577297210693
     ,    print_iou: 0.3477613031864166
2767 print_dice: 0.4947883188724518,  print_iou: 0.32871678471565247
2768 Epoch 45/499:  15%|█▌        | 5/33 [00:37<03:14,  6.96s/it]print_dice: 0.4299272894859314
     ,    print_iou: 0.27382636070251465
2769 print_dice: 0.541967511177063,  print_iou: 0.37171152234077454
2770 Epoch 45/499:  21%|██▏       | 7/33 [00:50<02:55,  6.74s/it]print_dice: 0.43102791905403137
     ,    print_iou: 0.2747199535369873
2771 print_dice: 0.5514850616455078,  print_iou: 0.3807244598865509
2772 Epoch 45/499:  27%|██▋       | 9/33 [01:03<02:39,  6.64s/it]print_dice: 0.5001264214515686
     ,    print_iou: 0.3334456980228424
2773 Epoch 45/499:  30%|███       | 10/33 [01:10<02:32,  6.62s/it]print_dice: 0.45906221866607666
     ,    print_iou: 0.2979109585285187
2774 Epoch 45/499:  33%|███▎      | 11/33 [01:16<02:25,  6.59s/it]print_dice: 0.505479097366333
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2774 ,    print_iou: 0.3382215201854706
2775 Epoch 45/499:  36%|██▋      | 12/33 [01:23<02:17,  6.56s/it]print_dice: 0.459301620721817
     ,    print_iou: 0.2981126308441162
2776 print_dice: 0.4803591705825806,   print_iou: 0.31610041856765747
2777 Epoch 45/499:  42%|███▏     | 14/33 [01:36<02:06,  6.66s/it]print_dice: 0.48407289385795593
     ,    print_iou: 0.31932464241981506
2778 Epoch 45/499:  45%|███▎     | 15/33 [01:43<01:58,  6.58s/it]print_dice: 0.544422447681427
     ,    print_iou: 0.37402504682540894
2779 print_dice: 0.519626796245575,   print_iou: 0.35101065039634705
2780 Epoch 45/499:  52%|███▋     | 17/33 [01:56<01:44,  6.54s/it]print_dice: 0.5449351072311401
     ,    print_iou: 0.37450912594795227
2781 Epoch 45/499:  55%|███▉     | 18/33 [02:02<01:37,  6.50s/it]print_dice: 0.5242121815681458
     ,    print_iou: 0.3552083671092987
2782 print_dice: 0.5139136910438538,   print_iou: 0.34581685066223145
2783 Epoch 45/499:  61%|████▎    | 20/33 [02:15<01:23,  6.46s/it]print_dice: 0.5213965177536011
     ,    print_iou: 0.3526276648044586
2784 print_dice: 0.5569036602973938,   print_iou: 0.385908842086792
2785 Epoch 45/499:  67%|████▋    | 22/33 [02:28<01:11,  6.54s/it]print_dice: 0.5232029557228088
     ,    print_iou: 0.3542822301387787
2786 print_dice: 0.5421332120895386,   print_iou: 0.37186747789382935
2787 Epoch 45/499:  73%|█████▏   | 24/33 [02:41<00:58,  6.54s/it]print_dice: 0.442269504070282
     ,    print_iou: 0.28391915559768677
2788 print_dice: 0.5443641543388367,   print_iou: 0.37397000193595886
2789 Epoch 45/499:  79%|█████▌   | 26/33 [02:54<00:45,  6.55s/it]print_dice: 0.4336773157119751
     ,    print_iou: 0.2768760919570923
2790 Epoch 45/499:  82%|█████▊   | 27/33 [03:01<00:39,  6.53s/it]print_dice: 0.5739983916282654
     ,    print_iou: 0.4025229513645172
2791 Epoch 45/499:  85%|██████   | 28/33 [03:07<00:32,  6.53s/it]print_dice: 0.6209521293640137
     ,    print_iou: 0.4502759575843811
2792 Epoch 45/499:  88%|██████▎  | 29/33 [03:14<00:26,  6.52s/it]print_dice: 0.5273629426956177
     ,    print_iou: 0.35810786485671997
2793 Epoch 45/499:  91%|██████▌  | 30/33 [03:20<00:19,  6.54s/it]print_dice: 0.518577516078949
     ,    print_iou: 0.35005372762680054
2794 print_dice: 0.5243905186653137,   print_iou: 0.3553721606731415
2795 Epoch 45/499:  97%|██████▉  | 32/33 [03:33<00:06,  6.48s/it]print_dice: 0.5961136817932129
     ,    print_iou: 0.4246167838573456
2796 Epoch 45/499: 100%|███████  | 33/33 [03:40<00:00,  6.48s/it]print_dice: 0.4752579927444458
     ,    print_iou: 0.3116973042488098
2797  [32/33] eta: 0:00:06   time: 6.5219  data: 0.0005
2798 Epoch 45/499: 100%|███████  | 33/33 [03:40<00:00,  6.69s/it]
2799  Total time: 0:03:40 (6.6874 s / it)
2800 Averaged stats: training_loss: -96.5577 (-96.5577)  loss_mask: -96.6165 (-96.6165)
     loss_dice: 0.0587 (0.0587)
2801 Net parameter norm: 1054.838259145501
2802 Validating...
2803 Valid_dataloader len: 12
2804   8%|█      | 1/12 [00:08<01:28,  8.01s/it]print_dice: 0.5141586065292358,  print_iou: 0.
     34603869915008545
2805  [ 0/12] eta: 0:01:36   time: 8.0132  data: 4.0342
2806 print_dice: 0.5427789688110352,  print_iou: 0.37247538566589355
2807  25%|██     | 3/12 [00:16<00:46,  5.20s/it]print_dice: 0.4844091236591339,  print_iou: 0.
     3196173310279846
2808 print_dice: 0.4899877905845642,  print_iou: 0.32449260354042053
2809  42%|███▌   | 5/12 [00:25<00:33,  4.78s/it]print_dice: 0.5529523491859436,  print_iou: 0.
     38212451338768005
2810 print_dice: 0.4873237907886505,  print_iou: 0.3221600353717804
2811  58%|████▋  | 7/12 [00:34<00:23,  4.66s/it]print_dice: 0.42636358737945557,  print_iou: 0
     .2709416151046753
2812  67%|█████  | 8/12 [00:39<00:18,  4.54s/it]print_dice: 0.5245168805122375,  print_iou: 0.
     35548824071884155
2813  75%|█████▌ | 9/12 [00:43<00:13,  4.49s/it]print_dice: 0.5261461138725281,  print_iou: 0.
     3569866418838501
2814  83%|██████ | 10/12 [00:47<00:08,  4.46s/it]print_dice: 0.5422084331512451,  print_iou: 0
     .37193822860717773
2815  92%|██████▌| 11/12 [00:52<00:04,  4.43s/it]print_dice: 0.5903458595275879,  print_iou: 0
     .41878771781921387
2816 100%|███████| 12/12 [00:56<00:00,  4.38s/it]print_dice: 0.5573137998580933,  print_iou: 0
     .3863028287887573
2817  [11/12] eta: 0:00:04   time: 4.7156  data: 0.3365
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2818 100%|███████████| 12/12 [00:57<00:00,  4.76s/it]
2819  Total time: 0:00:57 (4.7628 s / it)
2820 ============================
2821 Averaged stats:
2822 Epoch 46/499:   0%|             | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
2823 epoch:    46   learning rate:   1e-08
2824 print_dice: 0.5156466960906982,  print_iou: 0.3473881185054779
2825   [ 0/33] eta: 0:05:42   time: 10.3777  data: 4.0596
2826 Epoch 46/499:   6%|▌            | 2/33 [00:16<04:08,  8.02s/it]print_dice: 0.5505906939506531
   ,   print_iou: 0.37987250089645386
2827 Epoch 46/499:   9%|█           | 3/33 [00:23<03:40,  7.34s/it]print_dice: 0.5155512094497681
   ,   print_iou: 0.3473014831542969
2828 Epoch 46/499:  12%|█           | 4/33 [00:29<03:24,  7.05s/it]print_dice: 0.475187212228775
   ,   print_iou: 0.31163641810417175
2829 Epoch 46/499:  15%|█▌          | 5/33 [00:36<03:11,  6.83s/it]print_dice: 0.5186427235603333
   ,   print_iou: 0.3501132130622864
2830 print_dice: 0.5974298119544983,  print_iou: 0.42595359683036804
2831 Epoch 46/499:  21%|██          | 7/33 [00:49<02:52,  6.62s/it]print_dice: 0.4933333098888397
   ,   print_iou: 0.32743361592292786
2832 print_dice: 0.4519800841808319,  print_iou: 0.2919730544090271
2833 Epoch 46/499:  27%|██▌         | 9/33 [01:02<02:37,  6.55s/it]print_dice: 0.5377048850059509
   ,   print_iou: 0.36771294474601746
2834 Epoch 46/499:  30%|██▌         | 10/33 [01:08<02:30,  6.56s/it]print_dice: 0.48347580432891846
   ,   print_iou: 0.3188052177429199
2835 Epoch 46/499:  33%|███         | 11/33 [01:15<02:23,  6.52s/it]print_dice: 0.5236275792121887
   ,   print_iou: 0.3546717166900635
2836 Epoch 46/499:  36%|███▌        | 12/33 [01:21<02:17,  6.56s/it]print_dice: 0.43076691031455994
   ,   print_iou: 0.27450791001319885
2837 print_dice: 0.5256502032279968,  print_iou: 0.35653015971183777
2838 Epoch 46/499:  42%|████        | 14/33 [01:34<02:03,  6.52s/it]print_dice: 0.5430654883384705
   ,   print_iou: 0.3727453052997589
2839 Epoch 46/499:  45%|████▌       | 15/33 [01:41<01:57,  6.51s/it]print_dice: 0.6182931661605835
   ,   print_iou: 0.447485089302063
2840 Epoch 46/499:  48%|████▌       | 16/33 [01:47<01:51,  6.55s/it]print_dice: 0.48807644844055176
   ,   print_iou: 0.3228181898593902
2841 print_dice: 0.4801780581474304,  print_iou: 0.3159436285495758
2842 Epoch 46/499:  55%|█████▌      | 18/33 [02:01<01:38,  6.57s/it]print_dice: 0.5754770636558533
   ,   print_iou: 0.40397876501083374
2843 print_dice: 0.4431150257587433,  print_iou: 0.2846164107322693
2844 Epoch 46/499:  61%|██████      | 20/33 [02:14<01:25,  6.54s/it]print_dice: 0.4587615430355072
   ,   print_iou: 0.29765772819519043
2845 Epoch 46/499:  64%|██████▌     | 21/33 [02:20<01:18,  6.52s/it]print_dice: 0.4996902048587799
   ,   print_iou: 0.3330579996109009
2846 print_dice: 0.5185979604721069,  print_iou: 0.3500724136829376
2847 Epoch 46/499:  70%|███████     | 23/33 [02:33<01:05,  6.54s/it]print_dice: 0.42915135622024536
   ,   print_iou: 0.27319714426994324
2848 Epoch 46/499:  73%|███████▌    | 24/33 [02:40<00:58,  6.53s/it]print_dice: 0.5212210416793823
   ,   print_iou: 0.3524671792984009
2849 print_dice: 0.5015323758125305,  print_iou: 0.33469679951667786
2850 Epoch 46/499:  79%|████████    | 26/33 [02:53<00:45,  6.54s/it]print_dice: 0.5431889295578003
   ,   print_iou: 0.3728616237640381
2851 Epoch 46/499:  82%|████████▌   | 27/33 [02:59<00:39,  6.53s/it]print_dice: 0.5415917634963989
   ,   print_iou: 0.37135812640190125
2852 Epoch 46/499:  85%|████████▌   | 28/33 [03:06<00:32,  6.52s/it]print_dice: 0.5573441982269287
   ,   print_iou: 0.38633206486701965
2853 print_dice: 0.5406047701835632,  print_iou: 0.37043067812919617
2854 Epoch 46/499:  91%|█████████   | 30/33 [03:19<00:19,  6.54s/it]print_dice: 0.5215535163879395
   ,   print_iou: 0.3527713418006897
2855 Epoch 46/499:  94%|█████████▌  | 31/33 [03:25<00:12,  6.49s/it]print_dice: 0.5295873880386353
   ,   print_iou: 0.3601624667644501
2856 Epoch 46/499:  97%|█████████▌  | 32/33 [03:32<00:06,  6.49s/it]print_dice: 0.4868340492248535
   ,   print_iou: 0.3217320740222931
2857 Epoch 46/499: 100%|██████████| 33/33 [03:38<00:00,  6.47s/it]print_dice: 0.431203156709671
   ,   print_iou: 0.2748623192310333
2858   [32/33] eta: 0:00:06   time: 6.5232  data: 0.0005
2859 Epoch 46/499: 100%|██████████| 33/33 [03:39<00:00,  6.64s/it]
2860  Total time: 0:03:39 (6.6422 s / it)
2861 Averaged stats: training_loss: 28.3621 (28.3621)  loss_mask: 28.0488 (28.0488)  loss_dice: 0
   .3133 (0.3133)
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2862    0%|            | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8382695240434
2863 Validating...
2864 Valid_dataloader len: 12
2865 print_dice: 0.5220361948013306,  print_iou: 0.3532131314277649
2866   [ 0/12]  eta: 0:01:35    time: 7.9397  data: 3.9143
2867  17%|██         | 2/12 [00:12<00:57,  5.77s/it]print_dice: 0.5422895550727844,  print_iou: 0.
    372014582157135
2868 print_dice: 0.4943826496601105,  print_iou: 0.3283587694168091
2869  33%|███        | 4/12 [00:20<00:38,  4.86s/it]print_dice: 0.48962026834487915,  print_iou: 0
    .32417032122612
2870  42%|████       | 5/12 [00:25<00:32,  4.70s/it]print_dice: 0.5389708280563354,  print_iou: 0.
    36889803409576416
2871  50%|████       | 6/12 [00:29<00:27,  4.63s/it]print_dice: 0.47642937302589417,  print_iou: 0
    .3127058148384094
2872  58%|█████      | 7/12 [00:34<00:23,  4.60s/it]print_dice: 0.42085209488868713,  print_iou: 0
    .26650580763816833
2873 print_dice: 0.5240195393562317,  print_iou: 0.35503149032592773
2874  75%|██████     | 9/12 [00:43<00:13,  4.50s/it]print_dice: 0.5259698033332825,  print_iou: 0.
    35682427883148193
2875 print_dice: 0.5337690114974976,  print_iou: 0.3640415370464325
2876  92%|████████   | 11/12 [00:51<00:04,  4.40s/it]print_dice: 0.5839504599571228,  print_iou: 0
    .4123799502849579
2877 print_dice: 0.5568464994430542,  print_iou: 0.38585397601127625
2878   [11/12]  eta: 0:00:04    time: 4.6758  data: 0.3267
2879 100%|████████| 12/12 [00:56<00:00,  4.71s/it]
2880  Total time: 0:00:56 (4.7109 s / it)
2881 ============================
2882 Averaged stats:
2883 Epoch 47/499:    0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
2884 epoch:     47   learning rate:   1e-08
2885 print_dice: 0.45107391476631165,  print_iou: 0.29121720790863037
2886   [ 0/33]  eta: 0:05:42    time: 10.3884  data: 4.0432
2887 Epoch 47/499:    6%|          | 2/33 [00:16<04:04,  7.89s/it]print_dice: 0.5501107573509216
    ,  print_iou: 0.37941569089889526
2888 Epoch 47/499:    9%|█         | 3/33 [00:23<03:41,  7.39s/it]print_dice: 0.6179940700531006
    ,  print_iou: 0.44717177748680115
2889 print_dice: 0.43001484870910645,  print_iou: 0.2738974094390869
2890 Epoch 47/499:   15%|█         | 5/33 [00:36<03:12,  6.87s/it]print_dice: 0.5396380424499512
    ,  print_iou: 0.3695234954357147
2891 print_dice: 0.5190544724464417,  print_iou: 0.3504885733127594
2892 Epoch 47/499:   21%|██        | 7/33 [00:49<02:53,  6.68s/it]print_dice: 0.5294443964958191
    ,  print_iou: 0.3600301742553711
2893 print_dice: 0.5379675626754761,  print_iou: 0.3679586946964264
2894 Epoch 47/499:   27%|██        | 9/33 [01:02<02:39,  6.63s/it]print_dice: 0.43125373125076294
    ,  print_iou: 0.27490344643592834
2895 Epoch 47/499:   30%|██        | 10/33 [01:09<02:31,  6.59s/it]print_dice: 0.5429491996765137
    ,  print_iou: 0.37263575196266174
2896 Epoch 47/499:   33%|███       | 11/33 [01:15<02:24,  6.58s/it]print_dice: 0.5175650119781494
    ,  print_iou: 0.34913167357444763
2897 print_dice: 0.5751773118972778,  print_iou: 0.40368345379829407
2898 Epoch 47/499:   39%|███       | 13/33 [01:28<02:11,  6.57s/it]print_dice: 0.5231453776359558
    ,  print_iou: 0.3542294502258301
2899 print_dice: 0.5251699686050415,  print_iou: 0.3560884892940521
2900 Epoch 47/499:   45%|████      | 15/33 [01:41<01:58,  6.61s/it]print_dice: 0.4580325186252594
    ,  print_iou: 0.29704421758651733
2901 print_dice: 0.5565505027770996,  print_iou: 0.38556981086730957
2902 Epoch 47/499:   52%|████      | 17/33 [01:55<01:45,  6.58s/it]print_dice: 0.4811583459377289
    ,  print_iou: 0.31679296493530273
2903 Epoch 47/499:   55%|████      | 18/33 [02:01<01:38,  6.56s/it]print_dice: 0.5169624090194702
    ,  print_iou: 0.348583459854126
2904 Epoch 47/499:   58%|█████     | 19/33 [02:07<01:31,  6.51s/it]print_dice: 0.5152176022529602
    ,  print_iou: 0.3469987213611603
2905 Epoch 47/499:   61%|█████     | 20/33 [02:14<01:24,  6.49s/it]print_dice: 0.4928726851940155
    ,  print_iou: 0.3270279169082641
2906 Epoch 47/499:   64%|█████     | 21/33 [02:21<01:18,  6.54s/it]print_dice: 0.48295116424560547
    ,  print_iou: 0.31834912300109863
2907 print_dice: 0.5012553334236145,  print_iou: 0.3344500958919525
2908 Epoch 47/499:   70%|██████    | 23/33 [02:34<01:05,  6.56s/it]print_dice: 0.4601700007915497
    ,  print_iou: 0.29884466528892517
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2909 Epoch 47/499:  73%|███████▍   | 24/33 [02:40<00:59,  6.56s/it]print_dice: 0.48710715770721436
     ,   print_iou: 0.32197070121765137
2910 Epoch 47/499:  76%|███████▌   | 25/33 [02:47<00:52,  6.54s/it]print_dice: 0.5021253228187561
     ,   print_iou: 0.3352251946926117
2911 Epoch 47/499:  79%|███████▉   | 26/33 [02:53<00:45,  6.52s/it]print_dice: 0.48698142170906067
     ,   print_iou: 0.3218608200550093
2912 Epoch 47/499:  82%|████████▏  | 27/33 [03:00<00:39,  6.52s/it]print_dice: 0.42870524525642395
     ,   print_iou: 0.2728356420993805
2913 print_dice: 0.4720836281776428,   print_iou: 0.30897215008735657
2914 Epoch 47/499:  88%|████████▊  | 29/33 [03:13<00:26,  6.54s/it]print_dice: 0.5213695168495178
     ,   print_iou: 0.3526029884815216
2915 print_dice: 0.5206044912338257,   print_iou: 0.3519035279750824
2916 Epoch 47/499:  94%|█████████▍ | 31/33 [03:26<00:13,  6.54s/it]print_dice: 0.5424295663833618
     ,   print_iou: 0.3721463978290558
2917 print_dice: 0.5967615246772766,   print_iou: 0.42527446150779724
2918 Epoch 47/499: 100%|██████████ | 33/33 [03:39<00:00,  6.46s/it]print_dice: 0.5410170555114746
     ,   print_iou: 0.37081795930862427
2919  [32/33] eta: 0:00:06   time: 6.5214  data: 0.0004
2920 Epoch 47/499: 100%|██████████ | 33/33 [03:39<00:00,  6.65s/it]
2921  Total time: 0:03:39 (6.6534 s / it)
2922 Averaged stats: training_loss: 5.1093 (5.1093)  loss_mask: 4.7977 (4.7977)  loss_dice: 0.
     3116 (0.3116)
2923 Net parameter norm: 1054.8382698481437
2924 Validating...
2925 Valid_dataloader len: 12
2926   8%|█          | 1/12 [00:07<01:27,  7.97s/it]print_dice: 0.5185436010360718,  print_iou: 0.
     3500228822231293
2927  [ 0/12] eta: 0:01:35   time: 7.9721  data: 3.8880
2928 print_dice: 0.5473576188087463,  print_iou: 0.37680134177207947
2929  25%|██▌        | 3/12 [00:16<00:45,  5.10s/it]print_dice: 0.4941862225532532,  print_iou: 0.
     328185498714447
2930 print_dice: 0.4895120859146118,  print_iou: 0.32407549023628235
2931  42%|████▏      | 5/12 [00:25<00:33,  4.72s/it]print_dice: 0.5457907915115356,  print_iou: 0.
     37531790137290955
2932  50%|█████      | 6/12 [00:29<00:27,  4.60s/it]print_dice: 0.47777751088142395,  print_iou: 0
     .31386837363243103
2933 print_dice: 0.42608946561813354,  print_iou: 0.2707202732563019
2934  67%|██████▋    | 8/12 [00:38<00:18,  4.53s/it]print_dice: 0.5234695672988892,  print_iou: 0.
     3545267879962921
2935 print_dice: 0.5304973721504211,  print_iou: 0.3610047399997711
2936  83%|████████▎  | 10/12 [00:47<00:08,  4.50s/it]print_dice: 0.5408562421798706,  print_iou: 0
     .37066686153411865
2937  92%|█████████▏ | 11/12 [00:52<00:04,  4.42s/it]print_dice: 0.5802802443504333,  print_iou: 0
     .408728688955307
2938 100%|██████████| 12/12 [00:56<00:00,  4.37s/it]print_dice: 0.5564716458320618,  print_iou: 0
     .3854941129684448
2939  [11/12] eta: 0:00:04   time: 4.6921  data: 0.3248
2940 100%|██████████| 12/12 [00:56<00:00,  4.73s/it]
2941  Total time: 0:00:56 (4.7293 s / it)
2942 =============================
2943 Averaged stats:
2944 Epoch 48/499:   0%|           | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
2945 epoch:   48   learning rate:   1e-08
2946 Epoch 48/499:   3%|▎          | 1/33 [00:10<05:36, 10.52s/it]print_dice: 0.5146434903144836
     ,   print_iou: 0.34647810459136963
2947  [ 0/33] eta: 0:05:47   time: 10.5212  data: 4.1738
2948 Epoch 48/499:   6%|▌          | 2/33 [00:16<04:09,  8.04s/it]print_dice: 0.514958381652832
     ,   print_iou: 0.34676361083984375
2949 Epoch 48/499:   9%|▉          | 3/33 [00:23<03:40,  7.36s/it]print_dice: 0.5209433436393738
     ,   print_iou: 0.3522132635116577
2950 print_dice: 0.551445484161377,   print_iou: 0.3806867301464081
2951 Epoch 48/499:  15%|█▌         | 5/33 [00:36<03:10,  6.80s/it]print_dice: 0.518211305141449
     ,   print_iou: 0.3497201204299927
2952 Epoch 48/499:  18%|█▊         | 6/33 [00:42<03:01,  6.72s/it]print_dice: 0.5727208256721497
     ,   print_iou: 0.40126755833625793
2953 print_dice: 0.45053741335868835,   print_iou: 0.29077011346817017
2954 Epoch 48/499:  24%|██▍        | 8/33 [00:55<02:46,  6.65s/it]print_dice: 0.4573464095592499
     ,   print_iou: 0.2964673340320587
2955 Epoch 48/499:  27%|██▋        | 9/33 [01:02<02:38,  6.60s/it]print_dice: 0.595035195350647
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2955  ,    print_iou: 0.4235231876373291
2956 print_dice: 0.4738529908102417,   print_iou: 0.3104899823665619
2957 Epoch 48/499:  33%|██▏         | 11/33 [01:15<02:25,  6.61s/it]print_dice: 0.5446797013282776
     ,    print_iou: 0.37426790595054626
2958 print_dice: 0.4590742290019989,   print_iou: 0.2979210317134857
2959 Epoch 48/499:  39%|███▏        | 13/33 [01:29<02:12,  6.64s/it]print_dice: 0.5288022756576538
     ,    print_iou: 0.35943660140037537
2960 print_dice: 0.5245575904846191,   print_iou: 0.3555256128311157
2961 Epoch 48/499:  45%|████        | 15/33 [01:42<01:58,  6.60s/it]print_dice: 0.542279064655304
     ,    print_iou: 0.3720047175884247
2962 print_dice: 0.5566126108169556,   print_iou: 0.3856293857097626
2963 Epoch 48/499:  52%|████▌       | 17/33 [01:55<01:44,  6.54s/it]print_dice: 0.4962385594844818
     ,    print_iou: 0.3299981951713562
2964 Epoch 48/499:  55%|████▊       | 18/33 [02:01<01:38,  6.56s/it]print_dice: 0.43181267380714417
     ,    print_iou: 0.27535784244537354
2965 Epoch 48/499:  58%|█████       | 19/33 [02:08<01:31,  6.52s/it]print_dice: 0.4275057315826416
     ,    print_iou: 0.27186474204063416
2966 Epoch 48/499:  61%|█████▎      | 20/33 [02:14<01:24,  6.53s/it]print_dice: 0.5430969595909119
     ,    print_iou: 0.3727498841285706
2967 print_dice: 0.5161694884300232,   print_iou: 0.3478628396987915
2968 Epoch 48/499:  67%|█████▊      | 22/33 [02:28<01:12,  6.61s/it]print_dice: 0.498738169670105
     ,    print_iou: 0.3322126567363739
2969 Epoch 48/499:  70%|██████      | 23/33 [02:34<01:05,  6.58s/it]print_dice: 0.5229575634002686
     ,    print_iou: 0.354057252407074
2970 print_dice: 0.4291980266571045,   print_iou: 0.2732349634170532
2971 Epoch 48/499:  76%|██████▌     | 25/33 [02:47<00:52,  6.55s/it]print_dice: 0.4806763231754303
     ,    print_iou: 0.316375195980072
2972 print_dice: 0.5222586393356323,   print_iou: 0.3534168303012848
2973 Epoch 48/499:  82%|███████     | 27/33 [03:00<00:39,  6.53s/it]print_dice: 0.486753910779953
     ,    print_iou: 0.3216620981693268
2974 print_dice: 0.538631796836853,   print_iou: 0.3685804605484009
2975 Epoch 48/499:  88%|███████▌    | 29/33 [03:13<00:25,  6.47s/it]print_dice: 0.50083988904953
     ,    print_iou: 0.3340803384780884
2976 Epoch 48/499:  91%|███████▉    | 30/33 [03:20<00:19,  6.49s/it]print_dice: 0.48628413677215576
     ,    print_iou: 0.32125192880630493
2977 print_dice: 0.6202163100242615,   print_iou: 0.449502557516098
2978 Epoch 48/499:  97%|████████▋   | 32/33 [03:33<00:06,  6.52s/it]print_dice: 0.5400912165641785
     ,    print_iou: 0.3699485957622528
2979 Epoch 48/499: 100%|████████▊   | 33/33 [03:39<00:00,  6.47s/it]print_dice: 0.48200637102127075
     ,    print_iou: 0.3175285756587982
2980  [32/33] eta: 0:00:06   time: 6.5221  data: 0.0004
2981 Epoch 48/499: 100%|████████▊   | 33/33 [03:39<00:00,  6.66s/it]
2982  Total time: 0:03:39 (6.6630 s / it)
2983 Averaged stats: training_loss: -19.4147 (-19.4147)  loss_mask: -19.6605 (-19.6605)
     loss_dice: 0.2458 (0.2458)
2984   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.838279045769
2985 Validating...
2986 Valid_dataloader len: 12
2987   8%|█         | 1/12 [00:08<01:28,  8.02s/it]print_dice: 0.5277509093284607,  print_iou: 0.
     3584657609462738
2988  [ 0/12]  eta: 0:01:36   time: 8.0242  data: 3.9233
2989  17%|█▊        | 2/12 [00:12<00:58,  5.85s/it]print_dice: 0.5485439896583557,  print_iou: 0.
     377792670726776123
2990  25%|██▌       | 3/12 [00:16<00:46,  5.12s/it]print_dice: 0.4962223470211029,  print_iou: 0.
     3299838602542877
2991  33%|███▏      | 4/12 [00:21<00:40,  5.09s/it]print_dice: 0.4812859892845154,  print_iou: 0.
     31690365076065063
2992 print_dice: 0.551083505153656,  print_iou: 0.3803417980670929
2993  50%|████▊     | 6/12 [00:31<00:29,  4.87s/it]print_dice: 0.4824155867099762,  print_iou: 0.
     31788384914398193
2994  58%|█████▌    | 7/12 [00:35<00:23,  4.74s/it]print_dice: 0.4358750581741333,  print_iou: 0.
     27867022156715393
2995  67%|██████▌   | 8/12 [00:40<00:18,  4.67s/it]print_dice: 0.5259408354759216,  print_iou: 0.
     35679763555526733
2996  75%|███████▌  | 9/12 [00:44<00:13,  4.66s/it]print_dice: 0.5300925970077515,  print_iou: 0.
     3606299161911011
2997 print_dice: 0.5346555113792419,  print_iou: 0.36486679315567017
2998  92%|████████▊ | 11/12 [00:53<00:04,  4.51s/it]print_dice: 0.5829257369041443,  print_iou: 0
     .41135862469673157
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2999 100%|████████| 12/12 [00:57<00:00,  4.46s/it]print_dice: 0.543117880821228,  print_iou: 0.
     3727946877479553
3000   [11/12]  eta: 0:00:04   time: 4.8211  data: 0.3272
3001 100%|████████| 12/12 [00:58<00:00,  4.87s/it]
3002  Total time: 0:00:58 (4.8685 s / it)
3003 ============================
3004 Averaged stats:
3005 Epoch 49/499:   0%|        | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
3006 epoch:    49   learning rate:   1e-08
3007 Epoch 49/499:   3%|▌       | 1/33 [00:11<06:06, 11.47s/it]print_dice: 0.4273960590362549
     ,   print_iou: 0.271776020526886
3008   [ 0/33]  eta: 0:06:18   time: 11.4667  data: 4.9916
3009 Epoch 49/499:   6%|▌       | 2/33 [00:17<04:20,  8.39s/it]print_dice: 0.515592098236084
     ,   print_iou: 0.3473385274410248
3010 print_dice: 0.48620012402534485,   print_iou: 0.3211785852909088
3011 Epoch 49/499:  12%|█       | 4/33 [00:30<03:26,  7.13s/it]print_dice: 0.5145343542098999
     ,   print_iou: 0.3463791608810425
3012 Epoch 49/499:  15%|█       | 5/33 [00:37<03:13,  6.93s/it]print_dice: 0.5006083846092224
     ,   print_iou: 0.33387431502342224
3013 Epoch 49/499:  18%|█▌      | 6/33 [00:43<03:04,  6.84s/it]print_dice: 0.5211786031723022
     ,   print_iou: 0.3524283766746521
3014 Epoch 49/499:  21%|█▌      | 7/33 [00:50<02:57,  6.84s/it]print_dice: 0.5162075161933899
     ,   print_iou: 0.34789738059043884
3015 print_dice: 0.4289882779121399,   print_iou: 0.2730649709701538
3016 Epoch 49/499:  27%|██      | 9/33 [01:04<02:42,  6.77s/it]print_dice: 0.5390118360519409
     ,   print_iou: 0.3689364790916443
3017 Epoch 49/499:  30%|██      | 10/33 [01:11<02:36,  6.81s/it]print_dice: 0.5507383942604065
     ,   print_iou: 0.380013108253479
3018 print_dice: 0.5418187975883484,   print_iou: 0.3715716600418091
3019 Epoch 49/499:  36%|██▌     | 12/33 [01:24<02:20,  6.68s/it]print_dice: 0.6201362609863281
     ,   print_iou: 0.44941845536231995
3020 Epoch 49/499:  39%|██▌     | 13/33 [01:30<02:13,  6.68s/it]print_dice: 0.5560386776924133
     ,   print_iou: 0.38507866859436035
3021 print_dice: 0.5220023989677429,   print_iou: 0.35318219661712646
3022 Epoch 49/499:  45%|███     | 15/33 [01:44<02:00,  6.68s/it]print_dice: 0.5015284419059753
     ,   print_iou: 0.3346933424472809
3023 Epoch 49/499:  48%|███▌    | 16/33 [01:50<01:52,  6.62s/it]print_dice: 0.5252897143363953
     ,   print_iou: 0.35619857907295227
3024 print_dice: 0.4733106195926666,   print_iou: 0.3100242018699646
3025 Epoch 49/499:  55%|███▌    | 18/33 [02:04<01:39,  6.64s/it]print_dice: 0.44204777479171753
     ,   print_iou: 0.2837364077568054
3026 print_dice: 0.4601914584636688,   print_iou: 0.2988627851009369
3027 Epoch 49/499:  61%|████    | 20/33 [02:17<01:25,  6.61s/it]print_dice: 0.5431035161018372
     ,   print_iou: 0.3727811276912689
3028 print_dice: 0.48120057582855225,   print_iou: 0.3168295621871948
3029 Epoch 49/499:  67%|████▌   | 22/33 [02:30<01:12,  6.56s/it]print_dice: 0.4874025881290436
     ,   print_iou: 0.32222890853881836
3030 Epoch 49/499:  70%|████▌   | 23/33 [02:36<01:05,  6.56s/it]print_dice: 0.5214234590530396
     ,   print_iou: 0.35265234112739563
3031 print_dice: 0.5173520445823669,   print_iou: 0.34893789887428284
3032 Epoch 49/499:  76%|█████   | 25/33 [02:49<00:52,  6.53s/it]print_dice: 0.49263349175453186
     ,   print_iou: 0.3268173038959503
3033 Epoch 49/499:  79%|█████▌  | 26/33 [02:56<00:45,  6.52s/it]print_dice: 0.44993165135383606
     ,   print_iou: 0.29026567935943604
3034 Epoch 49/499:  82%|█████▌  | 27/33 [03:02<00:39,  6.52s/it]print_dice: 0.4310455024242401
     ,   print_iou: 0.274734228849411
3035 Epoch 49/499:  85%|██████  | 28/33 [03:09<00:32,  6.53s/it]print_dice: 0.48272696137428284
     ,   print_iou: 0.31815430521965027
3036 print_dice: 0.5712792873382568,   print_iou: 0.3998537063598633
3037 Epoch 49/499:  91%|██████▌ | 30/33 [03:22<00:19,  6.49s/it]print_dice: 0.5402351021766663
     ,   print_iou: 0.37008365988731384
3038 print_dice: 0.5957189798355103,   print_iou: 0.4242163598537445
3039 Epoch 49/499:  97%|███████▌| 32/33 [03:35<00:06,  6.50s/it]print_dice: 0.5370213389396667
     ,   print_iou: 0.3670739233493805
3040 Epoch 49/499: 100%|████████| 33/33 [03:41<00:00,  6.49s/it]print_dice: 0.5238526463508606
     ,   print_iou: 0.3548782765865326
3041   [32/33]  eta: 0:00:06   time: 6.5463  data: 0.0003
3042 Epoch 49/499: 100%|████████| 33/33 [03:42<00:00,  6.74s/it]
3043  Total time: 0:03:42 (6.7366 s / it)
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3044 Averaged stats: training_loss: 87.3926 (87.3926)  loss_mask: 86.9147 (86.9147)  loss_dice: 0
     .4778 (0.4778)
3045 Net parameter norm: 1054.8382832204225
3046   0%|             | 0/12 [00:00<?, ?it/s]Validating...
3047 Valid_dataloader len: 12
3048   8%|■            | 1/12 [00:08<01:28,  8.01s/it]print_dice: 0.5339006781578064,  print_iou: 0.
     3641640543937683
3049   [ 0/12] eta: 0:01:36   time: 8.0120  data: 3.9190
3050 print_dice: 0.5475649833679199,  print_iou: 0.3769979178905487
3051  25%|■■           | 3/12 [00:16<00:47,  5.24s/it]print_dice: 0.4906686544418335,  print_iou: 0.
     32509008049964905
3052 print_dice: 0.4896700978279114,  print_iou: 0.32421398162841797
3053  42%|■■■          | 5/12 [00:25<00:33,  4.78s/it]print_dice: 0.5447772741317749,  print_iou: 0.
     374360054731369
3054 print_dice: 0.4689194858074188,  print_iou: 0.30626705288887024
3055  58%|■■■■         | 7/12 [00:34<00:23,  4.64s/it]print_dice: 0.4262498617172241,  print_iou: 0.
     2708497643470764
3056  67%|■■■■■        | 8/12 [00:39<00:18,  4.58s/it]print_dice: 0.5152181386947632,  print_iou: 0.
     3469991981983185
3057  75%|■■■■■        | 9/12 [00:43<00:13,  4.56s/it]print_dice: 0.5265564918518066,  print_iou: 0.
     35736459493637085
3058  83%|■■■■■■       | 10/12 [00:48<00:09,  4.55s/it]print_dice: 0.5343747735023499,  print_iou: 0
     .3646053373813629
3059 print_dice: 0.588596522808075,  print_iou: 0.4170292615890503
3060 100%|■■■■■■■■|■■| 12/12 [00:56<00:00,  4.41s/it]print_dice: 0.5512117147445679,  print_iou: 0
     .38046395778656006
3061   [11/12] eta: 0:00:04   time: 4.7435  data: 0.3269
3062  Total time: 0:00:57 (4.7820 s / it)
3063 =============================
3064 Averaged stats:
3065 100%|■■■■■■■■■■■| 12/12 [00:57<00:00,  4.78s/it]
3066 come here save at work_dirs/DrSAM_b
3067 epoch:   50   learning rate:  1e-08
3068 Epoch 50/499:   3%|■           | 1/33 [00:10<05:33, 10.42s/it]print_dice: 0.5390263795852661
     ,  print_iou: 0.36895009875297546
3069   [ 0/33] eta: 0:05:43   time: 10.4153  data: 4.1606
3070 print_dice: 0.620084822177887,  print_iou: 0.44936442375183105
3071 Epoch 50/499:   9%|■          | 3/33 [00:23<03:38,  7.28s/it]print_dice: 0.525244414806366
     ,  print_iou: 0.3561569154262543
3072 Epoch 50/499:  12%|■          | 4/33 [00:29<03:22,  6.99s/it]print_dice: 0.500160813331604
     ,  print_iou: 0.3334762752056122
3073 print_dice: 0.5186436772346497,  print_iou: 0.3501140773296356
3074 Epoch 50/499:  18%|■■         | 6/33 [00:42<03:01,  6.73s/it]print_dice: 0.5212622880935669
     ,  print_iou: 0.3525048792362213
3075 Epoch 50/499:  21%|■■         | 7/33 [00:49<02:51,  6.60s/it]print_dice: 0.45968708395957947
     ,  print_iou: 0.2984374761581421
3076 Epoch 50/499:  24%|■■■        | 8/33 [00:55<02:44,  6.60s/it]print_dice: 0.49261221289634705
     ,  print_iou: 0.32679861783981323
3077 print_dice: 0.48126405477523804,  print_iou: 0.3168846070766449
3078 Epoch 50/499:  30%|■■■        | 10/33 [01:08<02:31,  6.57s/it]print_dice: 0.43129387497901917
     ,  print_iou: 0.2749360501766205
3079 Epoch 50/499:  33%|■■■        | 11/33 [01:15<02:23,  6.51s/it]print_dice: 0.5720692873001099
     ,  print_iou: 0.4006282091140747
3080 Epoch 50/499:  36%|■■■■       | 12/33 [01:21<02:16,  6.52s/it]print_dice: 0.5403569936752319
     ,  print_iou: 0.3701980412006378
3081 Epoch 50/499:  39%|■■■■       | 13/33 [01:28<02:10,  6.52s/it]print_dice: 0.5212976336479187
     ,  print_iou: 0.35253724455833435
3082 print_dice: 0.4273894429206848,  print_iou: 0.2717706859111786
3083 Epoch 50/499:  45%|■■■■       | 15/33 [01:41<01:56,  6.50s/it]print_dice: 0.45068052411079407
     ,  print_iou: 0.29088935256004333
3084 Epoch 50/499:  48%|■■■■■      | 16/33 [01:47<01:50,  6.50s/it]print_dice: 0.5427293181419373
     ,  print_iou: 0.3724285960197449
3085 print_dice: 0.48074182868003845,  print_iou: 0.3164319694042206
3086 Epoch 50/499:  55%|■■■■■      | 18/33 [02:00<01:38,  6.54s/it]print_dice: 0.516644182395935
     ,  print_iou: 0.34829437732696533
3087 print_dice: 0.4294772148132324,  print_iou: 0.27346131205558777
3088 Epoch 50/499:  61%|■■■■■■     | 20/33 [02:13<01:25,  6.54s/it]print_dice: 0.5431222915649414
     ,  print_iou: 0.3727988600730896
3089 Epoch 50/499:  64%|■■■■■■     | 21/33 [02:20<01:18,  6.53s/it]print_dice: 0.5146698951721191
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3089 ,    print_iou: 0.34650200605392456
3090 print_dice: 0.5212406516075134,   print_iou: 0.35248512029647827
3091 Epoch 50/499:  70%|███████ █  | 23/33 [02:33<01:04,  6.48s/it]print_dice: 0.5170961022377014
     ,    print_iou: 0.3487050533294678
3092 print_dice: 0.4709087908267975,   print_iou: 0.3079664409160614
3093 Epoch 50/499:  76%|███████   | 25/33 [02:46<00:51,  6.47s/it]print_dice: 0.5120906829833984
     ,    print_iou: 0.34416794776916504
3094 print_dice: 0.48617351055145264,   print_iou: 0.3211553990840912
3095 Epoch 50/499:  82%|███████▌  | 27/33 [02:59<00:38,  6.48s/it]print_dice: 0.5563383102416992
     ,    print_iou: 0.38536614179611206
3096 print_dice: 0.4416010081768036,   print_iou: 0.28336837887763977
3097 Epoch 50/499:  88%|████████▌ | 29/33 [03:12<00:25,  6.49s/it]print_dice: 0.5958327651023865
     ,    print_iou: 0.42433178424835205
3098 Epoch 50/499:  91%|████████▌ | 30/33 [03:18<00:19,  6.54s/it]print_dice: 0.5369502305984497
     ,    print_iou: 0.3670074939727783
3099 print_dice: 0.5016389489173889,   print_iou: 0.33479180932044983
3100 Epoch 50/499:  97%|███████████| 32/33 [03:31<00:06,  6.48s/it]print_dice: 0.48623865842819214
     ,    print_iou: 0.3212122321128845
3101 Epoch 50/499: 100%|██████████| 33/33 [03:38<00:00,  6.47s/it]print_dice: 0.5507355332374573
     ,    print_iou: 0.38001033663749695
3102   [32/33]  eta: 0:00:06   time: 6.4961  data: 0.0006
3103 Epoch 50/499: 100%|██████████| 33/33 [03:38<00:00,  6.62s/it]
3104  Total time: 0:03:38 (6.6205 s / it)
3105 Averaged stats: training_loss: 22.9580 (22.9580)  loss_mask: 22.7016 (22.7016)  loss_dice: 0
     .2564 (0.2564)
3106 Net parameter norm: 1054.8382924359757
3107 Validating...
3108 Valid_dataloader len: 12
3109   8%|█        | 1/12 [00:07<01:27,  7.99s/it]print_dice: 0.5204561948776245,  print_iou: 0.
     35176801681518555
3110   [ 0/12]  eta: 0:01:35   time: 7.9922  data: 3.8789
3111  17%|██       | 2/12 [00:12<00:58,  5.85s/it]print_dice: 0.54532390832901,  print_iou: 0.
     3748764991760254
3112 print_dice: 0.508370578289032,  print_iou: 0.34081563353538513
3113  33%|███      | 4/12 [00:21<00:39,  4.91s/it]print_dice: 0.4899134039878845,  print_iou: 0.
     32442736625671387
3114  42%|████     | 5/12 [00:25<00:33,  4.72s/it]print_dice: 0.5449211001396179,  print_iou: 0.
     37449589371681213
3115  50%|████     | 6/12 [00:30<00:27,  4.65s/it]print_dice: 0.48220205307006836,  print_iou: 0
     .3176984488964081
3116 print_dice: 0.4146873950958252,  print_iou: 0.26158082485198975
3117  67%|██████   | 8/12 [00:38<00:18,  4.52s/it]print_dice: 0.5194774270057678,  print_iou: 0.
     3508743643760681
3118 print_dice: 0.5186946988105774,  print_iou: 0.3501605689525604
3119  83%|████████ | 10/12 [00:47<00:08,  4.44s/it]print_dice: 0.5345423221588135,  print_iou: 0
     .3647613227367401
3120  92%|█████████| 11/12 [00:51<00:04,  4.36s/it]print_dice: 0.5887269377708435,  print_iou: 0
     .41716018319129944
3121 100%|██████████| 12/12 [00:56<00:00,  4.35s/it]print_dice: 0.5513827204704285,  print_iou: 0
     .3806268870830536
3122   [11/12]  eta: 0:00:04   time: 4.6822  data: 0.3237
3123 100%|██████████| 12/12 [00:56<00:00,  4.72s/it]
3124  Total time: 0:00:56 (4.7178 s / it)
3125 ============================
3126 Averaged stats:
3127 come here save at work_dirs/DrSAM_b
3128 epoch:    51   learning rate:   1e-08
3129 Epoch 51/499:   3%|█        | 1/33 [00:10<05:30, 10.32s/it]print_dice: 0.42809394001960754
     ,    print_iou: 0.27234065532684326
3130   [ 0/33]  eta: 0:05:40   time: 10.3182  data: 3.9441
3131 Epoch 51/499:   6%|█        | 2/33 [00:16<04:03,  7.86s/it]print_dice: 0.5718749761581421
     ,    print_iou: 0.4004376232624054
3132 print_dice: 0.5122955441474915,   print_iou: 0.3443530201911926
3133 Epoch 51/499:  12%|█▌       | 4/33 [00:29<03:22,  7.00s/it]print_dice: 0.5961893200874329
     ,    print_iou: 0.4246935248374939
3134 Epoch 51/499:  15%|█▌       | 5/33 [00:36<03:11,  6.83s/it]print_dice: 0.48321661353111267
     ,    print_iou: 0.31857985258102417
3135 Epoch 51/499:  18%|█▌       | 6/33 [00:42<03:01,  6.71s/it]print_dice: 0.48648083209991455
     ,    print_iou: 0.32142361998558044
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3136 Epoch 51/499:  21%|█          | 7/33 [00:49<02:52,  6.65s/it]print_dice: 0.4296424388885498
     ,  print_iou: 0.27359527349472046
3137 Epoch 51/499:  24%|██         | 8/33 [00:55<02:45,  6.62s/it]print_dice: 0.5422448515892029
     ,  print_iou: 0.3719725012779236
3138 print_dice: 0.524258553981781,  print_iou: 0.35525092482566833
3139 Epoch 51/499:  30%|██         | 10/33 [01:08<02:31,  6.58s/it]print_dice: 0.4601690173149109
     ,  print_iou: 0.2988438606262207
3140 Epoch 51/499:  33%|███        | 11/33 [01:15<02:24,  6.59s/it]print_dice: 0.6176281571388245
     ,  print_iou: 0.4467887282371521
3141 print_dice: 0.4966961741447449,  print_iou: 0.33040305972099304
3142 Epoch 51/499:  39%|███        | 13/33 [01:28<02:11,  6.59s/it]print_dice: 0.4826684892177582
     ,  print_iou: 0.31810352206230164
3143 print_dice: 0.4708830416202545,  print_iou: 0.3079444169998169
3144 Epoch 51/499:  45%|████       | 15/33 [01:41<01:58,  6.59s/it]print_dice: 0.5017627477645874
     ,  print_iou: 0.3349020481109619
3145 print_dice: 0.5430744290351868,  print_iou: 0.37275373935699463
3146 Epoch 51/499:  52%|█████      | 17/33 [01:54<01:44,  6.54s/it]print_dice: 0.516351044178009
     ,  print_iou: 0.348027765750885
3147 Epoch 51/499:  55%|█████      | 18/33 [02:01<01:37,  6.53s/it]print_dice: 0.5179408192634583
     ,  print_iou: 0.349473774433136
3148 Epoch 51/499:  58%|█████      | 19/33 [02:07<01:32,  6.57s/it]print_dice: 0.514844536781311
     ,  print_iou: 0.3466603755950928
3149 Epoch 51/499:  61%|██████     | 20/33 [02:14<01:25,  6.55s/it]print_dice: 0.522197425365448
     ,  print_iou: 0.35336077213287354
3150 Epoch 51/499:  64%|██████     | 21/33 [02:20<01:18,  6.54s/it]print_dice: 0.5382621884346008
     ,  print_iou: 0.36823442578315735
3151 print_dice: 0.4861818552017212,  print_iou: 0.3211626410484314
3152 Epoch 51/499:  70%|███████    | 23/33 [02:34<01:05,  6.55s/it]print_dice: 0.430368572473526
     ,  print_iou: 0.2741844952106476
3153 Epoch 51/499:  73%|███████    | 24/33 [02:40<00:58,  6.50s/it]print_dice: 0.503528356552124
     ,  print_iou: 0.33647701144218445
3154 Epoch 51/499:  76%|███████    | 25/33 [02:46<00:52,  6.52s/it]print_dice: 0.5438776016235352
     ,  print_iou: 0.3735108971595764
3155 print_dice: 0.525424063205719,  print_iou: 0.35632213950157166
3156 Epoch 51/499:  82%|████████   | 27/33 [03:00<00:39,  6.53s/it]print_dice: 0.5420011281967163
     ,  print_iou: 0.37174317240715027
3157 Epoch 51/499:  85%|████████   | 28/33 [03:06<00:32,  6.52s/it]print_dice: 0.5563791990280151
     ,  print_iou: 0.38540536165237427
3158 Epoch 51/499:  88%|████████   | 29/33 [03:13<00:26,  6.54s/it]print_dice: 0.5507642030715942
     ,  print_iou: 0.38003766536712646
3159 print_dice: 0.4417996108531952,  print_iou: 0.28353196382522583
3160 Epoch 51/499:  94%|█████████  | 31/33 [03:26<00:13,  6.51s/it]print_dice: 0.5228240489959717
     ,  print_iou: 0.3539348840713501
3161 Epoch 51/499:  97%|█████████  | 32/33 [03:32<00:06,  6.45s/it]print_dice: 0.5204690098762512
     ,  print_iou: 0.3517796993255615
3162 Epoch 51/499: 100%|██████████ | 33/33 [03:38<00:00,  6.44s/it]print_dice: 0.4575605094432831
     ,  print_iou: 0.2966472804546356
3163  [32/33] eta: 0:00:06   time: 6.5109  data: 0.0004
3164 Epoch 51/499: 100%|██████████ | 33/33 [03:39<00:00,  6.64s/it]
3165  Total time: 0:03:39 (6.6433 s / it)
3166 Averaged stats: training_loss: -143.0170 (-143.0170)  loss_mask: -143.0643 (-143.0643)
     loss_dice: 0.0472 (0.0472)
3167   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.838293564273
3168 Validating...
3169 Valid_dataloader len: 12
3170 print_dice: 0.5204918384552002,  print_iou: 0.3518005907535553
3171  [ 0/12] eta: 0:01:36   time: 8.0220  data: 3.9169
3172  17%|██        | 2/12 [00:12<00:57,  5.79s/it]print_dice: 0.5468647480010986,  print_iou: 0.
     37633439898490906
3173  25%|██        | 3/12 [00:16<00:46,  5.17s/it]print_dice: 0.48366448283195496,  print_iou: 0
     .3189693093299866
3174  33%|███       | 4/12 [00:21<00:39,  4.90s/it]print_dice: 0.4899497330188751,  print_iou: 0.
     3244591951370239
3175 print_dice: 0.5449274182319641,  print_iou: 0.3745018541812897
3176  50%|█████     | 6/12 [00:29<00:27,  4.58s/it]print_dice: 0.4850383996963501,  print_iou: 0.
     3201654553413391
3177 print_dice: 0.43607768416404724,  print_iou: 0.2788359224796295
3178  67%|███████   | 8/12 [00:38<00:17,  4.50s/it]print_dice: 0.5162314176559448,  print_iou: 0.
     3479191064834595
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3179 print_dice: 0.5198065638542175,  print_iou: 0.3511747419834137
3180  83%|████████▏ | 10/12 [00:47<00:08,  4.44s/it]print_dice: 0.531991541385 6506,  print_iou: 0
     .3623899817466736
3181 print_dice: 0.57033371925354,  print_iou: 0.39892783761024475
3182 100%|██████████| 12/12 [00:56<00:00,  4.41s/it]print_dice: 0.5514273047447205,  print_iou: 0
     .38066938519477844
3183  [11/12] eta: 0:00:04   time: 4.6950  data: 0.3267
3184 100%|██████████| 12/12 [00:56<00:00,  4.73s/it]
3185  Total time: 0:00:56 (4.7324 s / it)
3186 ============================
3187 Averaged stats:
3188 Epoch 52/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
3189 epoch:     52   learning rate:   1e-08
3190 print_dice: 0.5283656716346741,  print_iou: 0.3590332567691803
3191  [ 0/33] eta: 0:05:56   time: 10.8132  data: 4.2360
3192 Epoch 52/499:   6%|▌         | 2/33 [00:16<04:10,  8.08s/it]print_dice: 0.48160526156425476
     ,  print_iou: 0.3171805441379547
3193 print_dice: 0.5486153364181519,  print_iou: 0.37799444794654846
3194 Epoch 52/499:  12%|█▏        | 4/33 [00:30<03:25,  7.08s/it]print_dice: 0.4500137269496918
     ,  print_iou: 0.290334016084671
3195 Epoch 52/499:  15%|█▌        | 5/33 [00:36<03:11,  6.83s/it]print_dice: 0.5017015933990479
     ,  print_iou: 0.3348475694656372
3196 Epoch 52/499:  18%|█▊        | 6/33 [00:43<03:03,  6.79s/it]print_dice: 0.5241003632545471
     ,  print_iou: 0.3551056683063507
3197 Epoch 52/499:  21%|██        | 7/33 [00:49<02:53,  6.67s/it]print_dice: 0.5007643103599548
     ,  print_iou: 0.33401307463645935
3198 Epoch 52/499:  24%|██▍       | 8/33 [00:56<02:47,  6.68s/it]print_dice: 0.6201717257499695
     ,  print_iou: 0.44945573806762695
3199 Epoch 52/499:  27%|██▋       | 9/33 [01:02<02:39,  6.63s/it]print_dice: 0.5143601894378662
     ,  print_iou: 0.34622132778167725
3200 Epoch 52/499:  30%|███       | 10/33 [01:09<02:32,  6.64s/it]print_dice: 0.517553985118866
     ,  print_iou: 0.349121630191803
3201 print_dice: 0.5429012179374695,  print_iou: 0.3725905418395996
3202 Epoch 52/499:  36%|███▋      | 12/33 [01:22<02:19,  6.63s/it]print_dice: 0.42960384488105774
     ,  print_iou: 0.2735639810562134
3203 print_dice: 0.5145795345306396,  print_iou: 0.3464201092720032
3204 Epoch 52/499:  42%|████▏     | 14/33 [01:35<02:05,  6.60s/it]print_dice: 0.5431590676307678
     ,  print_iou: 0.3728334605693817
3205 print_dice: 0.5187397599220276,  print_iou: 0.3502016067504883
3206 Epoch 52/499:  48%|████▊     | 16/33 [01:49<01:52,  6.60s/it]print_dice: 0.516029417514801
     ,  print_iou: 0.3477356433868408
3207 print_dice: 0.5380880832672119,  print_iou: 0.36807146668434143
3208 Epoch 52/499:  55%|█████▍    | 18/33 [02:02<01:38,  6.57s/it]print_dice: 0.5371381044387817
     ,  print_iou: 0.36718305945396423
3209 Epoch 52/499:  58%|█████▊    | 19/33 [02:08<01:31,  6.54s/it]print_dice: 0.5426686406135559
     ,  print_iou: 0.37237146496772766
3210 print_dice: 0.48177459836006165,  print_iou: 0.31732746958732605
3211 Epoch 52/499:  64%|██████▍   | 21/33 [02:21<01:18,  6.52s/it]print_dice: 0.450519323348999
     ,  print_iou: 0.290755033493042
3212 print_dice: 0.522804319858551,  print_iou: 0.3539167642593384
3213 Epoch 52/499:  70%|██████▉   | 23/33 [02:35<01:06,  6.61s/it]print_dice: 0.46036383509635925
     ,  print_iou: 0.29900819063186646
3214 Epoch 52/499:  73%|███████▎  | 24/33 [02:41<00:59,  6.58s/it]print_dice: 0.5548280477523804
     ,  print_iou: 0.3839183449745178
3215 Epoch 52/499:  76%|███████▌  | 25/33 [02:48<00:52,  6.60s/it]print_dice: 0.48640069365501404
     ,  print_iou: 0.3213536739349365
3216 Epoch 52/499:  79%|███████▉  | 26/33 [02:54<00:46,  6.60s/it]print_dice: 0.42984628677368164
     ,  print_iou: 0.2737606465816498
3217 Epoch 52/499:  82%|████████▏ | 27/33 [03:01<00:39,  6.56s/it]print_dice: 0.5960353016853333
     ,  print_iou: 0.4245372712612152
3218 Epoch 52/499:  85%|████████▍ | 28/33 [03:08<00:33,  6.61s/it]print_dice: 0.5720909237861633
     ,  print_iou: 0.40064939856529236
3219 Epoch 52/499:  88%|████████▊ | 29/33 [03:14<00:26,  6.62s/it]print_dice: 0.48744961619377136
     ,  print_iou: 0.322270005941391
3220 Epoch 52/499:  91%|█████████ | 30/33 [03:21<00:19,  6.59s/it]print_dice: 0.5210034251213074
     ,  print_iou: 0.35226818919181824
3221 Epoch 52/499:  94%|█████████▍| 31/33 [03:27<00:13,  6.57s/it]print_dice: 0.4732794165611267
     ,  print_iou: 0.30999740958213806
3222 Epoch 52/499:  97%|█████████▋| 32/33 [03:34<00:06,  6.54s/it]print_dice: 0.4964582324028015
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3222 ,    print_iou: 0.330192506313324
3223 Epoch 52/499: 100%|██████████| 33/33 [03:40<00:00,  6.48s/it]print_dice: 0.42781248688697815
     ,    print_iou: 0.2721129059791565
3224  [32/33] eta: 0:00:06   time: 6.5586  data: 0.0005
3225 Epoch 52/499: 100%|██████████| 33/33 [03:40<00:00,  6.69s/it]
3226  Total time: 0:03:40 (6.6924 s / it)
3227 Averaged stats: training_loss: 67.4713 (67.4713)  loss_mask: 66.9634 (66.9634)  loss_dice: 0
     .5079 (0.5079)
3228   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8382977420697
3229 Validating...
3230 Valid_dataloader len: 12
3231   8%|█         | 1/12 [00:08<01:30,  8.19s/it]print_dice: 0.513922393321991,  print_iou: 0.
     3458247184753418
3232  [ 0/12] eta: 0:01:38   time: 8.1946  data: 3.9948
3233  17%|█▋        | 2/12 [00:12<00:59,  5.91s/it]print_dice: 0.5440173745155334,  print_iou: 0.
     37364277243614197
3234  25%|██▌       | 3/12 [00:16<00:47,  5.26s/it]print_dice: 0.49605196714401245,  print_iou: 0
     .32983317971229553
3235  33%|███▎      | 4/12 [00:21<00:39,  4.96s/it]print_dice: 0.5008448958396912,  print_iou: 0.
     33408474922180176
3236  42%|████▏     | 5/12 [00:25<00:33,  4.77s/it]print_dice: 0.5448464155197144,  print_iou: 0.
     37442535161972046
3237  50%|█████     | 6/12 [00:30<00:27,  4.64s/it]print_dice: 0.48504769802093506,  print_iou: 0
     .32017356157302856
3238 print_dice: 0.4264574944972992,  print_iou: 0.271017462015152
3239  67%|██████▋   | 8/12 [00:39<00:18,  4.56s/it]print_dice: 0.5225804448127747,  print_iou: 0.
     3537115752696991
3240  75%|███████▌  | 9/12 [00:43<00:13,  4.50s/it]print_dice: 0.530297577381134,  print_iou: 0.
     3608196973800659
3241  83%|████████▎ | 10/12 [00:47<00:08,  4.44s/it]print_dice: 0.5398763418197632,  print_iou: 0
     .36974701285362244
3242 print_dice: 0.5827659964561462,  print_iou: 0.41119956970214844
3243 100%|██████████| 12/12 [00:56<00:00,  4.37s/it]print_dice: 0.5465072989463806,  print_iou: 0
     .3759958744049072
3244  [11/12] eta: 0:00:04   time: 4.7140  data: 0.3332
3245 100%|██████████| 12/12 [00:56<00:00,  4.75s/it]
3246  Total time: 0:00:56 (4.7488 s / it)
3247 =============================
3248 Averaged stats:
3249 come here save at work_dirs/DrSAM_b
3250 epoch:    53   learning rate:   1e-08
3251 Epoch 53/499:   3%|▎         | 1/33 [00:10<05:46, 10.83s/it]print_dice: 0.4296667277812958
     ,    print_iou: 0.2736149728298187
3252  [ 0/33] eta: 0:05:57   time: 10.8323  data: 4.3909
3253 print_dice: 0.48145556449890137,  print_iou: 0.3170506954193115
3254 Epoch 53/499:   9%|▉         | 3/33 [00:23<03:41,  7.39s/it]print_dice: 0.4993108808994293
     ,    print_iou: 0.3327210545539856
3255 print_dice: 0.5739631056785583,  print_iou: 0.40248826146125793
3256 Epoch 53/499:  15%|█▌        | 5/33 [00:36<03:12,  6.86s/it]print_dice: 0.4926394820213318
     ,    print_iou: 0.32682257890701294
3257 Epoch 53/499:  18%|█▊        | 6/33 [00:43<03:01,  6.72s/it]print_dice: 0.4608052968978882
     ,    print_iou: 0.2993807792663574
3258 print_dice: 0.5241718292236328,  print_iou: 0.3551712930202484
3259 Epoch 53/499:  24%|██▍       | 8/33 [00:56<02:47,  6.69s/it]print_dice: 0.4280370771884918
     ,    print_iou: 0.27229464054107666
3260 Epoch 53/499:  27%|██▋       | 9/33 [01:02<02:39,  6.66s/it]print_dice: 0.5961958765983582
     ,    print_iou: 0.42470020055770874
3261 Epoch 53/499:  30%|███       | 10/33 [01:09<02:32,  6.62s/it]print_dice: 0.5430477261543274
     ,    print_iou: 0.372728556394577
3262 Epoch 53/499:  33%|███▎      | 11/33 [01:16<02:27,  6.72s/it]print_dice: 0.5438897609710693
     ,    print_iou: 0.37352240085601807
3263 print_dice: 0.5039851665496826,  print_iou: 0.33688512444496155
3264 Epoch 53/499:  39%|███▉      | 13/33 [01:29<02:13,  6.66s/it]print_dice: 0.48744624853134155
     ,    print_iou: 0.3222670555114746
3265 print_dice: 0.4864239990711212,  print_iou: 0.32137399911880493
3266 Epoch 53/499:  45%|████▌     | 15/33 [01:42<01:59,  6.63s/it]print_dice: 0.45697009563446045
     ,    print_iou: 0.29615116119384766
3267 print_dice: 0.5255197286605835,  print_iou: 0.3564101457595825
3268 Epoch 53/499:  52%|█████▏    | 17/33 [01:56<01:46,  6.64s/it]print_dice: 0.5430295467376709
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3268 ,    print_iou: 0.3727114498615265
3269 print_dice: 0.5124354958534241,    print_iou: 0.3444795310497284
3270 Epoch 53/499:  58%|███████      | 19/33 [02:09<01:32,  6.59s/it]print_dice: 0.5191287994384766
     ,    print_iou: 0.3505563735961914
3271 Epoch 53/499:  61%|███████      | 20/33 [02:15<01:25,  6.55s/it]print_dice: 0.4300301969051361
     ,    print_iou: 0.2739098370075226
3272 Epoch 53/499:  64%|███████▌     | 21/33 [02:22<01:18,  6.52s/it]print_dice: 0.617695689201355
     ,    print_iou: 0.4468593895435333
3273 Epoch 53/499:  67%|███████▊     | 22/33 [02:28<01:11,  6.54s/it]print_dice: 0.5558196902275085
     ,    print_iou: 0.3848685920238495
3274 Epoch 53/499:  70%|████████     | 23/33 [02:35<01:05,  6.52s/it]print_dice: 0.539373517036438
     ,    print_iou: 0.3692754805088043
3275 print_dice: 0.5434937477111816,    print_iou: 0.37314894795417786
3276 Epoch 53/499:  76%|████████▌    | 25/33 [02:48<00:52,  6.54s/it]print_dice: 0.45022842288017273
     ,    print_iou: 0.2905127704143524
3277 Epoch 53/499:  79%|████████▊    | 26/33 [02:54<00:45,  6.52s/it]print_dice: 0.5487105846405029
     ,    print_iou: 0.3780848979949951
3278 Epoch 53/499:  82%|█████████    | 27/33 [03:01<00:39,  6.51s/it]print_dice: 0.4835209846496582
     ,    print_iou: 0.3188444972038269
3279 Epoch 53/499:  85%|█████████▌   | 28/33 [03:07<00:32,  6.54s/it]print_dice: 0.5181703567504883
     ,    print_iou: 0.3496828079223633
3280 Epoch 53/499:  88%|█████████▊   | 29/33 [03:14<00:26,  6.61s/it]print_dice: 0.4737536609172821
     ,    print_iou: 0.3104044497013092
3281 Epoch 53/499:  91%|██████████   | 30/33 [03:21<00:19,  6.66s/it]print_dice: 0.5167388916015625
     ,    print_iou: 0.3483802378177643
3282 print_dice: 0.5167736411094666,    print_iou: 0.3484118580818176
3283 Epoch 53/499:  97%|███████████▌ | 32/33 [03:34<00:06,  6.57s/it]print_dice: 0.5212597846984863
     ,    print_iou: 0.35250261425971985
3284 Epoch 53/499: 100%|███████████▋ | 33/33 [03:40<00:00,  6.55s/it]print_dice: 0.5216866135597229
     ,    print_iou: 0.3528931140899658
3285  [32/33] eta: 0:00:06   time: 6.5586  data: 0.0005
3286 Epoch 53/499: 100%|████████████| 33/33 [03:41<00:00,  6.71s/it]
3287  Total time: 0:03:41 (6.7076 s / it)
3288 Averaged stats: training_loss: -42.2175 (-42.2175)  loss_mask: -42.3518 (-42.3518)
     loss_dice: 0.1343 (0.1343)
3289   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.838302608463
3290 Validating...
3291 Valid_dataloader len: 12
3292   8%|█          | 1/12 [00:08<01:37,  8.86s/it]print_dice: 0.5127778053283691,  print_iou: 0.
     34478896856307983
3293  [ 0/12] eta: 0:01:46   time: 8.8592  data: 4.7008
3294 print_dice: 0.5493348240852356,  print_iou: 0.3786779046058655
3295  25%|██         | 3/12 [00:17<00:47,  5.30s/it]print_dice: 0.5086522102355957,  print_iou: 0.
     3410688042640686
3296 print_dice: 0.4776802659034729,  print_iou: 0.3137844502925873
3297  42%|████       | 5/12 [00:26<00:33,  4.79s/it]print_dice: 0.5512027740478516,  print_iou: 0.
     3804554343223572
3298 print_dice: 0.48251083493232727,  print_iou: 0.3179665803909302
3299  58%|█████      | 7/12 [00:35<00:23,  4.62s/it]print_dice: 0.4266614615917206,  print_iou: 0.
     27118220925331116
3300 print_dice: 0.5169466733932495,  print_iou: 0.3485691547393799
3301  75%|███████    | 9/12 [00:44<00:13,  4.51s/it]print_dice: 0.5268647074699402,  print_iou: 0.
     3576485514640808
3302  83%|████████   | 10/12 [00:48<00:08,  4.48s/it]print_dice: 0.5402867197990417,  print_iou: 0
     .37013211846351624
3303  92%|█████████  | 11/12 [00:52<00:04,  4.42s/it]print_dice: 0.5830644369125366,  print_iou: 0
     .4114968180656433
3304 100%|██████████| 12/12 [00:57<00:00,  4.37s/it]print_dice: 0.5472179055213928,  print_iou: 0
     .3766689598560333
3305  [11/12] eta: 0:00:04   time: 4.7551  data: 0.3922
3306 100%|██████████| 12/12 [00:57<00:00,  4.79s/it]
3307  Total time: 0:00:57 (4.7857 s / it)
3308 ============================
3309 Averaged stats:
3310 Epoch 54/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
3311 epoch:    54   learning rate:   1e-08
3312 Epoch 54/499:   3%|▎         | 1/33 [00:10<05:32, 10.38s/it]print_dice: 0.501969575881958
     ,    print_iou: 0.3350863754749298
3313  [ 0/33] eta: 0:05:42   time: 10.3777  data: 4.0436
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3314 print_dice: 0.5011736750602722,   print_iou: 0.3343774080276489
3315 Epoch 54/499:   9%|█          | 3/33 [00:23<03:38,  7.29s/it]print_dice: 0.5718753337860107
     ,   print_iou: 0.40043798089027405
3316 print_dice: 0.514768660068512,   print_iou: 0.346591591835022
3317 Epoch 54/499:  15%|█          | 5/33 [00:36<03:11,  6.83s/it]print_dice: 0.524336040019989
     ,   print_iou: 0.35532212257385254
3318 Epoch 54/499:  18%|██         | 6/33 [00:42<03:01,  6.74s/it]print_dice: 0.5488817691802979
     ,   print_iou: 0.37824746966362
3319 print_dice: 0.48334503173828125,   print_iou: 0.3186914920806885
3320 Epoch 54/499:  24%|██         | 8/33 [00:55<02:45,  6.62s/it]print_dice: 0.42786815762519836
     ,   print_iou: 0.2721579372882843
3321 print_dice: 0.5216773748397827,   print_iou: 0.3528846502304077
3322 Epoch 54/499:  30%|███        | 10/33 [01:08<02:31,  6.57s/it]print_dice: 0.44995903968811035
     ,   print_iou: 0.290288507938385
3323 print_dice: 0.5212271809577942,   print_iou: 0.35247278213500977
3324 Epoch 54/499:  36%|███        | 12/33 [01:21<02:17,  6.54s/it]print_dice: 0.5438619256019592
     ,   print_iou: 0.3734961450099945
3325 print_dice: 0.43158572912216187,   print_iou: 0.2751733064651489
3326 Epoch 54/499:  42%|████       | 14/33 [01:34<02:04,  6.53s/it]print_dice: 0.6202560663223267
     ,   print_iou: 0.4495443105697632
3327 print_dice: 0.5556583404541016,   print_iou: 0.38471394777297974
3328 Epoch 54/499:  48%|████       | 16/33 [01:48<01:52,  6.61s/it]print_dice: 0.5148354768753052
     ,   print_iou: 0.3466521203517914
3329 Epoch 54/499:  52%|████       | 17/33 [01:54<01:45,  6.59s/it]print_dice: 0.49280545115470886
     ,   print_iou: 0.3269687294960022
3330 print_dice: 0.48764434456825256,   print_iou: 0.3224402666091919
3331 Epoch 54/499:  58%|█████      | 19/33 [02:08<01:32,  6.58s/it]print_dice: 0.5161111950874329
     ,   print_iou: 0.34780988097190857
3332 Epoch 54/499:  61%|█████      | 20/33 [02:14<01:25,  6.56s/it]print_dice: 0.4733268618583679
     ,   print_iou: 0.31003811955451965
3333 print_dice: 0.5218375325202942,   print_iou: 0.3530312478542328
3334 Epoch 54/499:  67%|██████     | 22/33 [02:27<01:11,  6.53s/it]print_dice: 0.5253468155860901
     ,   print_iou: 0.3562510907649994
3335 Epoch 54/499:  70%|██████     | 23/33 [02:34<01:05,  6.55s/it]print_dice: 0.4293273687362671
     ,   print_iou: 0.27333980798721313
3336 Epoch 54/499:  73%|██████     | 24/33 [02:40<00:58,  6.55s/it]print_dice: 0.5960817933082581
     ,   print_iou: 0.42458444833755493
3337 print_dice: 0.4601335823535919,   print_iou: 0.29881393909454346
3338 Epoch 54/499:  79%|███████    | 26/33 [02:53<00:46,  6.57s/it]print_dice: 0.5380129218101501
     ,   print_iou: 0.36800116300582886
3339 Epoch 54/499:  82%|███████    | 27/33 [03:00<00:39,  6.57s/it]print_dice: 0.5431634187698364
     ,   print_iou: 0.3728375732898712
3340 Epoch 54/499:  85%|███████    | 28/33 [03:07<00:32,  6.58s/it]print_dice: 0.48639044165611267
     ,   print_iou: 0.3213447034358978
3341 Epoch 54/499:  88%|████████   | 29/33 [03:13<00:26,  6.53s/it]print_dice: 0.5417512059211731
     ,   print_iou: 0.37150806188583374
3342 Epoch 54/499:  91%|████████   | 30/33 [03:20<00:19,  6.54s/it]print_dice: 0.4829442799091339
     ,   print_iou: 0.3183431327342987
3343 Epoch 54/499:  94%|████████   | 31/33 [03:26<00:13,  6.52s/it]print_dice: 0.5169697403907776
     ,   print_iou: 0.3485901355743408
3344 print_dice: 0.4565412700176239,   print_iou: 0.29579105973243713
3345 Epoch 54/499: 100%|█████████  | 33/33 [03:39<00:00,  6.46s/it]print_dice: 0.5400781631469727
     ,   print_iou: 0.36993634700775146
3346  [32/33] eta: 0:00:06   time: 6.5461  data: 0.0005
3347 Epoch 54/499: 100%|█████████  | 33/33 [03:39<00:00,  6.66s/it]
3348  Total time: 0:03:39 (6.6577 s / it)
3349 Averaged stats: training_loss: -85.0163 (-85.0163)  loss_mask: -85.1185 (-85.1185)
     loss_dice: 0.1021 (0.1021)
3350   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383129658177
3351 Validating...
3352 Valid_dataloader len: 12
3353 print_dice: 0.5114814043045044,  print_iou: 0.3436177670955658
3354  [ 0/12] eta: 0:01:35   time: 7.9997  data: 3.8886
3355  17%|██        | 2/12 [00:12<00:58,  5.87s/it]print_dice: 0.5456117987632751,  print_iou: 0.
     3751486837863922
3356 print_dice: 0.4956090450286865,  print_iou: 0.329441636800766
3357  33%|███       | 4/12 [00:21<00:40,  5.02s/it]print_dice: 0.490188866853714,  print_iou: 0.
     3246689736843109
3358  42%|███       | 5/12 [00:26<00:33,  4.83s/it]print_dice: 0.5443512201309204,  print_iou: 0.
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3358 3739578127861023
3359  50%|██████        | 6/12 [00:30<00:28,  4.69s/it]print_dice: 0.4817030727863312,  print_iou: 0.
     3172653913497925
3360  58%|███████       | 7/12 [00:35<00:23,  4.66s/it]print_dice: 0.41182941198349,  print_iou: 0.
     2593105733394623
3361  67%|████████      | 8/12 [00:39<00:18,  4.60s/it]print_dice: 0.5251706838607788,  print_iou: 0.
     35608914494514465
3362  75%|█████████     | 9/12 [00:44<00:13,  4.56s/it]print_dice: 0.53018718957901,  print_iou: 0.
     3607175052165985
3363 print_dice: 0.5394059419631958,  print_iou: 0.3693058490753174
3364  92%|███████████   | 11/12 [00:52<00:04,  4.42s/it]print_dice: 0.5793471336364746,  print_iou: 0
     .4078034460544586
3365 print_dice: 0.5559414029121399,  print_iou: 0.3849853277206421
3366   [11/12]  eta: 0:00:04    time: 4.7470  data: 0.3246
3367 100%|████████████| 12/12 [00:57<00:00,  4.79s/it]
3368  Total time: 0:00:57 (4.7863 s / it)
3369 =============================
3370 Averaged stats:
3371 Epoch 55/499:    0%|              | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
3372 epoch:    55   learning rate:   1e-08
3373 Epoch 55/499:    3%|█             | 1/33 [00:10<05:37, 10.56s/it]print_dice: 0.5430589914321899
     ,   print_iou: 0.37273919582366943
3374   [ 0/33] eta: 0:05:48    time: 10.5602  data: 4.2287
3375 Epoch 55/499:    6%|█             | 2/33 [00:16<04:07,  7.97s/it]print_dice: 0.5154114365577698
     ,   print_iou: 0.34717461466789246
3376 Epoch 55/499:    9%|█             | 3/33 [00:23<03:40,  7.36s/it]print_dice: 0.4270631968975067
     ,   print_iou: 0.2715069055557251
3377 print_dice: 0.6200202107429504,   print_iou: 0.44929662346839905
3378 Epoch 55/499:   15%|██            | 5/33 [00:36<03:12,  6.89s/it]print_dice: 0.487752765417099
     ,   print_iou: 0.32253506779670715
3379 print_dice: 0.45792943239212036,   print_iou: 0.29695749282836914
3380 Epoch 55/499:   21%|██            | 7/33 [00:49<02:54,  6.71s/it]print_dice: 0.5479047298431396
     ,   print_iou: 0.3773201107978821
3381 print_dice: 0.5234131217002869,   print_iou: 0.3544749617576599
3382 Epoch 55/499:   27%|███           | 9/33 [01:02<02:40,  6.68s/it]print_dice: 0.5161276459693909
     ,   print_iou: 0.3478248119354248
3383 Epoch 55/499:   30%|███           | 10/33 [01:09<02:32,  6.65s/it]print_dice: 0.5164301991462708
     ,   print_iou: 0.3480997085571289
3384 Epoch 55/499:   33%|███           | 11/33 [01:16<02:25,  6.63s/it]print_dice: 0.5713664293289185
     ,   print_iou: 0.39993909001350403
3385 Epoch 55/499:   36%|███           | 12/33 [01:22<02:18,  6.59s/it]print_dice: 0.5029899477958679
     ,   print_iou: 0.3359963893890381
3386 Epoch 55/499:   39%|███           | 13/33 [01:29<02:11,  6.57s/it]print_dice: 0.4492549002170563
     ,   print_iou: 0.2897026240825653
3387 Epoch 55/499:   42%|████          | 14/33 [01:35<02:04,  6.55s/it]print_dice: 0.5545108914375305
     ,   print_iou: 0.383614718914032
3388 Epoch 55/499:   45%|████          | 15/33 [01:42<01:58,  6.58s/it]print_dice: 0.5374149680137634
     ,   print_iou: 0.367441862821579
3389 print_dice: 0.539648711681366,   print_iou: 0.3695334792137146
3390 Epoch 55/499:   52%|████          | 17/33 [01:55<01:44,  6.55s/it]print_dice: 0.429035484790802
     ,   print_iou: 0.2731032371520996
3391 Epoch 55/499:   55%|█████         | 18/33 [02:01<01:38,  6.53s/it]print_dice: 0.48518800735473633
     ,   print_iou: 0.3202958405017853
3392 Epoch 55/499:   58%|█████         | 19/33 [02:08<01:31,  6.56s/it]print_dice: 0.5937767028808594
     ,   print_iou: 0.4222492277622223
3393 print_dice: 0.5213241577148438,   print_iou: 0.35256150364875793
3394 Epoch 55/499:   64%|█████         | 21/33 [02:21<01:19,  6.59s/it]print_dice: 0.4702284038066864
     ,   print_iou: 0.3073846995830536
3395 print_dice: 0.5210682153701782,   print_iou: 0.3523274064064026
3396 Epoch 55/499:   70%|██████        | 23/33 [02:34<01:05,  6.59s/it]print_dice: 0.4557676911354065
     ,   print_iou: 0.29514190554618835
3397 print_dice: 0.4812769591808319,   print_iou: 0.31689581274986267
3398 Epoch 55/499:   76%|██████        | 25/33 [02:47<00:52,  6.55s/it]print_dice: 0.5178384184837341
     ,   print_iou: 0.3493805527687073
3399 print_dice: 0.4280986189842224,   print_iou: 0.2723444402217865
3400 Epoch 55/499:   82%|███████       | 27/33 [03:00<00:39,  6.56s/it]print_dice: 0.48225656151771545
     ,   print_iou: 0.31774577498435974
3401 print_dice: 0.5365866422653198,   print_iou: 0.36666783690452576
3402 Epoch 55/499:   88%|███████       | 29/33 [03:14<00:26,  6.61s/it]print_dice: 0.542008638381958
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3402 ,     print_iou: 0.3717502355755615
3403 Epoch 55/499:   91%|████████   | 30/33 [03:20<00:19,  6.58s/it]print_dice: 0.5274757146835327
     ,     print_iou: 0.3582119047641754
3404 Epoch 55/499:   94%|████████▊  | 31/33 [03:27<00:13,  6.56s/it]print_dice: 0.5138562321662903
     ,     print_iou: 0.3457648456096649
3405 Epoch 55/499:   97%|████████▉  | 32/33 [03:33<00:06,  6.49s/it]print_dice: 0.5006411671638489
     ,     print_iou: 0.3339034914970398
3406 print_dice: 0.492458701133728,   print_iou: 0.3266634941101074
3407  [32/33]  eta: 0:00:06   time: 6.5546  data: 0.0003
3408 Epoch 55/499:  100%|█████████| 33/33 [03:40<00:00,  6.68s/it]
3409  Total time: 0:03:40 (6.6843 s / it)
3410 Averaged stats: training_loss: 51.0038 (51.0038)  loss_mask: 50.6680 (50.6680)  loss_dice: 0
     .3358 (0.3358)
3411   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.838315991452
3412 Validating...
3413 Valid_dataloader len: 12
3414   8%|█        | 1/12 [00:08<01:28,  8.01s/it]print_dice: 0.5328349471092224,   print_iou: 0.
     36317312717437744
3415  [ 0/12]  eta: 0:01:36   time: 8.0067  data: 3.9290
3416  17%|█▋       | 2/12 [00:12<00:58,  5.86s/it]print_dice: 0.5479583144187927,   print_iou: 0.
     3773709237575531
3417  25%|██       | 3/12 [00:16<00:47,  5.23s/it]print_dice: 0.49510657787323,   print_iou: 0.
     32899776101112366
3418  33%|███      | 4/12 [00:21<00:39,  4.96s/it]print_dice: 0.4791094660758972,   print_iou: 0.
     31501904129981995
3419  42%|███▊     | 5/12 [00:25<00:33,  4.73s/it]print_dice: 0.5497918725013733,   print_iou: 0.
     3791123628616333
3420 print_dice: 0.4840657114982605,   print_iou: 0.31931841373443604
3421  58%|█████▏   | 7/12 [00:34<00:22,  4.58s/it]print_dice: 0.43614810705184937,   print_iou: 0
     .27889347076416016
3422  67%|██████   | 8/12 [00:38<00:17,  4.50s/it]print_dice: 0.5218511819839478,   print_iou: 0.
     35304373502731323
3423  75%|██████▊  | 9/12 [00:43<00:13,  4.47s/it]print_dice: 0.5191686749458313,   print_iou: 0.
     3505927324295044
3424  83%|███████▌ | 10/12 [00:47<00:08,  4.44s/it]print_dice: 0.5388365983963013,   print_iou: 0
     .3687722980976105
3425  92%|████████▎| 11/12 [00:52<00:04,  4.42s/it]print_dice: 0.5882061123847961,   print_iou: 0
     .4166373610496521
3426 print_dice: 0.5507532954216003,   print_iou: 0.38002726435661316
3427  [11/12]  eta: 0:00:04   time: 4.7045  data: 0.3279
3428 100%|█████████| 12/12 [00:56<00:00,  4.74s/it]
3429  Total time: 0:00:56 (4.7403 s / it)
3430 =============================
3431 Averaged stats:
3432 come here save at work_dirs/DrSAM_b
3433 epoch:    56   learning rate:   1e-08
3434 Epoch 56/499:   3%|▎        | 1/33 [00:10<05:35, 10.49s/it]print_dice: 0.48566681146621704
     ,     print_iou: 0.3207133114337921
3435  [ 0/33]  eta: 0:05:46   time: 10.4883  data: 4.2481
3436 Epoch 56/499:   6%|▌        | 2/33 [00:16<04:08,  8.03s/it]print_dice: 0.4823048710823059
     ,     print_iou: 0.31778770685195923
3437 print_dice: 0.537463903427124,   print_iou: 0.3674876391887665
3438 Epoch 56/499:  12%|█▏       | 4/33 [00:29<03:25,  7.10s/it]print_dice: 0.49197861552238464
     ,     print_iou: 0.326241135597229
3439 print_dice: 0.4286994380355835,   print_iou: 0.2728309631347656
3440 Epoch 56/499:  18%|█▋       | 6/33 [00:43<03:03,  6.80s/it]print_dice: 0.617037832736969
     ,     print_iou: 0.4461711645126343
3441 Epoch 56/499:  21%|█▉       | 7/33 [00:49<02:54,  6.72s/it]print_dice: 0.42668572068214417
     ,     print_iou: 0.27120184898376465
3442 print_dice: 0.5212183594703674,   print_iou: 0.3524647057056427
3443 Epoch 56/499:  27%|██▍      | 9/33 [01:02<02:39,  6.65s/it]print_dice: 0.48160701990127563
     ,     print_iou: 0.317820640563965
3444 Epoch 56/499:  30%|██▋      | 10/33 [01:09<02:33,  6.68s/it]print_dice: 0.4304735064506531
     ,     print_iou: 0.2742696702480316
3445 Epoch 56/499:  33%|██▉      | 11/33 [01:16<02:28,  6.73s/it]print_dice: 0.5179040431976318
     ,     print_iou: 0.3494402766227722
3446 print_dice: 0.4724763035774231,   print_iou: 0.30930864810943604
3447 Epoch 56/499:  39%|███▌     | 13/33 [01:30<02:16,  6.83s/it]print_dice: 0.5211494565010071
     ,     print_iou: 0.3524017333984375
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3448 Epoch 56/499:  42%|███         |  14/33 [01:36<02:08,  6.76s/it]print_dice: 0.5952533483505249
     ,  print_iou: 0.423744261264801
3449 Epoch 56/499:  45%|███         |  15/33 [01:43<02:01,  6.74s/it]print_dice: 0.5160146355628967
     ,  print_iou: 0.3477220253944397
3450 Epoch 56/499:  48%|███▊        |  16/33 [01:50<01:55,  6.79s/it]print_dice: 0.5030189156532288
     ,  print_iou: 0.3360222280025482
3451 Epoch 56/499:  52%|████▏       |  17/33 [01:57<01:48,  6.80s/it]print_dice: 0.5109574794769287
     ,  print_iou: 0.3431449830532074
3452 Epoch 56/499:  55%|████▍       |  18/33 [02:04<01:41,  6.79s/it]print_dice: 0.5433053374290466
     ,  print_iou: 0.3729713261127472
3453 Epoch 56/499:  58%|████▋       |  19/33 [02:10<01:33,  6.71s/it]print_dice: 0.5158936977386475
     ,  print_iou: 0.3476123809814453
3454 print_dice: 0.5162321925163269,  print_iou: 0.3479197919368744
3455 Epoch 56/499:  64%|█████▏      |  21/33 [02:23<01:19,  6.61s/it]print_dice: 0.5427447557449341
     ,  print_iou: 0.37244313955307007
3456 Epoch 56/499:  67%|█████▍      |  22/33 [02:30<01:12,  6.60s/it]print_dice: 0.48771950602531433
     ,  print_iou: 0.32250598073005676
3457 Epoch 56/499:  70%|█████▋      |  23/33 [02:36<01:05,  6.53s/it]print_dice: 0.4598803222179413
     ,  print_iou: 0.29860037565231323
3458 print_dice: 0.5419214963912964,  print_iou: 0.3716682493686676
3459 Epoch 56/499:  76%|██████      |  25/33 [02:49<00:52,  6.54s/it]print_dice: 0.4493975341320038
     ,  print_iou: 0.28982123732566833
3460 print_dice: 0.5205500721931458,  print_iou: 0.35185378789901733
3461 Epoch 56/499:  82%|██████▌     |  27/33 [03:02<00:39,  6.52s/it]print_dice: 0.5712841153144836
     ,  print_iou: 0.3998584449291229
3462 Epoch 56/499:  85%|██████▊     |  28/33 [03:09<00:32,  6.56s/it]print_dice: 0.5244141817092896
     ,  print_iou: 0.3553939163684845
3463 print_dice: 0.44961705803871155,  print_iou: 0.29000386595726013
3464 Epoch 56/499:  91%|███████▎    |  30/33 [03:22<00:19,  6.52s/it]print_dice: 0.5495739579200745
     ,  print_iou: 0.37890520691871643
3465 Epoch 56/499:  94%|███████▌    |  31/33 [03:28<00:13,  6.52s/it]print_dice: 0.5550590753555298
     ,  print_iou: 0.3841395974159241
3466 Epoch 56/499:  97%|███████▊    |  32/33 [03:35<00:06,  6.51s/it]print_dice: 0.4988284409046173
     ,  print_iou: 0.332292765378952
3467 print_dice: 0.5410066843032837,  print_iou: 0.3708081841468811
3468 Epoch 56/499: 100%|████████|  33/33 [03:41<00:00,  6.46s/it]  [32/33]  eta: 0:00:06    time
     : 6.5685  data: 0.0004
3469 Epoch 56/499: 100%|████████|  33/33 [03:42<00:00,  6.73s/it]
3470  Total time: 0:03:42 (6.7296 s / it)
3471 Averaged stats: training_loss: -78.2268 (-78.2268)  loss_mask: -78.3630 (-78.3630)
     loss_dice: 0.1362 (0.1362)
3472 Net parameter norm: 1054.838324827375
3473 Validating...
3474 Valid_dataloader len: 12
3475   8%|█         |  1/12 [00:08<01:28,  8.07s/it]print_dice: 0.5161761045455933,  print_iou: 0.
     34786882996559143
3476   [ 0/12]  eta: 0:01:36    time: 8.0722  data: 3.9961
3477 print_dice: 0.5480436682701111,  print_iou: 0.37745192646980286
3478  25%|██        |  3/12 [00:16<00:46,  5.18s/it]print_dice: 0.485808789730072,  print_iou: 0.
     320837140083313
3479  33%|███       |  4/12 [00:21<00:39,  4.89s/it]print_dice: 0.5007930397987366,  print_iou: 0.
     3340386152267456
3480 print_dice: 0.5495005249977112,  print_iou: 0.37883538007736206
3481  50%|█████     |  6/12 [00:30<00:28,  4.67s/it]print_dice: 0.467851340770721144,  print_iou: 0
     .30535635352134705
3482  58%|█████▊    |  7/12 [00:34<00:23,  4.60s/it]print_dice: 0.4361589848995209,  print_iou: 0.
     2789023816585541
3483 print_dice: 0.5215443968772888,  print_iou: 0.35276299715042114
3484  75%|███████   |  9/12 [00:43<00:13,  4.56s/it]print_dice: 0.5267091393470764,  print_iou: 0.
     357505202293396
3485  83%|███████▊  |  10/12 [00:47<00:08,  4.50s/it]print_dice: 0.538537323474884,  print_iou: 0.
     3684920370578766
3486 print_dice: 0.581817626953125,  print_iou: 0.4102558493614197
3487 100%|████████| 12/12 [00:56<00:00,  4.37s/it]print_dice: 0.5553049445152283,  print_iou: 0
     .384375847743988
3488   [11/12]  eta: 0:00:04    time: 4.7076  data: 0.3335
3489 100%|████████| 12/12 [00:56<00:00,  4.75s/it]
3490  Total time: 0:00:56 (4.7460 s / it)
3491 ============================
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3492 Averaged stats:
3493 Epoch 57/499:    0%|              | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
3494 epoch:    57    learning rate:    1e-08
3495 Epoch 57/499:    3%|              | 1/33 [00:10<05:33, 10.43s/it]print_dice: 0.5365700721740723
    , print_iou: 0.36665236949920654
3496  [ 0/33]  eta: 0:05:44    time: 10.4256  data: 4.0031
3497 Epoch 57/499:    6%|              | 2/33 [00:16<04:07,  7.98s/it]print_dice: 0.6195130348205566
    , print_iou: 0.4487641155719757
3498 Epoch 57/499:    9%|█             | 3/33 [00:23<03:40,  7.35s/it]print_dice: 0.5160123109817505
    , print_iou: 0.34772008657455444
3499 Epoch 57/499:   12%|█             | 4/33 [00:29<03:23,  7.03s/it]print_dice: 0.5162893533706665
    , print_iou: 0.34797173738479614
3500 Epoch 57/499:   15%|█             | 5/33 [00:36<03:12,  6.88s/it]print_dice: 0.5472862720489502
    , print_iou: 0.3767337203025818
3501 print_dice: 0.5241435170173645,  print_iou: 0.35514530539512634
3502 Epoch 57/499:   21%|██            | 7/33 [00:49<02:53,  6.65s/it]print_dice: 0.5150615572929382
    , print_iou: 0.3468571901321411
3503 Epoch 57/499:   24%|██▎           | 8/33 [00:55<02:44,  6.59s/it]print_dice: 0.5550315976142883
    , print_iou: 0.3841133415699005
3504 print_dice: 0.5010494589805603,  print_iou: 0.3342668414115906
3505 Epoch 57/499:   30%|██▉           | 10/33 [01:08<02:31,  6.58s/it]print_dice: 0.5005409121513367
    , print_iou: 0.3338142931461334
3506 print_dice: 0.4821726083755493,  print_iou: 0.31767287850379944
3507 Epoch 57/499:   36%|███▌          | 12/33 [01:22<02:18,  6.60s/it]print_dice: 0.44926491379737854
    , print_iou: 0.2897109389305115
3508 Epoch 57/499:   39%|███▊          | 13/33 [01:28<02:12,  6.61s/it]print_dice: 0.42850080132484436
    , print_iou: 0.27267006039619446
3509 print_dice: 0.5412981510162354,  print_iou: 0.3710821270942688
3510 Epoch 57/499:   45%|████▍         | 15/33 [01:41<01:58,  6.58s/it]print_dice: 0.5111948847770691
    , print_iou: 0.34335920214653015
3511 Epoch 57/499:   48%|████▊         | 16/33 [01:48<01:50,  6.52s/it]print_dice: 0.4299623966217041
    , print_iou: 0.2738548517227173
3512 Epoch 57/499:   52%|█████▏        | 17/33 [01:54<01:44,  6.51s/it]print_dice: 0.5947436094284058
    , print_iou: 0.42322781682014465
3513 Epoch 57/499:   55%|█████▍        | 18/33 [02:01<01:37,  6.53s/it]print_dice: 0.4580208659172058
    , print_iou: 0.2970344126224518
3514 Epoch 57/499:   58%|█████▊        | 19/33 [02:07<01:31,  6.54s/it]print_dice: 0.5205628871917725
    , print_iou: 0.3518655002117157
3515 print_dice: 0.4401331841945648,  print_iou: 0.28216075897216797
3516 Epoch 57/499:   64%|██████▍       | 21/33 [02:21<01:18,  6.54s/it]print_dice: 0.5214326977729797
    , print_iou: 0.35266077518463135
3517 print_dice: 0.49450206756591797,  print_iou: 0.3284641206264496
3518 Epoch 57/499:   70%|██████▉       | 23/33 [02:34<01:05,  6.52s/it]print_dice: 0.48060280084609985
    , print_iou: 0.3163115084171295
3519 Epoch 57/499:   73%|███████▎      | 24/33 [02:40<00:58,  6.50s/it]print_dice: 0.5370766520500183
    , print_iou: 0.36712560057640076
3520 Epoch 57/499:   76%|███████▌      | 25/33 [02:47<00:52,  6.52s/it]print_dice: 0.5708585977554321
    , print_iou: 0.399441659450531
3521 Epoch 57/499:   79%|███████▉      | 26/33 [02:53<00:45,  6.50s/it]print_dice: 0.5209910869598389
    , print_iou: 0.3522568643093109
3522 Epoch 57/499:   82%|████████▏     | 27/33 [03:00<00:39,  6.56s/it]print_dice: 0.4721352458000183
    , print_iou: 0.3090163767337799
3523 print_dice: 0.42640358209609985,  print_iou: 0.27097392082214355
3524 Epoch 57/499:   88%|████████▊     | 29/33 [03:13<00:26,  6.54s/it]print_dice: 0.5227505564689636
    , print_iou: 0.35386747121810913
3525 Epoch 57/499:   91%|█████████     | 30/33 [03:19<00:19,  6.52s/it]print_dice: 0.5393275022506714
    , print_iou: 0.3692323565483093
3526 print_dice: 0.4841826558113098,  print_iou: 0.31942018866539
3527 Epoch 57/499:   97%|█████████▋    | 32/33 [03:32<00:06,  6.52s/it]print_dice: 0.5412509441375732
    , print_iou: 0.3710377514362335
3528 Epoch 57/499:  100%|██████████    | 33/33 [03:39<00:00,  6.50s/it]print_dice: 0.4882824420928955
    , print_iou: 0.3229984641075134
3529  [32/33]  eta: 0:00:06    time: 6.5179  data: 0.0006
3530 Epoch 57/499:  100%|██████████    | 33/33 [03:39<00:00,  6.66s/it]
3531  Total time: 0:03:39 (6.6556 s / it)
3532 Averaged stats: training_loss: -36.1782 (-36.1782)  loss_mask: -36.3949 (-36.3949)
    loss_dice: 0.2167 (0.2167)
3533 Net parameter norm: 1054.838319374132
3534    0%|              | 0/12 [00:00<?, ?it/s]Validating...
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3535 Valid_dataloader len: 12
3536   8%|█           | 1/12 [00:07<01:26,  7.91s/it]print_dice: 0.5322598814964294,  print_iou: 0.
     36263906955718994
3537   [ 0/12]  eta: 0:01:34    time: 7.9083  data: 3.8982
3538  17%|██          | 2/12 [00:12<00:57,  5.74s/it]print_dice: 0.5495807528495789,  print_iou: 0.
     378911614180298
3539  25%|███         | 3/12 [00:16<00:46,  5.13s/it]print_dice: 0.5067144632339478,  print_iou: 0.
     3393285870552063
3540  33%|████        | 4/12 [00:20<00:38,  4.85s/it]print_dice: 0.4899768829345703,  print_iou: 0.
     3244830369949341
3541 print_dice: 0.5443357825279236,  print_iou: 0.3739432394504547
3542  50%|██████      | 6/12 [00:29<00:27,  4.63s/it]print_dice: 0.4740869104862213,  print_iou: 0.
     31069064140319824
3543 print_dice: 0.43620166182518005,  print_iou: 0.27893728017807007
3544  67%|████████    | 8/12 [00:38<00:18,  4.53s/it]print_dice: 0.5214681029319763,  print_iou: 0.
     3526931703090668
3545 print_dice: 0.529586911201477,  print_iou: 0.36016201972961426
3546  83%|██████████  | 10/12 [00:47<00:08,  4.47s/it]print_dice: 0.5331404209136963,  print_iou: 0
     .363457053899765
3547 print_dice: 0.5880580544471741,  print_iou: 0.4164888262748718
3548 100%|████████████| 12/12 [00:56<00:00,  4.38s/it]print_dice: 0.5551861524581909,  print_iou: 0
     .3842613399028778
3549   [11/12]  eta: 0:00:04    time: 4.6888  data: 0.3253
3550 100%|████████████| 12/12 [00:56<00:00,  4.73s/it]
3551  Total time: 0:00:56 (4.7254 s / it)
3552 =============================
3553 Averaged stats:
3554 Epoch 58/499:   0%|            | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
3555 epoch:    58   learning rate:   1e-08
3556 Epoch 58/499:   3%|█           | 1/33 [00:10<05:40, 10.63s/it]print_dice: 0.48505446314811707
     ,  print_iou: 0.32017946243286133
3557   [ 0/33]  eta: 0:05:50    time: 10.6336  data: 4.2872
3558 Epoch 58/499:   6%|█           | 2/33 [00:16<04:08,  8.02s/it]print_dice: 0.5371277332305908
     ,  print_iou: 0.36717337369918823
3559 Epoch 58/499:   9%|█           | 3/33 [00:23<03:41,  7.38s/it]print_dice: 0.5153335928916931
     ,  print_iou: 0.34710395336151123
3560 Epoch 58/499:  12%|██          | 4/33 [00:30<03:25,  7.10s/it]print_dice: 0.4411158561706543
     ,  print_iou: 0.28296899795532227
3561 Epoch 58/499:  15%|██          | 5/33 [00:36<03:11,  6.84s/it]print_dice: 0.5420584678649902
     ,  print_iou: 0.371797144129944
3562 Epoch 58/499:  18%|██          | 6/33 [00:43<03:02,  6.77s/it]print_dice: 0.48770228028297424
     ,  print_iou: 0.3224909007549286
3563 print_dice: 0.5541678071022034,  print_iou: 0.38328635692596436
3564 Epoch 58/499:  24%|███         | 8/33 [00:56<02:46,  6.66s/it]print_dice: 0.48061180114746094
     ,  print_iou: 0.3163192868232727
3565 print_dice: 0.45528945326805115,  print_iou: 0.2947409451007843
3566 Epoch 58/499:  30%|███         | 10/33 [01:09<02:31,  6.59s/it]print_dice: 0.45801451802253723
     ,  print_iou: 0.2970290780067444
3567 Epoch 58/499:  33%|████        | 11/33 [01:15<02:23,  6.54s/it]print_dice: 0.5211591124534607
     ,  print_iou: 0.35241052508354187
3568 print_dice: 0.5493357181549072,  print_iou: 0.37867873907089233
3569 Epoch 58/499:  39%|████        | 13/33 [01:28<02:10,  6.55s/it]print_dice: 0.5425716042518616
     ,  print_iou: 0.3722801208496094
3570 Epoch 58/499:  42%|█████       | 14/33 [01:35<02:04,  6.53s/it]print_dice: 0.5225216150283813
     ,  print_iou: 0.35365769267082214
3571 print_dice: 0.515764594078064,  print_iou: 0.3474951684474945
3572 Epoch 58/499:  48%|█████       | 16/33 [01:48<01:50,  6.51s/it]print_dice: 0.5202349424362183
     ,  print_iou: 0.3515658676624298
3573 Epoch 58/499:  52%|██████      | 17/33 [01:54<01:43,  6.49s/it]print_dice: 0.4285140037536621
     ,  print_iou: 0.27268075942993164
3574 Epoch 58/499:  55%|██████      | 18/33 [02:01<01:37,  6.50s/it]print_dice: 0.5936713218688965
     ,  print_iou: 0.4221426546573639
3575 Epoch 58/499:  58%|███████     | 19/33 [02:07<01:31,  6.55s/it]print_dice: 0.5415459275245667
     ,  print_iou: 0.3713503224372864
3576 Epoch 58/499:  61%|███████     | 20/33 [02:14<01:25,  6.56s/it]print_dice: 0.5011261105537415
     ,  print_iou: 0.3343350887298584
3577 Epoch 58/499:  64%|███████     | 21/33 [02:20<01:18,  6.52s/it]print_dice: 0.5364507436752319
     ,  print_iou: 0.36654093861579895
3578 Epoch 58/499:  67%|████████    | 22/33 [02:27<01:12,  6.57s/it]print_dice: 0.42667439579963684
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3578  ,    print_iou: 0.2711926996707916
3579 Epoch 58/499:  70%|██████    | 23/33 [02:34<01:05,  6.57s/it]print_dice: 0.6194654107093811
     ,    print_iou: 0.44871413707733154
3580 print_dice: 0.481317988395691,  print_iou: 0.3171168267726898
3581 Epoch 58/499:  76%|███████   | 25/33 [02:47<00:52,  6.53s/it]print_dice: 0.4301872253417969
     ,    print_iou: 0.27403727173805237
3582 Epoch 58/499:  79%|███████   | 26/33 [02:53<00:45,  6.54s/it]print_dice: 0.49149224162101746
     ,    print_iou: 0.32581353187561035
3583 print_dice: 0.5206584930419922,   print_iou: 0.3519528806209564
3584 Epoch 58/499:  85%|████████  | 28/33 [03:06<00:32,  6.58s/it]print_dice: 0.515861451625824
     ,    print_iou: 0.3475830554962158
3585 print_dice: 0.5726990699768066,   print_iou: 0.40124619007110596
3586 Epoch 58/499:  91%|█████████ | 30/33 [03:19<00:19,  6.55s/it]print_dice: 0.502777636051178
     ,    print_iou: 0.3358069062232971
3587 Epoch 58/499:  94%|█████████▌| 31/33 [03:26<00:13,  6.56s/it]print_dice: 0.5134727358818054
     ,    print_iou: 0.34541764855384827
3588 Epoch 58/499:  97%|█████████▋| 32/33 [03:32<00:06,  6.50s/it]print_dice: 0.5241155028343201
     ,    print_iou: 0.35511958599090576
3589 Epoch 58/499: 100%|██████████| 33/33 [03:39<00:00,  6.47s/it]print_dice: 0.4698508083820343
     ,    print_iou: 0.3070620894432068
3590   [32/33]  eta: 0:00:06   time: 6.5225  data: 0.0004
3591 Epoch 58/499: 100%|██████████| 33/33 [03:39<00:00,  6.66s/it]
3592  Total time: 0:03:39 (6.6555 s / it)
3593 Averaged stats: training_loss: 76.7675 (76.7675)  loss_mask: 76.1340 (76.1340)  loss_dice: 0
     .6335 (0.6335)
3594   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383263651049
3595 Validating...
3596 Valid_dataloader len: 12
3597   8%|█         | 1/12 [00:07<01:27,  8.00s/it]print_dice: 0.5189914107322693,  print_iou: 0.
     35043105483055115
3598  [ 0/12]  eta: 0:01:35   time: 7.9986  data: 3.9162
3599 print_dice: 0.548079252243042,  print_iou: 0.3774856626987457
3600  25%|██        | 3/12 [00:16<00:46,  5.22s/it]print_dice: 0.4947832524776459,  print_iou: 0.
     3287122845649719
3601 print_dice: 0.4899107813835144,  print_iou: 0.32442507147789
3602  42%|████      | 5/12 [00:25<00:33,  4.74s/it]print_dice: 0.5494858026504517,  print_iou: 0.
     37882137298583984
3603 print_dice: 0.48370814323425293,  print_iou: 0.3190072774887085
3604  58%|█████     | 7/12 [00:34<00:23,  4.68s/it]print_dice: 0.43614470958709717,  print_iou: 0
     .2788906991481781
3605 print_dice: 0.5141011476516724,  print_iou: 0.34598663449287415
3606  75%|███████   | 9/12 [00:43<00:13,  4.53s/it]print_dice: 0.5296682119369507,  print_iou: 0.
     3602372109889984
3607 print_dice: 0.5385504961013794,  print_iou: 0.3685043752193451
3608  92%|█████████ | 11/12 [00:52<00:04,  4.45s/it]print_dice: 0.5670992732048035,  print_iou: 0
     .3957701027393341
3609 100%|██████████| 12/12 [00:56<00:00,  4.38s/it]print_dice: 0.5537919998168945,  print_iou: 0
     .38292697072029114
3610   [11/12]  eta: 0:00:04   time: 4.7230  data: 0.3269
3611 100%|██████████| 12/12 [00:57<00:00,  4.76s/it]
3612  Total time: 0:00:57 (4.7564 s / it)
3613 ============================
3614 Averaged stats:
3615 Epoch 59/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
3616 epoch:   59   learning rate:   1e-08
3617 Epoch 59/499:   3%|▎         | 1/33 [00:10<05:36, 10.51s/it]print_dice: 0.5709961652755737
     ,    print_iou: 0.3995763659477234
3618  [ 0/33]  eta: 0:05:46   time: 10.5109  data: 4.0209
3619 Epoch 59/499:   6%|▌         | 2/33 [00:16<04:07,  7.99s/it]print_dice: 0.48768776655197144
     ,    print_iou: 0.32247820496559143
3620 print_dice: 0.5415458679199219,   print_iou: 0.37131500244140625
3621 Epoch 59/499:  12%|█▏        | 4/33 [00:29<03:23,  7.02s/it]print_dice: 0.5205681920051575
     ,    print_iou: 0.3518703579902649
3622 Epoch 59/499:  15%|█▌        | 5/33 [00:36<03:11,  6.85s/it]print_dice: 0.5156854391098022
     ,    print_iou: 0.347423255443573
3623 print_dice: 0.539559006690979,   print_iou: 0.36944934725761414
3624 Epoch 59/499:  21%|██        | 7/33 [00:49<02:53,  6.67s/it]print_dice: 0.4828926622867584
     ,    print_iou: 0.3182982802391052
3625 print_dice: 0.594822883605957,  print_iou: 0.4233081340789795
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3626 Epoch 59/499:  27%|██          | 9/33 [01:02<02:39,  6.63s/it]print_dice: 0.5229166150093079
     , print_iou: 0.3540197014808655
3627 print_dice: 0.42635685205459595,   print_iou: 0.27093619108200073
3628 Epoch 59/499:  33%|███         | 11/33 [01:15<02:25,  6.61s/it]print_dice: 0.5270532369613647
     , print_iou: 0.3578232880592346
3629 print_dice: 0.46977075934410095,   print_iou: 0.3069937229156494
3630 Epoch 59/499:  39%|███         | 13/33 [01:28<02:10,  6.54s/it]print_dice: 0.5378736853599548
     , print_iou: 0.36787086725234985
3631 Epoch 59/499:  42%|███         | 14/33 [01:35<02:03,  6.52s/it]print_dice: 0.491487979888916
     , print_iou: 0.3258097767829895
3632 print_dice: 0.4988098740577698,   print_iou: 0.33227628469467163
3633 Epoch 59/499:  48%|████        | 16/33 [01:48<01:50,  6.50s/it]print_dice: 0.4818302392959595
     , print_iou: 0.3173757493495941
3634 Epoch 59/499:  52%|████        | 17/33 [01:54<01:44,  6.52s/it]print_dice: 0.5027438998222351
     , print_iou: 0.33577683568000793
3635 print_dice: 0.42980334162712097,   print_iou: 0.27372580766677856
3636 Epoch 59/499:  58%|████        | 19/33 [02:07<01:31,  6.52s/it]print_dice: 0.5156655311584473
     , print_iou: 0.34740522503852844
3637 Epoch 59/499:  61%|████        | 20/33 [02:14<01:24,  6.48s/it]print_dice: 0.51568204164505
     , print_iou: 0.34742018580436707
3638 Epoch 59/499:  64%|█████       | 21/33 [02:20<01:18,  6.51s/it]print_dice: 0.547205924987793
     , print_iou: 0.3766576051712036
3639 Epoch 59/499:  67%|█████       | 22/33 [02:27<01:11,  6.49s/it]print_dice: 0.5167823433876038
     , print_iou: 0.34841978549957275
3640 print_dice: 0.5225323438644409,   print_iou: 0.3536675274372101
3641 Epoch 59/499:  73%|█████       | 24/33 [02:40<00:58,  6.49s/it]print_dice: 0.44933462142944336
     , print_iou: 0.28976893424987793
3642 Epoch 59/499:  76%|█████       | 25/33 [02:46<00:51,  6.48s/it]print_dice: 0.42887112498283386
     , print_iou: 0.272970050573349
3643 Epoch 59/499:  79%|██████      | 26/33 [02:53<00:45,  6.45s/it]print_dice: 0.4583285450935364
     , print_iou: 0.2972932457923889
3644 Epoch 59/499:  82%|██████      | 27/33 [02:59<00:38,  6.45s/it]print_dice: 0.5110229253768921
     , print_iou: 0.3432040512561798
3645 Epoch 59/499:  85%|██████      | 28/33 [03:06<00:32,  6.48s/it]print_dice: 0.5362347960472107
     , print_iou: 0.3663393557071686
3646 print_dice: 0.5411772727966309,   print_iou: 0.3709684908390045
3647 Epoch 59/499:  91%|███████     | 30/33 [03:19<00:19,  6.52s/it]print_dice: 0.4848146438598633
     , print_iou: 0.3199705183506012
3648 Epoch 59/499:  94%|███████     | 31/33 [03:25<00:13,  6.52s/it]print_dice: 0.5545974373817444
     , print_iou: 0.3836975395679474
3649 print_dice: 0.6165022850036621,   print_iou: 0.4456113278865814
3650 Epoch 59/499: 100%|████████████| 33/33 [03:38<00:00,  6.47s/it]print_dice: 0.4486721158027649
     , print_iou: 0.28921812772750854
3651   [32/33]  eta: 0:00:06   time: 6.4916  data: 0.0004
3652 Epoch 59/499: 100%|████████████| 33/33 [03:38<00:00,  6.63s/it]
3653  Total time: 0:03:38 (6.6339 s / it)
3654 Averaged stats: training_loss: -2.2898 (-2.2898)  loss_mask: -2.5257 (-2.5257)  loss_dice: 0
     .2359 (0.2359)
3655 Net parameter norm: 1054.8383314659586
3656 Validating...
3657 Valid_dataloader len: 12
3658   8%|█         | 1/12 [00:07<01:27,  7.98s/it]print_dice: 0.5319612622261047,  print_iou: 0.
     3623618483543396
3659   [ 0/12]  eta: 0:01:35   time: 7.9758  data: 3.8553
3660  17%|██        | 2/12 [00:12<00:57,  5.80s/it]print_dice: 0.5496137142181396,  print_iou: 0.
     37894299626350403
3661 print_dice: 0.4882742464542389,  print_iou: 0.322991281747818
3662  33%|███       | 4/12 [00:21<00:39,  4.90s/it]print_dice: 0.4879028797149658,  print_iou: 0.
     32266634702682495
3663 print_dice: 0.5431147813796997,  print_iou: 0.37279173731803894
3664  50%|█████     | 6/12 [00:29<00:27,  4.62s/it]print_dice: 0.4833846688270569,  print_iou: 0.
     31872594356536865
3665  58%|█████     | 7/12 [00:34<00:22,  4.57s/it]print_dice: 0.4265546202659607,  print_iou: 0.
     2710959315299988
3666  67%|██████    | 8/12 [00:38<00:18,  4.52s/it]print_dice: 0.518330991268158,  print_iou: 0.
     34982913732528687
3667 print_dice: 0.5264702439308167,  print_iou: 0.3572850823402405
3668  83%|████████  | 10/12 [00:47<00:08,  4.48s/it]print_dice: 0.5381852984428406,  print_iou: 0
     .36816245317459106
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3669  92%|████████    | 11/12 [00:52<00:04,  4.41s/it]print_dice: 0.5879743099212646,  print_iou: 0
      .416048135280609
3670 100%|████████    | 12/12 [00:56<00:00,  4.35s/it]print_dice: 0.5522667765617371,  print_iou: 0
      .3814699947834015
3671  [11/12]  eta: 0:00:04   time: 4.6897  data: 0.3218
3672 100%|████████| 12/12 [00:56<00:00,  4.73s/it]
3673  Total time: 0:00:56 (4.7291 s / it)
3674 =============================
3675 Averaged stats:
3676 Epoch 60/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
3677 epoch:     60   learning rate:   1e-09
3678 print_dice: 0.5151047110557556,  print_iou: 0.34689635038375854
3679  [ 0/33]  eta: 0:05:49   time: 10.5992  data: 4.2150
3680 Epoch 60/499:   6%|▋         | 2/33 [00:16<04:08,  8.02s/it]print_dice: 0.4489555060863495
      ,  print_iou: 0.2894536554813385
3681 print_dice: 0.5143486261367798,  print_iou: 0.3462108373641968
3682 Epoch 60/499:  12%|█▏        | 4/33 [00:30<03:25,  7.07s/it]print_dice: 0.4877135455608368
      ,  print_iou: 0.3225007951259613
3683 print_dice: 0.49872925877571106,  print_iou: 0.3322047293186188
3684 Epoch 60/499:  18%|█▊        | 6/33 [00:43<03:04,  6.82s/it]print_dice: 0.48049888014793396
      ,  print_iou: 0.3162214756011963
3685 Epoch 60/499:  21%|██        | 7/33 [00:49<02:54,  6.71s/it]print_dice: 0.5377302765846252
      ,  print_iou: 0.3677367568016052
3686 print_dice: 0.5540459156036377,  print_iou: 0.3831697702407837
3687 Epoch 60/499:  27%|██▋       | 9/33 [01:02<02:38,  6.61s/it]print_dice: 0.5411655306816101
      ,  print_iou: 0.3709574341773987
3688 print_dice: 0.5406466126441956,  print_iou: 0.37046995759010315
3689 Epoch 60/499:  33%|███▎      | 11/33 [01:15<02:24,  6.59s/it]print_dice: 0.616521954536438
      ,  print_iou: 0.44563189148902893
3690 Epoch 60/499:  36%|███▌      | 12/33 [01:22<02:18,  6.60s/it]print_dice: 0.4946903884410858
      ,  print_iou: 0.3286302983760834
3691 Epoch 60/499:  39%|███▉      | 13/33 [01:28<02:10,  6.53s/it]print_dice: 0.4260488748550415
      ,  print_iou: 0.2706874907016754
3692 Epoch 60/499:  42%|████▏     | 14/33 [01:35<02:04,  6.56s/it]print_dice: 0.5209277272224426
      ,  print_iou: 0.3521989583969116
3693 print_dice: 0.5489151477813721,  print_iou: 0.3782791495323181
3694 Epoch 60/499:  48%|████▊     | 16/33 [01:48<01:51,  6.55s/it]print_dice: 0.5133334398269653
      ,  print_iou: 0.3452915847301483
3695 print_dice: 0.4297999143600464,  print_iou: 0.2737230360507965
3696 Epoch 60/499:  55%|█████▍    | 18/33 [02:01<01:37,  6.53s/it]print_dice: 0.542773425579071
      ,  print_iou: 0.3724701404571533
3697 Epoch 60/499:  58%|█████▊    | 19/33 [02:08<01:31,  6.50s/it]print_dice: 0.5218423008918762
      ,  print_iou: 0.3530355989933014
3698 Epoch 60/499:  61%|██████    | 20/33 [02:14<01:24,  6.53s/it]print_dice: 0.571845293045044
      ,  print_iou: 0.40040847659111023
3699 print_dice: 0.5392398238182068,  print_iou: 0.3691501319408417
3700 Epoch 60/499:  67%|██████▋   | 22/33 [02:27<01:12,  6.56s/it]print_dice: 0.5158621072769165
      ,  print_iou: 0.34758368134498596
3701 Epoch 60/499:  70%|██████▉   | 23/33 [02:34<01:05,  6.57s/it]print_dice: 0.5225846767425537
      ,  print_iou: 0.3537155091762543
3702 Epoch 60/499:  73%|███████▎  | 24/33 [02:41<00:59,  6.59s/it]print_dice: 0.4492218792438507
      ,  print_iou: 0.28967514634132385
3703 Epoch 60/499:  76%|███████▌  | 25/33 [02:47<00:52,  6.57s/it]print_dice: 0.47179630398750305
      ,  print_iou: 0.30872607231140137
3704 print_dice: 0.526803195476532,  print_iou: 0.3575918972492218
3705 Epoch 60/499:  82%|████████▏ | 27/33 [03:00<00:39,  6.58s/it]print_dice: 0.4835905432701111
      ,  print_iou: 0.3189049959182739
3706 Epoch 60/499:  85%|████████▍ | 28/33 [03:07<00:32,  6.54s/it]print_dice: 0.4844152629375458
      ,  print_iou: 0.3196226954460144
3707 Epoch 60/499:  88%|████████▊ | 29/33 [03:13<00:25,  6.50s/it]print_dice: 0.4283096492290497
      ,  print_iou: 0.2725152969360516
3708 print_dice: 0.5165167450904846,  print_iou: 0.34817835688591003
3709 Epoch 60/499:  94%|█████████▍| 31/33 [03:26<00:13,  6.54s/it]print_dice: 0.5025984644889832
      ,  print_iou: 0.335647106170654
3710 Epoch 60/499:  97%|█████████▋| 32/33 [03:33<00:06,  6.47s/it]print_dice: 0.4597082734107971
      ,  print_iou: 0.2984553277492523
3711 Epoch 60/499: 100%|██████████| 33/33 [03:39<00:00,  6.45s/it]print_dice: 0.5942438244819641
      ,  print_iou: 0.42272183299064636
3712  [32/33]  eta: 0:00:06   time: 6.5257  data: 0.0004
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3713 Epoch 60/499: 100%|████████| 33/33 [03:39<00:00,  6.66s/it]
3714  Total time: 0:03:39 (6.6616 s / it)
3715 Averaged stats: training_loss: -230.0337 (-230.0337)  loss_mask: -229.9271 (-229.9271)
     loss_dice: -0.1066 (-0.1066)
3716   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383307505865
3717 Validating...
3718 Valid_dataloader len: 12
3719   8%|█        | 1/12 [00:08<01:30,  8.20s/it]print_dice: 0.5153036117553711,  print_iou: 0.
     34707674384117126
3720   [ 0/12] eta: 0:01:38   time: 8.2039  data: 3.9471
3721  17%|██       | 2/12 [00:12<00:58,  5.88s/it]print_dice: 0.5468887686729431,  print_iou: 0.
     37635713815689087
3722 print_dice: 0.48354265093803406,  print_iou: 0.3188633322715759
3723  33%|███      | 4/12 [00:21<00:39,  4.94s/it]print_dice: 0.48987337946891785,  print_iou: 0
     .32439225912094116
3724 print_dice: 0.5313102602958679,  print_iou: 0.3617579936981201
3725  50%|████     | 6/12 [00:29<00:27,  4.58s/it]print_dice: 0.47645285725593567,  print_iou: 0
     .3127260208129883
3726 print_dice: 0.43614330887794495,  print_iou: 0.27888956665992737
3727  67%|██████   | 8/12 [00:38<00:18,  4.50s/it]print_dice: 0.5262044072151184,  print_iou: 0.
     35704025626182556
3728  75%|███████  | 9/12 [00:43<00:13,  4.51s/it]print_dice: 0.5265334844589233,  print_iou: 0.
     3573433756828308
3729 print_dice: 0.538286030292511,  print_iou: 0.36825674772262573
3730  92%|████████ | 11/12 [00:52<00:04,  4.41s/it]print_dice: 0.5880342125892639,  print_iou: 0
     .4164649248123169
3731 print_dice: 0.5551268458366394,  print_iou: 0.38420453667640686
3732  [11/12] eta: 0:00:04   time: 4.6927  data: 0.3294
3733 100%|████████| 12/12 [00:56<00:00,  4.73s/it]
3734  Total time: 0:00:56 (4.7255 s / it)
3735 ============================
3736 Averaged stats:
3737 Epoch 61/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
3738 epoch:    61   learning rate:   1e-09
3739 Epoch 61/499:   3%|▏        | 1/33 [00:10<05:34, 10.46s/it]print_dice: 0.5204015374183655
     ,  print_iou: 0.35171806812286377
3740  [ 0/33] eta: 0:05:45   time: 10.4630  data: 4.0233
3741 Epoch 61/499:   6%|▏        | 2/33 [00:16<04:05,  7.92s/it]print_dice: 0.494528591632843
     ,  print_iou: 0.3284875452518463
3742 Epoch 61/499:   9%|▊        | 3/33 [00:23<03:39,  7.30s/it]print_dice: 0.5149166584014893
     ,  print_iou: 0.3467257618904114
3743 print_dice: 0.515709400177002,   print_iou: 0.3474450409412384
3744 Epoch 61/499:  15%|█        | 5/33 [00:36<03:10,  6.81s/it]print_dice: 0.4873114228248596
     ,  print_iou: 0.32214921712875366
3745 print_dice: 0.4260457754135132,   print_iou: 0.27068498730659485
3746 Epoch 61/499:  21%|█        | 7/33 [00:49<02:53,  6.69s/it]print_dice: 0.47192615270614624
     ,  print_iou: 0.30883726477622986
3747 Epoch 61/499:  24%|██       | 8/33 [00:55<02:45,  6.62s/it]print_dice: 0.5490508675575256
     ,  print_iou: 0.3784080743789673
3748 Epoch 61/499:  27%|██▏      | 9/33 [01:02<02:39,  6.65s/it]print_dice: 0.48508012294769287
     ,  print_iou: 0.3202018439769745
3749 print_dice: 0.5943655967712402,   print_iou: 0.42284509539604187
3750 Epoch 61/499:  33%|███▏     | 11/33 [01:15<02:24,  6.59s/it]print_dice: 0.4285697340965271
     ,  print_iou: 0.2727258801460266
3751 Epoch 61/499:  36%|███▏     | 12/33 [01:22<02:17,  6.57s/it]print_dice: 0.5427863597869873
     ,  print_iou: 0.3724823594093323
3752 print_dice: 0.5704567432403564,   print_iou: 0.3990482687950134
3753 Epoch 61/499:  42%|████▏    | 14/33 [01:35<02:04,  6.55s/it]print_dice: 0.5140963196754456
     ,  print_iou: 0.34598225355148315
3754 Epoch 61/499:  45%|████     | 15/33 [01:41<01:57,  6.53s/it]print_dice: 0.5198511481285095
     ,  print_iou: 0.3512154221534729
3755 print_dice: 0.6191703081130981,   print_iou: 0.4484045207500458
3756 Epoch 61/499:  52%|█████▏   | 17/33 [01:54<01:45,  6.59s/it]print_dice: 0.4287985563278198
     ,  print_iou: 0.2729112505912781
3757 print_dice: 0.540557805374146,   print_iou: 0.3703867495059967
3758 Epoch 61/499:  58%|█████▊   | 19/33 [02:08<01:32,  6.62s/it]print_dice: 0.4551260471343994
     ,  print_iou: 0.29460400342941284
3759 Epoch 61/499:  61%|██████   | 20/33 [02:14<01:25,  6.57s/it]print_dice: 0.5210451483726501
     ,  print_iou: 0.3523063063621521
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3760 print_dice: 0.4411049485206604,   print_iou: 0.2829599976539612
3761 Epoch 61/499:  67%|██████    | 22/33 [02:27<01:12,  6.60s/it]print_dice: 0.5036823153495789
     ,   print_iou: 0.33661457896232605
3762 Epoch 61/499:  70%|██████    | 23/33 [02:34<01:05,  6.59s/it]print_dice: 0.542401134967804
     ,   print_iou: 0.37211960554122925
3763 print_dice: 0.5372411012649536,   print_iou: 0.3672793507575989
3764 Epoch 61/499:  76%|███████   | 25/33 [02:47<00:52,  6.56s/it]print_dice: 0.48055875301361084
     ,   print_iou: 0.3162733316421509
3765 Epoch 61/499:  79%|███████   | 26/33 [02:53<00:45,  6.54s/it]print_dice: 0.5224376916885376
     ,   print_iou: 0.3535808324813843
3766 Epoch 61/499:  82%|████████  | 27/33 [03:00<00:39,  6.51s/it]print_dice: 0.539289116859436
     ,   print_iou: 0.369196355342865
3767 print_dice: 0.5010260343551636,   print_iou: 0.3342459797859192
3768 Epoch 61/499:  88%|████████▌ | 29/33 [03:13<00:25,  6.49s/it]print_dice: 0.5109474062919617
     ,   print_iou: 0.34313589334487915
3769 Epoch 61/499:  91%|█████████ | 30/33 [03:20<00:19,  6.57s/it]print_dice: 0.4826295077800751
     ,   print_iou: 0.3180696666240692
3770 Epoch 61/499:  94%|█████████▍| 31/33 [03:26<00:13,  6.60s/it]print_dice: 0.5539801716804504
     ,   print_iou: 0.38310688734054565
3771 print_dice: 0.45853301882743835,   print_iou: 0.29746535420417786
3772 Epoch 61/499: 100%|██████████| 33/33 [03:39<00:00,  6.49s/it]print_dice: 0.5267912149429321
     ,   print_iou: 0.3575808107852936
3773   [32/33]  eta: 0:00:06   time: 6.5405  data: 0.0005
3774  Total time: 0:03:39 (6.6633 s / it)
3775 Averaged stats: training_loss: -59.6835 (-59.6835)  loss_mask: -59.8549 (-59.8549)
     loss_dice: 0.1714 (0.1714)
3776 Epoch 61/499: 100%|██████████| 33/33 [03:39<00:00,  6.66s/it]
3777   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383314568782
3778 Validating...
3779 Valid_dataloader len: 12
3780 print_dice: 0.5079554319381714,  print_iou: 0.3404425382614136
3781   [ 0/12]  eta: 0:01:36   time: 8.0285  data: 3.9141
3782  17%|██        | 2/12 [00:12<00:58,  5.81s/it]print_dice: 0.5496377348899841,  print_iou: 0.
     378965824842453
3783  25%|██        | 3/12 [00:16<00:46,  5.17s/it]print_dice: 0.48511573672294617,  print_iou: 0
     .3202328681945801
3784  33%|███       | 4/12 [00:21<00:41,  5.22s/it]print_dice: 0.4898854196071625,  print_iou: 0.
     3244028091430664
3785 print_dice: 0.5416702628135681,  print_iou: 0.37143197655677795
3786  50%|████      | 6/12 [00:31<00:29,  4.89s/it]print_dice: 0.4834505021572113,  print_iou: 0.
     3187832236289978
3787  58%|█████     | 7/12 [00:35<00:23,  4.77s/it]print_dice: 0.41641250252723694,  print_iou: 0
     .2629551589488983
3788 print_dice: 0.5147078633308411,  print_iou: 0.34653642773628235
3789  75%|███████   | 9/12 [00:44<00:13,  4.64s/it]print_dice: 0.5211302638053894,  print_iou: 0.
     35238415002822876
3790 print_dice: 0.5328873991966248,  print_iou: 0.3632219135761261
3791  92%|█████████ | 11/12 [00:53<00:04,  4.51s/it]print_dice: 0.5756498575210571,  print_iou: 0
     .4041491150856018
3792 100%|██████████| 12/12 [00:57<00:00,  4.41s/it]print_dice: 0.5550903677940369,  print_iou: 0
     .3841696083545685
3793   [11/12]  eta: 0:00:04   time: 4.8213  data: 0.3267
3794 100%|██████████| 12/12 [00:58<00:00,  4.87s/it]
3795  Total time: 0:00:58 (4.8737 s / it)
3796 ============================
3797 Averaged stats:
3798 Epoch 62/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
3799 epoch:   62   learning rate:  1e-09
3800 Epoch 62/499:   3%|▌         | 1/33 [00:11<06:04, 11.38s/it]print_dice: 0.5144228935241699
     ,   print_iou: 0.3462781310081482
3801   [ 0/33]  eta: 0:06:15   time: 11.3752  data: 4.8470
3802 print_dice: 0.5225027799606323,   print_iou: 0.35364046692848206
3803 Epoch 62/499:   9%|▊         | 3/33 [00:23<03:42,  7.43s/it]print_dice: 0.6192920207977295
     ,   print_iou: 0.44853219389915466
3804 Epoch 62/499:  12%|█         | 4/33 [00:30<03:25,  7.10s/it]print_dice: 0.5033316016197205
     ,   print_iou: 0.33630135655403137
3805 Epoch 62/499:  15%|█▌        | 5/33 [00:36<03:11,  6.85s/it]print_dice: 0.5706478357315063
     ,   print_iou: 0.39923530817103186
3806 print_dice: 0.4872724115848541,   print_iou: 0.32211512327194214
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3807 Epoch 62/499:  21%|██          | 7/33 [00:50<02:53,  6.68s/it]print_dice: 0.4804191291332245
     ,  print_iou: 0.3161523938179016
3808 print_dice: 0.42641887068748474,   print_iou: 0.27098625898361206
3809 Epoch 62/499:  27%|██▌         | 9/33 [01:03<02:38,  6.61s/it]print_dice: 0.513441801071167
     ,  print_iou: 0.3453896641731262
3810 print_dice: 0.4987323801956177,   print_iou: 0.3322075307369232
3811 Epoch 62/499:  33%|███▍        | 11/33 [01:16<02:24,  6.58s/it]print_dice: 0.4849652349948883
     ,  print_iou: 0.32010170817375183
3812 Epoch 62/499:  36%|███▋        | 12/33 [01:22<02:18,  6.57s/it]print_dice: 0.5227778553962708
     ,  print_iou: 0.3538925349712372
3813 print_dice: 0.4719681441783905,   print_iou: 0.3088732361793518
3814 Epoch 62/499:  42%|████▏       | 14/33 [01:36<02:06,  6.63s/it]print_dice: 0.5149555206298828
     ,  print_iou: 0.346761018037796
3815 Epoch 62/499:  45%|████▌       | 15/33 [01:42<01:59,  6.61s/it]print_dice: 0.4822594225406647
     ,  print_iou: 0.3177482783794403
3816 print_dice: 0.459564745426178,   print_iou: 0.2983343303203583
3817 Epoch 62/499:  52%|█████▏      | 17/33 [01:55<01:44,  6.54s/it]print_dice: 0.5470566153526306
     ,  print_iou: 0.3765161335468292
3818 Epoch 62/499:  55%|█████▌      | 18/33 [02:02<01:38,  6.59s/it]print_dice: 0.5159909725189209
     ,  print_iou: 0.34770065546035767
3819 print_dice: 0.5929731130599976,   print_iou: 0.42143693566322327
3820 Epoch 62/499:  61%|██████      | 20/33 [02:15<01:26,  6.62s/it]print_dice: 0.5362622737884521
     ,  print_iou: 0.366364985704422
3821 print_dice: 0.5210714936256409,   print_iou: 0.35233041644096375
3822 Epoch 62/499:  67%|██████▋     | 22/33 [02:28<01:12,  6.55s/it]print_dice: 0.4916209876537323
     ,  print_iou: 0.32592669129371643
3823 Epoch 62/499:  70%|██████▉     | 23/33 [02:35<01:05,  6.55s/it]print_dice: 0.5376379489898682
     ,  print_iou: 0.3676503896713257
3824 print_dice: 0.4409589469432831,   print_iou: 0.2828398644924164
3825 Epoch 62/499:  76%|███████▌    | 25/33 [02:48<00:52,  6.54s/it]print_dice: 0.5173203945159912
     ,  print_iou: 0.3489091098308563
3826 print_dice: 0.4492514729499817,   print_iou: 0.2896997630596161
3827 Epoch 62/499:  82%|████████▏   | 27/33 [03:01<00:39,  6.53s/it]print_dice: 0.5423889756202698
     ,  print_iou: 0.37210813164711
3828 Epoch 62/499:  85%|████████▍   | 28/33 [03:08<00:32,  6.58s/it]print_dice: 0.5393231511116028
     ,  print_iou: 0.36922821402549744
3829 print_dice: 0.5545464158058167,   print_iou: 0.38364872336387634
3830 Epoch 62/499:  91%|█████████   | 30/33 [03:21<00:19,  6.57s/it]print_dice: 0.541249692440033
     ,  print_iou: 0.371036559343338
3831 print_dice: 0.42920705676078796,   print_iou: 0.2732422947883606
3832 Epoch 62/499:  97%|█████████▋  | 32/33 [03:34<00:06,  6.57s/it]print_dice: 0.5266316533088684
     ,  print_iou: 0.35743382573127747
3833 Epoch 62/499: 100%|██████████| 33/33 [03:40<00:00,  6.53s/it]print_dice: 0.4285558760166168
     ,  print_iou: 0.27271467447280884
3834   [32/33]  eta: 0:00:06   time: 6.5632  data: 0.0007
3835 Epoch 62/499: 100%|██████████| 33/33 [03:41<00:00,  6.70s/it]
3836  Total time: 0:03:41 (6.7034 s / it)
3837 Averaged stats: training_loss: 64.7218 (64.7218)  loss_mask: 64.3193 (64.3193)  loss_dice: 0
     .4024 (0.4024)
3838   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383307193872
3839 Validating...
3840 Valid_dataloader len: 12
3841   8%|█         | 1/12 [00:08<01:30,  8.18s/it]print_dice: 0.5187629461288452,  print_iou: 0.
     35022279620170593
3842   [ 0/12]  eta: 0:01:38   time: 8.1820  data: 3.9722
3843  17%|█▋        | 2/12 [00:12<00:59,  5.93s/it]print_dice: 0.548098087310791,  print_iou: 0.
     37750354409217834
3844  25%|██▌       | 3/12 [00:16<00:46,  5.19s/it]print_dice: 0.4908532202243805,  print_iou: 0.
     32525214552879333
3845  33%|███▎      | 4/12 [00:21<00:39,  4.93s/it]print_dice: 0.4898664057254791,  print_iou: 0.
     3243861496448517
3846 print_dice: 0.5417937636375427,  print_iou: 0.3715481162071228
3847  50%|█████     | 6/12 [00:30<00:28,  4.72s/it]print_dice: 0.48343825340270996,  print_iou: 0
     .318772554397583
3848  58%|█████▊    | 7/12 [00:35<00:23,  4.67s/it]print_dice: 0.4192363917827606,  print_iou: 0.
     2652113139629364
3849  67%|██████▋   | 8/12 [00:39<00:18,  4.54s/it]print_dice: 0.5213565826416016,  print_iou: 0.
     3525911569595337
3850 print_dice: 0.5265172123908997,  print_iou: 0.3573283553123474
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3851 83%|███████▎  | 10/12 [00:48<00:09,  4.51s/it]print_dice: 0.5382573008537292,  print_iou: 0
     .36822983622550964
3852 print_dice: 0.5758532881736755,  print_iou: 0.404349684715271
3853 100%|██████████| 12/12 [00:56<00:00,  4.40s/it]print_dice: 0.5551095008850098,  print_iou: 0
     .3841879367828369
3854   [11/12]  eta: 0:00:04   time: 4.7414  data: 0.3316
3855 100%|██████████| 12/12 [00:57<00:00,  4.78s/it]
3856  Total time: 0:00:57 (4.7775 s / it)
3857 ===========================
3858 Averaged stats:
3859 Epoch 63/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
3860 epoch:    63   learning rate:   1e-09
3861 print_dice: 0.4817196726799011,  print_iou: 0.31727978587150574
3862  [ 0/33] eta: 0:05:48   time: 10.5595  data: 4.0093
3863 Epoch 63/499:   6%|▎         | 2/33 [00:16<04:08,  8.03s/it]print_dice: 0.4869561195373535
     ,  print_iou: 0.32183873653411865
3864 Epoch 63/499:   9%|▊         | 3/33 [00:23<03:41,  7.40s/it]print_dice: 0.4696009159088135
     ,  print_iou: 0.3068486750125885
3865 print_dice: 0.5029116868972778,  print_iou: 0.33592653274536133
3866 Epoch 63/499:  15%|█▎        | 5/33 [00:36<03:12,  6.88s/it]print_dice: 0.4268345534801483
     ,  print_iou: 0.271322101354599
3867 Epoch 63/499:  18%|█▋        | 6/33 [00:42<03:01,  6.72s/it]print_dice: 0.44921308755874634
     ,  print_iou: 0.28966784477233887
3868 print_dice: 0.4982469379901886,  print_iou: 0.331776887178421
3869 Epoch 63/499:  24%|██▍       | 8/33 [00:56<02:46,  6.66s/it]print_dice: 0.5210588574409485
     ,  print_iou: 0.3523188531398773
3870 Epoch 63/499:  27%|██▋       | 9/33 [01:02<02:39,  6.63s/it]print_dice: 0.4851354956626892
     ,  print_iou: 0.32025009393692017
3871 Epoch 63/499:  30%|██▉       | 10/33 [01:09<02:31,  6.58s/it]print_dice: 0.4577009081840515
     ,  print_iou: 0.2967653274536133
3872 print_dice: 0.6165577173233032,  print_iou: 0.4456692636013031
3873 Epoch 63/499:  36%|███▋      | 12/33 [01:22<02:19,  6.64s/it]print_dice: 0.537689745426178
     ,  print_iou: 0.3676987886428833
3874 Epoch 63/499:  39%|███▉      | 13/33 [01:29<02:12,  6.63s/it]print_dice: 0.5413008332252502
     ,  print_iou: 0.37108466029167175
3875 print_dice: 0.522541344165802,  print_iou: 0.35367581248283386
3876 Epoch 63/499:  45%|████▌     | 15/33 [01:42<01:58,  6.58s/it]print_dice: 0.4913596212863922
     ,  print_iou: 0.3256969749927521
3877 Epoch 63/499:  48%|████▊     | 16/33 [01:48<01:51,  6.59s/it]print_dice: 0.5363095998764038
     ,  print_iou: 0.36640921235084534
3878 Epoch 63/499:  52%|█████▏    | 17/33 [01:55<01:45,  6.59s/it]print_dice: 0.5157676935195923
     ,  print_iou: 0.34749796986579895
3879 Epoch 63/499:  55%|█████▍    | 18/33 [02:02<01:39,  6.61s/it]print_dice: 0.4819379448890686
     ,  print_iou: 0.31746920943260193
3880 print_dice: 0.538969099521637,  print_iou: 0.3688964545726776
3881 Epoch 63/499:  61%|██████    | 20/33 [02:15<01:24,  6.53s/it]print_dice: 0.5173724293708801
     ,  print_iou: 0.3489564061164856
3882 Epoch 63/499:  64%|██████▎   | 21/33 [02:21<01:18,  6.54s/it]print_dice: 0.5151336789131165
     ,  print_iou: 0.3469226062297821
3883 print_dice: 0.5718669295310974,  print_iou: 0.40042972564697266
3884 Epoch 63/499:  70%|██████▉   | 23/33 [02:34<01:05,  6.52s/it]print_dice: 0.4489608407020569
     ,  print_iou: 0.28945809602737427
3885 Epoch 63/499:  73%|███████▎  | 24/33 [02:41<00:58,  6.49s/it]print_dice: 0.5545949339866638
     ,  print_iou: 0.38369515538215637
3886 print_dice: 0.5928308963775635,  print_iou: 0.4212932884693146
3887 Epoch 63/499:  79%|███████▊  | 26/33 [02:54<00:45,  6.50s/it]print_dice: 0.5493073463439941
     ,  print_iou: 0.37865176796913147
3888 Epoch 63/499:  82%|████████▏ | 27/33 [03:00<00:39,  6.52s/it]print_dice: 0.5239405035972595
     ,  print_iou: 0.3549589216709137
3889 print_dice: 0.541372537612915,  print_iou: 0.37115201354026794
3890 Epoch 63/499:  88%|████████▊ | 29/33 [03:13<00:26,  6.51s/it]print_dice: 0.4285952150821686
     ,  print_iou: 0.2727465331554413
3891 Epoch 63/499:  91%|█████████ | 30/33 [03:20<00:19,  6.52s/it]print_dice: 0.5227433443069458
     ,  print_iou: 0.35386091470718384
3892 Epoch 63/499:  94%|█████████▍| 31/33 [03:26<00:13,  6.51s/it]print_dice: 0.5160848498344421
     ,  print_iou: 0.34778597950935364
3893 Epoch 63/499:  97%|█████████▋| 32/33 [03:33<00:06,  6.47s/it]print_dice: 0.4288877844810486
     ,  print_iou: 0.2729835510253906
3894 print_dice: 0.5109947919845581,  print_iou: 0.3431786596775055
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3895    [32/33]  eta: 0:00:06   time: 6.5099  data: 0.0004
3896 Epoch 63/499: 100%|████████| 33/33 [03:39<00:00,  6.66s/it]
3897  Total time: 0:03:39 (6.6624 s / it)
3898 Averaged stats: training_loss: 40.8283 (40.8283)  loss_mask: 40.4682 (40.4682)  loss_dice: 0
    .3601 (0.3601)
3899    0%|           | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383328436175
3900 Validating...
3901 Valid_dataloader len: 12
3902    8%|█        | 1/12 [00:08<01:28,  8.03s/it]print_dice: 0.5187888741493225,  print_iou: 0.
    350246399641037
3903   [ 0/12]  eta: 0:01:36   time: 8.0257  data: 3.9306
3904   17%|██       | 2/12 [00:12<00:58,  5.80s/it]print_dice: 0.549665093421936,  print_iou: 0.
    3789918124675751
3905   25%|███      | 3/12 [00:16<00:46,  5.16s/it]print_dice: 0.5065327286720276,  print_iou: 0.
    339165598154068
3906   33%|███▋     | 4/12 [00:21<00:39,  4.88s/it]print_dice: 0.5008118152618408,  print_iou: 0.
    3340553343296051
3907 print_dice: 0.5432083010673523,  print_iou: 0.37287989258766174
3908   50%|█████    | 6/12 [00:29<00:27,  4.60s/it]print_dice: 0.483467698097229,  print_iou: 0.
    31879815459251404
3909 print_dice: 0.42823895812034607,  print_iou: 0.2724580764770508
3910   67%|██████   | 8/12 [00:38<00:18,  4.53s/it]print_dice: 0.5244305729866028,  print_iou: 0.
    3554089665412903
3911 print_dice: 0.529539167881012,  print_iou: 0.3601178526878357
3912   83%|████████ | 10/12 [00:47<00:09,  4.52s/it]print_dice: 0.5296304821968079,  print_iou: 0
    .36020228266716003
3913 print_dice: 0.5774471163749695,  print_iou: 0.40592312812805176
3914 100%|█████████| 12/12 [00:56<00:00,  4.39s/it]print_dice: 0.5502936244010925,  print_iou: 0
    .379589706659317
3915    [11/12]  eta: 0:00:04   time: 4.7031  data: 0.3279
3916 100%|█████████| 12/12 [00:56<00:00,  4.74s/it]
3917  Total time: 0:00:56 (4.7395 s / it)
3918 ============================
3919 Averaged stats:
3920 Epoch 64/499:   0%|           | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
3921 epoch:    64   learning rate:   1e-09
3922 print_dice: 0.5156320333480835,  print_iou: 0.3473747968673706
3923   [ 0/33]  eta: 0:05:47   time: 10.5441  data: 4.1141
3924 Epoch 64/499:   6%|█        | 2/33 [00:16<04:08,  8.01s/it]print_dice: 0.5106127858161926
    ,  print_iou: 0.34283414483070374
3925 Epoch 64/499:   9%|█        | 3/33 [00:23<03:40,  7.34s/it]print_dice: 0.5173172354698181
    ,  print_iou: 0.34890618920326233
3926 Epoch 64/499:  12%|█        | 4/33 [00:29<03:24,  7.04s/it]print_dice: 0.42932942509651184
    ,  print_iou: 0.27334147691726685
3927 Epoch 64/499:  15%|█        | 5/33 [00:36<03:11,  6.83s/it]print_dice: 0.5419650077819824
    ,  print_iou: 0.3717091977596283
3928 print_dice: 0.45976555347442627,   print_iou: 0.2985036075115204
3929 Epoch 64/499:  21%|█        | 7/33 [00:49<02:55,  6.73s/it]print_dice: 0.4853411316871643
    ,  print_iou: 0.32042932510375977
3930 Epoch 64/499:  24%|██       | 8/33 [00:56<02:46,  6.66s/it]print_dice: 0.42984142899513245
    ,  print_iou: 0.2737567126750946
3931 Epoch 64/499:  27%|██       | 9/33 [01:02<02:38,  6.61s/it]print_dice: 0.5724905133247375
    ,  print_iou: 0.4010414481163025
3932 Epoch 64/499:  30%|██       | 10/33 [01:09<02:32,  6.61s/it]print_dice: 0.5541211366653442
    ,  print_iou: 0.3832417130470276
3933 Epoch 64/499:  33%|██       | 11/33 [01:15<02:24,  6.58s/it]print_dice: 0.549248218536377
    ,  print_iou: 0.37859562039375305
3934 Epoch 64/499:  36%|███      | 12/33 [01:22<02:17,  6.57s/it]print_dice: 0.5268574953079224
    ,  print_iou: 0.35764190554618835
3935 print_dice: 0.4946439564228058,  print_iou: 0.3285893499851227
3936 Epoch 64/499:  42%|███      | 14/33 [01:35<02:04,  6.56s/it]print_dice: 0.5947266817092896
    ,  print_iou: 0.4232107102870941
3937 Epoch 64/499:  45%|████     | 15/33 [01:41<01:57,  6.56s/it]print_dice: 0.5412644743919373
    ,  print_iou: 0.3710504770278907
3938 print_dice: 0.5157986283302307,  print_iou: 0.34752601385116577
3939 Epoch 64/499:  52%|████     | 17/33 [01:55<01:44,  6.56s/it]print_dice: 0.5226090550422668
    ,  print_iou: 0.3537780131340027
3940 print_dice: 0.44114571809768677,  print_iou: 0.2829935550689697
3941 Epoch 64/499:  58%|████     | 19/33 [02:08<01:31,  6.51s/it]print_dice: 0.4988037049770355
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3941 ,    print_iou: 0.3322708010673523
3942 Epoch 64/499:  61%|██████     | 20/33 [02:14<01:24,  6.52s/it]print_dice: 0.5412470698356628
     ,    print_iou: 0.3710341155529022
3943 Epoch 64/499:  64%|██████▌    | 21/33 [02:21<01:18,  6.54s/it]print_dice: 0.45518797636032104
     ,    print_iou: 0.2946558892726898
3944 Epoch 64/499:  67%|██████▊    | 22/33 [02:27<01:11,  6.54s/it]print_dice: 0.4817671477794647
     ,    print_iou: 0.31732097268104553
3945 print_dice: 0.6193515658378601,    print_iou: 0.44859468936920166
3946 Epoch 64/499:  73%|███████▎   | 24/33 [02:40<00:58,  6.54s/it]print_dice: 0.5151752233505249
     ,    print_iou: 0.34696027636528015
3947 print_dice: 0.4883540868759155,    print_iou: 0.32306116819381714
3948 Epoch 64/499:  79%|███████▉   | 26/33 [02:53<00:45,  6.52s/it]print_dice: 0.5372700691223145
     ,    print_iou: 0.3673064410686493
3949 Epoch 64/499:  82%|████████▏  | 27/33 [03:00<00:38,  6.49s/it]print_dice: 0.5219027400016785
     ,    print_iou: 0.35309094190597534
3950 Epoch 64/499:  85%|████████▌  | 28/33 [03:06<00:32,  6.50s/it]print_dice: 0.5225682854652405
     ,    print_iou: 0.3537004590034485
3951 print_dice: 0.49982932209968567,    print_iou: 0.3331816494464874
3952 Epoch 64/499:  91%|█████████  | 30/33 [03:19<00:19,  6.48s/it]print_dice: 0.4265480041503906
     ,    print_iou: 0.271090567111969
3953 print_dice: 0.5355680584907532,    print_iou: 0.3657172918319702
3954 Epoch 64/499:  97%|█████████▋ | 32/33 [03:32<00:06,  6.47s/it]print_dice: 0.4826143682003021
     ,    print_iou: 0.31805649399757385
3955 Epoch 64/499: 100%|██████████ | 33/33 [03:39<00:00,  6.46s/it]print_dice: 0.46977174282073975
     ,    print_iou: 0.30699455738067627
3956   [32/33]  eta: 0:00:06   time: 6.5064  data: 0.0004
3957 Epoch 64/499: 100%|██████████ | 33/33 [03:39<00:00,  6.65s/it]
3958  Total time: 0:03:39 (6.6484 s / it)
3959 Averaged stats: training_loss: 19.1181 (19.1181)  loss_mask: 18.7589 (18.7589)  loss_dice: 0
     .3592 (0.3592)
3960 Net parameter norm: 1054.8383364150068
3961 Validating...
3962 Valid_dataloader len: 12
3963   8%|█        | 1/12 [00:08<01:28,  8.08s/it]print_dice: 0.5071582198143005,  print_iou: 0.
     3397267162799835
3964  [ 0/12]  eta: 0:01:37   time: 8.0844  data: 3.9714
3965 print_dice: 0.5481534600257874,  print_iou: 0.37755608558654785
3966  25%|██       | 3/12 [00:16<00:46,  5.20s/it]print_dice: 0.506640613079071,  print_iou: 0.
     33926233649253845
3967  33%|███      | 4/12 [00:21<00:39,  4.92s/it]print_dice: 0.4718058705329895,  print_iou: 0.
     308734267950058
3968  42%|████     | 5/12 [00:25<00:33,  4.75s/it]print_dice: 0.5382093787193298,  print_iou: 0.
     36818501353263855
3969 print_dice: 0.4807983338832855,  print_iou: 0.3164809048175812
3970  58%|█████    | 7/12 [00:34<00:22,  4.57s/it]print_dice: 0.42660850286483765,  print_iou: 0
     .2711394429206848
3971  67%|██████   | 8/12 [00:38<00:17,  4.47s/it]print_dice: 0.5183780193328857,  print_iou: 0.
     349871963262558
3972  75%|███████  | 9/12 [00:43<00:13,  4.55s/it]print_dice: 0.5266163945198059,  print_iou: 0.
     3574197590351105
3973  83%|████████ | 10/12 [00:47<00:08,  4.48s/it]print_dice: 0.5384292006492615,  print_iou: 0
     .3683907985687256
3974  92%|█████████| 11/12 [00:52<00:04,  4.43s/it]print_dice: 0.5881223082542419,  print_iou: 0
     .4165532886981964
3975 100%|██████████| 12/12 [00:56<00:00,  4.41s/it]print_dice: 0.5552017092704773,  print_iou: 0
     .38427624106407166
3976   [11/12]  eta: 0:00:04   time: 4.7152  data: 0.3312
3977 100%|██████████| 12/12 [00:56<00:00,  4.75s/it]
3978  Total time: 0:00:56 (4.7487 s / it)
3979 ============================
3980 Averaged stats:
3981 Epoch 65/499:   0%|         | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
3982 epoch:    65   learning rate:    1e-09
3983 print_dice: 0.5724811553955078,   print_iou: 0.40103229880332947
3984  [ 0/33]  eta: 0:06:04   time: 11.0366  data: 4.6643
3985 Epoch 65/499:   6%|▌        | 2/33 [00:17<04:12,  8.16s/it]print_dice: 0.5418091416358948
     ,    print_iou: 0.37156257033348083
3986 print_dice: 0.4819183349609375,   print_iou: 0.31745219230651855
3987 Epoch 65/499:  12%|█▏       | 4/33 [00:30<03:26,  7.11s/it]print_dice: 0.5145674347877502
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3987 ,    print_iou: 0.3464091420173645
3988 Epoch 65/499: 15%|██          | 5/33 [00:37<03:14,  6.94s/it]print_dice: 0.42613768577575684
     ,    print_iou: 0.2707591950893402
3989 Epoch 65/499: 18%|██          | 6/33 [00:43<03:05,  6.86s/it]print_dice: 0.4820210039615631
     ,    print_iou: 0.3175413012504577G
3990 Epoch 65/499: 21%|██          | 7/33 [00:50<02:56,  6.78s/it]print_dice: 0.5363205075263977
     ,    print_iou: 0.36641934514045715
3991 print_dice: 0.45815935730934143,   print_iou: 0.29715093970298767
3992 Epoch 65/499: 27%|██▋         | 9/33 [01:03<02:39,  6.66s/it]print_dice: 0.5935487747192383
     ,    print_iou: 0.42201876640319824
3993 print_dice: 0.4289332926273346,   print_iou: 0.2730204164981842
3994 Epoch 65/499: 33%|███         | 11/33 [01:16<02:25,  6.60s/it]print_dice: 0.515018880367279
     ,    print_iou: 0.3468184769153595
3995 Epoch 65/499: 36%|███▌        | 12/33 [01:23<02:18,  6.58s/it]print_dice: 0.5419614911079407
     ,    print_iou: 0.3717058598995209
3996 print_dice: 0.5491258502006531,   print_iou: 0.37847933173179626
3997 Epoch 65/499: 42%|████        | 14/33 [01:36<02:04,  6.57s/it]print_dice: 0.5009596347808838
     ,    print_iou: 0.3341869115829468
3998 Epoch 65/499: 45%|████▌       | 15/33 [01:42<01:58,  6.59s/it]print_dice: 0.5403867959976196
     ,    print_iou: 0.37022602558135986
3999 print_dice: 0.5156266093254089,   print_iou: 0.34736984968185425
4000 Epoch 65/499: 52%|█████       | 17/33 [01:55<01:45,  6.58s/it]print_dice: 0.47163164615631104
     ,    print_iou: 0.3085850775241852
4001 Epoch 65/499: 55%|█████▌      | 18/33 [02:02<01:38,  6.57s/it]print_dice: 0.4852379262447357
     ,    print_iou: 0.3203393816947937
4002 Epoch 65/499: 58%|█████▊      | 19/33 [02:09<01:31,  6.56s/it]print_dice: 0.520930826663971
     ,    print_iou: 0.35220178961753845
4003 Epoch 65/499: 61%|██████      | 20/33 [02:15<01:25,  6.59s/it]print_dice: 0.4411516487598419
     ,    print_iou: 0.2829984426498413
4004 print_dice: 0.5204377174377441,   print_iou: 0.3517511188983917
4005 Epoch 65/499: 67%|██████▋     | 22/33 [02:28<01:12,  6.59s/it]print_dice: 0.5239680409431458
     ,    print_iou: 0.35498419404029846
4006 Epoch 65/499: 70%|███████     | 23/33 [02:35<01:05,  6.57s/it]print_dice: 0.5541297793388367
     ,    print_iou: 0.38324999809265137
4007 print_dice: 0.5201379060745239,   print_iou: 0.3514772653579712
4008 Epoch 65/499: 76%|███████▌    | 25/33 [02:48<00:52,  6.57s/it]print_dice: 0.4489317834377289
     ,    print_iou: 0.28943392634391785
4009 Epoch 65/499: 79%|███████▉    | 26/33 [02:54<00:45,  6.54s/it]print_dice: 0.5001463294029236
     ,    print_iou: 0.3334634304046631
4010 Epoch 65/499: 82%|████████▏   | 27/33 [03:01<00:39,  6.54s/it]print_dice: 0.4949672222137451
     ,    print_iou: 0.32887470722198486
4011 print_dice: 0.5205966234207153,   print_iou: 0.3518963158130646
4012 Epoch 65/499: 88%|████████▊   | 29/33 [03:14<00:26,  6.51s/it]print_dice: 0.5373302102088928
     ,    print_iou: 0.3673626184463501
4013 Epoch 65/499: 91%|█████████   | 30/33 [03:21<00:19,  6.52s/it]print_dice: 0.6193525195121765
     ,    print_iou: 0.44859570264816284
4014 print_dice: 0.43006187677383423,   print_iou: 0.27393555641174316
4015 Epoch 65/499: 97%|█████████▋  | 32/33 [03:34<00:06,  6.49s/it]print_dice: 0.48678719997406006
     ,    print_iou: 0.3216911852359772
4016 Epoch 65/499: 100%|██████████ | 33/33 [03:40<00:00,  6.46s/it]print_dice: 0.5133754014968872
     ,    print_iou: 0.34532955288887024
4017   [32/33]  eta: 0:00:06   time: 6.5375  data: 0.0003
4018 Epoch 65/499: 100%|██████████ | 33/33 [03:40<00:00,  6.69s/it]
4019  Total time: 0:03:40 (6.6901 s / it)
4020 Averaged stats: training_loss: -9.0125 (-9.0125)  loss_mask: -9.2144 (-9.2144)  loss_dice: 0
     .2019 (0.2019)
4021   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383332665544
4022 Validating...
4023 Valid_dataloader len: 12
4024   8%|█         | 1/12 [00:08<01:28,  8.01s/it]print_dice: 0.5320485830307007,  print_iou: 0.
     36244288086891174
4025  [ 0/12]  eta: 0:01:36   time: 8.0115  data: 3.9029
4026  17%|██        | 2/12 [00:12<00:57,  5.78s/it]print_dice: 0.5496793389320374,  print_iou: 0.
     3790053725242615
4027 print_dice: 0.5065227746963501,  print_iou: 0.3391566872596741
4028  33%|███       | 4/12 [00:21<00:39,  4.92s/it]print_dice: 0.4858776926994324,  print_iou: 0.
     32089725136756897
4029  42%|████      | 5/12 [00:25<00:33,  4.75s/it]print_dice: 0.5405378937721252,  print_iou: 0.
     3703678846359253
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4030  50%|███       | 6/12 [00:30<00:27,  4.62s/it]print_dice: 0.4806857407093048,  print_iou: 0.
      31638333201408386
4031  58%|████      | 7/12 [00:34<00:22,  4.58s/it]print_dice: 0.4039674997329712,  print_iou: 0.
      25310730934143066
4032 print_dice: 0.5164170861244202,  print_iou: 0.34808778762817383
4033  75%|██████    | 9/12 [00:43<00:13,  4.59s/it]print_dice: 0.5265255570411682,  print_iou: 0.
      3573360741138458
4034  83%|███████   | 10/12 [00:48<00:09,  4.53s/it]print_dice: 0.5329222679138184,  print_iou: 0
      .36325427889823914
4035  92%|████████  | 11/12 [00:52<00:04,  4.45s/it]print_dice: 0.5816552639007568,  print_iou: 0
      .41009441018104553
4036 print_dice: 0.5551171898841858,  print_iou: 0.3841952979564667
4037   [11/12]  eta: 0:00:04   time: 4.7084  data: 0.3258
4038 100%|██████████| 12/12 [00:56<00:00,  4.74s/it]
4039  Total time: 0:00:56 (4.7438 s / it)
4040 ============================
4041 Averaged stats:
4042 Epoch 66/499:    0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
4043 epoch:     66   learning rate:   1e-09
4044 Epoch 66/499:    3%|          | 1/33 [00:10<05:33, 10.42s/it]print_dice: 0.5406801104545593
      ,   print_iou: 0.37050142884254456
4045   [ 0/33]  eta: 0:05:43   time: 10.4172  data: 4.0765
4046 print_dice: 0.5491119027137756,   print_iou: 0.37846606969833374
4047 Epoch 66/499:    9%|█         | 3/33 [00:22<03:37,  7.24s/it]print_dice: 0.5421204566955566
      ,   print_iou: 0.3718554377555847
4048 Epoch 66/499:   12%|█         | 4/33 [00:29<03:21,  6.96s/it]print_dice: 0.5133864879608154
      ,   print_iou: 0.3453395664691925
4049 Epoch 66/499:   15%|█         | 5/33 [00:36<03:10,  6.81s/it]print_dice: 0.5204179286956787
      ,   print_iou: 0.3517330586910248
4050 print_dice: 0.5153139233589172,   print_iou: 0.347086101770401
4051 Epoch 66/499:   21%|██        | 7/33 [00:49<02:54,  6.70s/it]print_dice: 0.5934268236160278
      ,   print_iou: 0.42189544439315796
4052 Epoch 66/499:   24%|██        | 8/33 [00:55<02:47,  6.69s/it]print_dice: 0.4913196265697479
      ,   print_iou: 0.325661838054657
4053 print_dice: 0.42859411239624023,   print_iou: 0.27274566888809204
4054 Epoch 66/499:   30%|███       | 10/33 [01:09<02:32,  6.62s/it]print_dice: 0.5145922303199768
      ,   print_iou: 0.3464316129684448
4055 Epoch 66/499:   33%|███       | 11/33 [01:15<02:25,  6.61s/it]print_dice: 0.44903749227523804
      ,   print_iou: 0.28952184319496155
4056 Epoch 66/499:   36%|███       | 12/33 [01:22<02:18,  6.60s/it]print_dice: 0.55403733253479
      ,   print_iou: 0.3831615746021271
4057 print_dice: 0.4877989590167999,   print_iou: 0.32257547974586487
4058 Epoch 66/499:   42%|████      | 14/33 [01:35<02:04,  6.56s/it]print_dice: 0.5227751731872559
      ,   print_iou: 0.3538900315761566
4059 Epoch 66/499:   45%|████      | 15/33 [01:41<01:58,  6.60s/it]print_dice: 0.516072154045105
      ,   print_iou: 0.3477743864059448
4060 print_dice: 0.4816223680973053,   print_iou: 0.3171953856945038
4061 Epoch 66/499:   52%|█████     | 17/33 [01:54<01:44,  6.54s/it]print_dice: 0.6169551610946655
      ,   print_iou: 0.4460847079753876
4062 Epoch 66/499:   55%|█████     | 18/33 [02:01<01:37,  6.52s/it]print_dice: 0.4287548065185547
      ,   print_iou: 0.2728758156299591
4063 Epoch 66/499:   58%|█████     | 19/33 [02:08<01:31,  6.54s/it]print_dice: 0.5269846320152283
      ,   print_iou: 0.3577590584754944
4064 Epoch 66/499:   61%|██████    | 20/33 [02:14<01:24,  6.54s/it]print_dice: 0.5216966867446899
      ,   print_iou: 0.352902352809906
4065 Epoch 66/499:   64%|██████    | 21/33 [02:21<01:18,  6.52s/it]print_dice: 0.4696796238422394
      ,   print_iou: 0.30691587924957275
4066 print_dice: 0.5205910205841064,   print_iou: 0.3518912196159363
4067 Epoch 66/499:   70%|███████   | 23/33 [02:34<01:05,  6.54s/it]print_dice: 0.5009661316871643
      ,   print_iou: 0.3341926634311676
4068 print_dice: 0.4817494153976404,   print_iou: 0.3173055946826935
4069 Epoch 66/499:   76%|███████   | 25/33 [02:47<00:52,  6.54s/it]print_dice: 0.4596763253211975
      ,   print_iou: 0.29842838644981384
4070 Epoch 66/499:   79%|████████  | 26/33 [02:53<00:45,  6.56s/it]print_dice: 0.5706165432929993
      ,   print_iou: 0.3992046713829040
4071 Epoch 66/499:   82%|████████  | 27/33 [03:00<00:39,  6.61s/it]print_dice: 0.48448407649993896
      ,   print_iou: 0.31968259811401367
4072 Epoch 66/499:   85%|████████  | 28/33 [03:07<00:33,  6.62s/it]print_dice: 0.45513004064559937
      ,   print_iou: 0.29460734128952026
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4073 Epoch 66/499:  88%|███████████    | 29/33 [03:13<00:26,  6.62s/it]print_dice: 0.537148118019104
     ,   print_iou: 0.3671923875808716
4074 Epoch 66/499:  91%|███████████     | 30/33 [03:20<00:19,  6.64s/it]print_dice: 0.5393167734146118
     ,   print_iou: 0.3692222833633423
4075 Epoch 66/499:  94%|███████████    | 31/33 [03:27<00:13,  6.60s/it]print_dice: 0.5363039374351501
     ,   print_iou: 0.36640387773513794
4076 Epoch 66/499:  97%|███████████    | 32/33 [03:33<00:06,  6.56s/it]print_dice: 0.4264766275882721
     ,   print_iou: 0.2710329294204712
4077 print_dice: 0.5002021193504333,   print_iou: 0.3335130214691162
4078   [32/33] eta: 0:00:06   time: 6.5626  data: 0.0005
4079 Epoch 66/499: 100%|███████████| 33/33 [03:40<00:00,  6.69s/it]
4080  Total time: 0:03:40 (6.6852 s / it)
4081 Averaged stats: training_loss: -54.2044 (-54.2044)  loss_mask: -54.3860 (-54.3860)
     loss_dice: 0.1816 (0.1816)
4082   0%|           | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383367469069
4083 Validating...
4084 Valid_dataloader len: 12
4085 print_dice: 0.5321944355964661,  print_iou: 0.36257827281951904
4086   [ 0/12] eta: 0:01:46   time: 8.8521  data: 4.7322
4087  17%|██       | 2/12 [00:13<01:01,  6.18s/it]print_dice: 0.5497068166732788,  print_iou: 0.
     37903150916099955
4088 print_dice: 0.506639838218689,  print_iou: 0.3392616808414459
4089  33%|███       | 4/12 [00:21<00:39,  4.93s/it]print_dice: 0.4899747967720032,  print_iou: 0.
     32448121905326843
4090  42%|███       | 5/12 [00:26<00:33,  4.81s/it]print_dice: 0.5493394136428833,  print_iou: 0.
     37868228554725647
4091  50%|████       | 6/12 [00:30<00:28,  4.68s/it]print_dice: 0.48355838656425476,  print_iou: 0
     .31887704133987427
4092 print_dice: 0.4266379773616791,  print_iou: 0.27116328477859497
4093  67%|█████    | 8/12 [00:39<00:18,  4.57s/it]print_dice: 0.5244894027709961,  print_iou: 0.
     3554629683494568
4094 print_dice: 0.5296086072921753,  print_iou: 0.3601820468902588
4095  83%|███████  | 10/12 [00:48<00:09,  4.51s/it]print_dice: 0.5330618619918823,  print_iou: 0
     .3633840084075928
4096 print_dice: 0.5817309021949768,  print_iou: 0.4101696014404297
4097 100%|████████| 12/12 [00:57<00:00,  4.42s/it]print_dice: 0.5504004955291748,  print_iou: 0
     .3796914517879486
4098   [11/12] eta: 0:00:04   time: 4.7825  data: 0.3949
4099 100%|████████| 12/12 [00:57<00:00,  4.82s/it]
4100  Total time: 0:00:57 (4.8191 s / it)
4101 ===========================
4102 Averaged stats:
4103 Epoch 67/499:   0%|           | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
4104 epoch:    67   learning rate:   1e-09
4105 Epoch 67/499:   3%|█          | 1/33 [00:10<05:38, 10.57s/it]print_dice: 0.5406344532966614
     ,   print_iou: 0.37045854330062866
4106   [ 0/33] eta: 0:05:48   time: 10.5737  data: 4.0043
4107 Epoch 67/499:   6%|█         | 2/33 [00:16<04:09,  8.05s/it]print_dice: 0.48680707812309265
     ,   print_iou: 0.3217085301876068
4108 print_dice: 0.5209383368492126,   print_iou: 0.35220867395401
4109 Epoch 67/499:  12%|█         | 4/33 [00:29<03:23,  7.01s/it]print_dice: 0.5377082228660583
     ,   print_iou: 0.36771610379219055
4110 Epoch 67/499:  15%|█          | 5/33 [00:36<03:13,  6.90s/it]print_dice: 0.4489922523498535
     ,   print_iou: 0.2894842028617859
4111 print_dice: 0.5132476091384888,   print_iou: 0.3452138900756836
4112 Epoch 67/499:  21%|█          | 7/33 [00:49<02:54,  6.71s/it]print_dice: 0.5946996212005615
     ,   print_iou: 0.42318326234817505
4113 print_dice: 0.46002867817878723,   print_iou: 0.2987254858016968
4114 Epoch 67/499:  27%|██         | 9/33 [01:02<02:39,  6.63s/it]print_dice: 0.5471130609512329
     ,   print_iou: 0.37656959891319275
4115 print_dice: 0.514759361743927,   print_iou: 0.34658312797546387
4116 Epoch 67/499:  33%|██         | 11/33 [01:16<02:26,  6.64s/it]print_dice: 0.5268921852111816
     ,   print_iou: 0.35767391324043274
4117 Epoch 67/499:  36%|██         | 12/33 [01:22<02:18,  6.61s/it]print_dice: 0.5026084184646606
     ,   print_iou: 0.3356559872262583
4118 Epoch 67/499:  39%|██         | 13/33 [01:29<02:11,  6.60s/it]print_dice: 0.4283476769924164
     ,   print_iou: 0.2725460827350665
4119 Epoch 67/499:  42%|███        | 14/33 [01:35<02:05,  6.58s/it]print_dice: 0.5199893116950989
     ,   print_iou: 0.3513416051864624
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4120 print_dice: 0.541934072971344,   print_iou: 0.3716800808906555
4121 Epoch 67/499:  48%|███▌     | 16/33 [01:48<01:51, 6.58s/it]print_dice: 0.5157573223114014
     ,   print_iou: 0.34748855233192444
4122 print_dice: 0.4815092384815216,   print_iou: 0.3170972466468811
4123 Epoch 67/499:  55%|████     | 18/33 [02:02<01:38, 6.57s/it]print_dice: 0.49100086092948914
     ,   print_iou: 0.3253818154335022
4124 print_dice: 0.4285818040370941,   print_iou: 0.2727356553077698
4125 Epoch 67/499:  61%|████▌    | 20/33 [02:15<01:24, 6.54s/it]print_dice: 0.6166984438896179
     ,   print_iou: 0.4458163380622864
4126 Epoch 67/499:  64%|████▊    | 21/33 [02:21<01:18, 6.51s/it]print_dice: 0.5010420680046082
     ,   print_iou: 0.3342602550983429
4127 Epoch 67/499:  67%|█████    | 22/33 [02:28<01:11, 6.49s/it]print_dice: 0.5173128247261047
     ,   print_iou: 0.3489021956920624
4128 Epoch 67/499:  70%|█████▎   | 23/33 [02:34<01:04, 6.49s/it]print_dice: 0.44923311471939087
     ,   print_iou: 0.2896845042705536
4129 Epoch 67/499:  73%|█████▌   | 24/33 [02:40<00:58, 6.49s/it]print_dice: 0.4817310571670532
     ,   print_iou: 0.31728968024253845
4130 print_dice: 0.4849812686443329,   print_iou: 0.32011568546295166
4131 Epoch 67/499:  79%|██████   | 26/33 [02:53<00:45, 6.47s/it]print_dice: 0.5210705995559692
     ,   print_iou: 0.3523295819759369
4132 print_dice: 0.5723012089729309,   print_iou: 0.4008557200431824
4133 Epoch 67/499:  85%|██████▌  | 28/33 [03:07<00:32, 6.54s/it]print_dice: 0.554696798324585
     ,   print_iou: 0.3837926983833313
4134 Epoch 67/499:  88%|██████▊  | 29/33 [03:13<00:26, 6.51s/it]print_dice: 0.46967244148254395
     ,   print_iou: 0.3069097399711609
4135 Epoch 67/499:  91%|███████  | 30/33 [03:20<00:19, 6.54s/it]print_dice: 0.5424627661705017
     ,   print_iou: 0.3721776008605957
4136 print_dice: 0.5428032279014587,   print_iou: 0.3724982440471649
4137 Epoch 67/499:  97%|███████▌ | 32/33 [03:33<00:06, 6.51s/it]print_dice: 0.42609429359436035
     ,   print_iou: 0.27072417736053467
4138 Epoch 67/499: 100%|████████| 33/33 [03:39<00:00, 6.49s/it]print_dice: 0.5156971216201782
     ,   print_iou: 0.3474338948726654
4139  [32/33] eta: 0:00:06   time: 6.5219  data: 0.0006
4140 Epoch 67/499: 100%|████████| 33/33 [03:40<00:00, 6.67s/it]
4141  Total time: 0:03:40 (6.6671 s / it)
4142 Averaged stats: training_loss: 75.1866 (75.1866)  loss_mask: 74.6278 (74.6278)  loss_dice: 0
     .5588 (0.5588)
4143 Net parameter norm: 1054.8383370082593
4144 Validating...
4145 Valid_dataloader len: 12
4146   8%|█        | 1/12 [00:07<01:27, 7.96s/it]print_dice: 0.5321127772331238,   print_iou: 0.
     3625025153160095
4147  [ 0/12] eta: 0:01:35   time: 7.9591  data: 3.9250
4148  17%|█▌       | 2/12 [00:12<00:57, 5.74s/it]print_dice: 0.5497003197669983,   print_iou: 0.
     37902534008026123
4149  25%|██       | 3/12 [00:16<00:46, 5.17s/it]print_dice: 0.4945736825466156,   print_iou: 0.
     3285273015499115
4150 print_dice: 0.5008330941200256,  print_iou: 0.3340742588043213
4151  42%|███▌     | 5/12 [00:25<00:33, 4.78s/it]print_dice: 0.5465272665023804,   print_iou: 0.
     376014769077301
4152  50%|████     | 6/12 [00:30<00:28, 4.67s/it]print_dice: 0.47568491101264954,  print_iou: 0
     .31206467747688293
4153 print_dice: 0.43620041012763977,  print_iou: 0.2789362370967865
4154  67%|█████▌   | 8/12 [00:39<00:18, 4.55s/it]print_dice: 0.5244702100753784,   print_iou: 0.
     35544535517692566
4155  75%|██████   | 9/12 [00:43<00:13, 4.52s/it]print_dice: 0.5295659899711609,   print_iou: 0.
     36014261841773987
4156 print_dice: 0.5329960584640503,  print_iou: 0.3633228540420532
4157  92%|███████▌ | 11/12 [00:52<00:04, 4.38s/it]print_dice: 0.5880725979804993,   print_iou: 0
     .4165034294128418
4158 100%|████████| 12/12 [00:56<00:00, 4.37s/it]print_dice: 0.555157482624054,   print_iou: 0.
     38423392176628113
4159  [11/12] eta: 0:00:04   time: 4.6963  data: 0.3277
4160 100%|████████| 12/12 [00:56<00:00, 4.73s/it]
4161  Total time: 0:00:56 (4.7329 s / it)
4162 ============================
4163 Averaged stats:
4164 Epoch 68/499:   0%|        | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
4165 epoch:   68   learning rate:   1e-09
```

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4166 Epoch 68/499:   3%|█          | 1/33 [00:10<05:42, 10.72s/it]print_dice: 0.48503604531288147
     ,   print_iou: 0.32016342878341675
4167  [ 0/33] eta: 0:05:53   time: 10.7156  data: 4.3874
4168 Epoch 68/499:   6%|█          | 2/33 [00:17<04:12,  8.16s/it]print_dice: 0.4952235221862793
     ,   print_iou: 0.3291010558605194
4169 print_dice: 0.513925080299377,   print_iou: 0.34534502029418945
4170 Epoch 68/499:  12%|█          | 4/33 [00:30<03:25,  7.10s/it]print_dice: 0.42650073766708374
     ,   print_iou: 0.27105239033699036
4171 Epoch 68/499:  15%|█          | 5/33 [00:36<03:12,  6.88s/it]print_dice: 0.5412459969520569
     ,   print_iou: 0.37103307247161865
4172 Epoch 68/499:  18%|██         | 6/33 [00:43<03:03,  6.81s/it]print_dice: 0.481570839881897
     ,   print_iou: 0.31715068221092224
4173 print_dice: 0.5471067428588867,   print_iou: 0.3765636384487152
4174 Epoch 68/499:  24%|██         | 8/33 [00:56<02:47,  6.70s/it]print_dice: 0.502638041973114
     ,   print_iou: 0.33568239212036133
4175 Epoch 68/499:  27%|███        | 9/33 [01:03<02:40,  6.67s/it]print_dice: 0.6164819598197937
     ,   print_iou: 0.445590078830719
4176 print_dice: 0.5238057374954224,   print_iou: 0.35483524203300476
4177 Epoch 68/499:  33%|███        | 11/33 [01:16<02:24,  6.59s/it]print_dice: 0.42835772037506104
     ,   print_iou: 0.2725541889667511
4178 print_dice: 0.515799880027771,   print_iou: 0.3475271761417389
4179 Epoch 68/499:  39%|███        | 13/33 [01:29<02:12,  6.61s/it]print_dice: 0.4981672763824463
     ,   print_iou: 0.3317062258720398
4180 Epoch 68/499:  42%|███        | 14/33 [01:36<02:05,  6.58s/it]print_dice: 0.5928395986557007
     ,   print_iou: 0.42130208015441895
4181 Epoch 68/499:  45%|████       | 15/33 [01:42<01:57,  6.53s/it]print_dice: 0.45776674151420593
     ,   print_iou: 0.2968207001686096
4182 print_dice: 0.5371810793876648,   print_iou: 0.36722323298454285
4183 Epoch 68/499:  52%|████       | 17/33 [01:55<01:44,  6.53s/it]print_dice: 0.48774954676628113
     ,   print_iou: 0.3225322663784027
4184 Epoch 68/499:  55%|████       | 18/33 [02:02<01:37,  6.52s/it]print_dice: 0.5725656151771545
     ,   print_iou: 0.40111517906188965
4185 print_dice: 0.5219526290893555,   print_iou: 0.3531366288661957
4186 Epoch 68/499:  61%|█████      | 20/33 [02:15<01:24,  6.52s/it]print_dice: 0.5153116583824158
     ,   print_iou: 0.34708404541015625
4187 Epoch 68/499:  64%|█████      | 21/33 [02:21<01:18,  6.53s/it]print_dice: 0.44901368021965027
     ,   print_iou: 0.28950202465057373
4188 Epoch 68/499:  67%|█████      | 22/33 [02:28<01:12,  6.58s/it]print_dice: 0.5403501987457275
     ,   print_iou: 0.37019163370132446
4189 print_dice: 0.5163594484329224,   print_iou: 0.34803542494773865
4190 Epoch 68/499:  73%|██████     | 24/33 [02:41<00:59,  6.59s/it]print_dice: 0.48219236731529236
     ,   print_iou: 0.31769001483917236
4191 print_dice: 0.44926130771636963,   print_iou: 0.2897079288959503
4192 Epoch 68/499:  79%|██████     | 26/33 [02:54<00:45,  6.53s/it]print_dice: 0.5391879081726074
     ,   print_iou: 0.36910149455070496
4193 Epoch 68/499:  82%|██████     | 27/33 [03:01<00:39,  6.55s/it]print_dice: 0.5201389789581299
     ,   print_iou: 0.35147824883461
4194 Epoch 68/499:  85%|███████    | 28/33 [03:07<00:32,  6.56s/it]print_dice: 0.4718913733959198
     ,   print_iou: 0.30880749225616455
4195 Epoch 68/499:  88%|███████    | 29/33 [03:14<00:26,  6.51s/it]print_dice: 0.5173401236534119
     ,   print_iou: 0.3489270508289337
4196 print_dice: 0.5428205132484436,   print_iou: 0.3725145161151886
4197 Epoch 68/499:  94%|████████   | 31/33 [03:27<00:13,  6.58s/it]print_dice: 0.5546236038208008
     ,   print_iou: 0.3837226331233978
4198 Epoch 68/499:  97%|████████   | 32/33 [03:33<00:06,  6.55s/it]print_dice: 0.4298335909843445
     ,   print_iou: 0.27375033497810364
4199 Epoch 68/499: 100%|████████   | 33/33 [03:40<00:00,  6.56s/it]print_dice: 0.5225197672843933
     ,   print_iou: 0.35365599393844604
4200  [32/33] eta: 0:00:06   time: 6.5457  data: 0.0003
4201 Epoch 68/499: 100%|████████   | 33/33 [03:40<00:00,  6.69s/it]
4202  Total time: 0:03:40 (6.6937 s / it)
4203 Averaged stats: training_loss: -42.7173 (-42.7173)  loss_mask: -42.9255 (-42.9255)
     loss_dice: 0.2082 (0.2082)
4204 Net parameter norm: 1054.838336014771
4205   0%|          | 0/12 [00:00<?, ?it/s]Validating...
4206 Valid_dataloader len: 12
4207 print_dice: 0.5321454405784607,  print_iou: 0.3625328242778778
4208  [ 0/12] eta: 0:01:37   time: 8.1164  data: 3.9246
4209  17%|██        | 2/12 [00:12<00:58,  5.88s/it]print_dice: 0.5481646060943604,  print_iou: 0.
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4209 3775666058063507
4210  25%|██          | 3/12 [00:16<00:46,  5.22s/it]print_dice: 0.4946523606777191,  print_iou: 0.
     3285967707633972
4211 print_dice: 0.5008457899093628,  print_iou: 0.3340855836868286
4212  42%|███         | 5/12 [00:25<00:33,  4.75s/it]print_dice: 0.549302041530609,  print_iou: 0.
     37864673137664795
4213  50%|████        | 6/12 [00:30<00:27,  4.65s/it]print_dice: 0.48076263070106506,  print_iou: 0
     .31644999980926514
4214 print_dice: 0.4175490736961365,  print_iou: 0.2638622522354126
4215  67%|██████      | 8/12 [00:39<00:18,  4.53s/it]print_dice: 0.5170025825500488,  print_iou: 0.
     34862005710601807
4216 print_dice: 0.5266032218933105,  print_iou: 0.3574075996875763
4217  83%|████████    | 10/12 [00:47<00:08,  4.45s/it]print_dice: 0.5315518379211426,  print_iou: 0
     .3619820475578308
4218  92%|█████████   | 11/12 [00:52<00:04,  4.39s/it]print_dice: 0.5788844227790833,  print_iou: 0
     .4073450565338135
4219 print_dice: 0.5503782629966736,  print_iou: 0.37967029213905334
4220  [11/12]  eta: 0:00:04   time: 4.7141  data: 0.3275
4221 100%|████████████| 12/12 [00:56<00:00,  4.75s/it]
4222  Total time: 0:00:56 (4.7497 s / it)
4223 =============================
4224 Averaged stats:
4225 Epoch 69/499:   0%|            | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
4226 epoch:    69   learning rate:   1e-09
4227 Epoch 69/499:   3%|█           | 1/33 [00:10<05:43, 10.73s/it]print_dice: 0.5371617078781128
     ,   print_iou: 0.36720508337020874
4228  [ 0/33]  eta: 0:05:53   time: 10.7271  data: 4.2003
4229 Epoch 69/499:   6%|█           | 2/33 [00:17<04:11,  8.12s/it]print_dice: 0.4299863278865814
     ,   print_iou: 0.2738742530345917
4230 Epoch 69/499:   9%|██          | 3/33 [00:23<03:43,  7.46s/it]print_dice: 0.48517486453056335
     ,   print_iou: 0.3202843964099884
4231 Epoch 69/499:  12%|██          | 4/33 [00:30<03:25,  7.09s/it]print_dice: 0.44914817810058594
     ,   print_iou: 0.28961387276649475
4232 Epoch 69/499:  15%|██          | 5/33 [00:36<03:12,  6.87s/it]print_dice: 0.5022310018539429
     ,   print_iou: 0.3353193700313568
4233 print_dice: 0.48679694533348083,   print_iou: 0.32169967889785767
4234 Epoch 69/499:  21%|███         | 7/33 [00:49<02:55,  6.74s/it]print_dice: 0.5234125256538391
     ,   print_iou: 0.3544744551181793
4235 print_dice: 0.48202797770500183,   print_iou: 0.3175473213195801
4236 Epoch 69/499:  27%|███         | 9/33 [01:03<02:41,  6.72s/it]print_dice: 0.5009783506393433
     ,   print_iou: 0.3342035412788391
4237 Epoch 69/499:  30%|████        | 10/33 [01:09<02:32,  6.64s/it]print_dice: 0.4947024881839752
     ,   print_iou: 0.32864102721214294
4238 Epoch 69/499:  33%|████        | 11/33 [01:16<02:25,  6.61s/it]print_dice: 0.6168980598449707
     ,   print_iou: 0.4460250437259674
4239 Epoch 69/499:  36%|████        | 12/33 [01:23<02:19,  6.62s/it]print_dice: 0.4817448556423187
     ,   print_iou: 0.3173016607761383
4240 Epoch 69/499:  39%|█████       | 13/33 [01:29<02:12,  6.62s/it]print_dice: 0.45999008417129517
     ,   print_iou: 0.2986929416656494
4241 Epoch 69/499:  42%|█████       | 14/33 [01:36<02:06,  6.66s/it]print_dice: 0.5206047892570496
     ,   print_iou: 0.3519038259983063
4242 Epoch 69/499:  45%|█████       | 15/33 [01:43<02:00,  6.68s/it]print_dice: 0.5946493744850159
     ,   print_iou: 0.42313235998153687
4243 Epoch 69/499:  48%|██████      | 16/33 [01:49<01:52,  6.63s/it]print_dice: 0.5210326313972473
     ,   print_iou: 0.3522948622703552
4244 Epoch 69/499:  52%|██████      | 17/33 [01:56<01:45,  6.61s/it]print_dice: 0.5157334804534912
     ,   print_iou: 0.34746691584587097
4245 print_dice: 0.5493289232254028,   print_iou: 0.3786722719669342
4246 Epoch 69/499:  58%|███████     | 19/33 [02:09<01:32,  6.57s/it]print_dice: 0.4264984130859375
     ,   print_iou: 0.27105051279067993
4247 Epoch 69/499:  61%|███████     | 20/33 [02:15<01:25,  6.54s/it]print_dice: 0.441121369600296
     ,   print_iou: 0.2829735279083252
4248 Epoch 69/499:  64%|████████    | 21/33 [02:22<01:18,  6.57s/it]print_dice: 0.5149929523468018
     ,   print_iou: 0.346794992685318
4249 print_dice: 0.541554114341736,   print_iou: 0.3717001676559448
4250 Epoch 69/499:  70%|████████    | 23/33 [02:35<01:05,  6.55s/it]print_dice: 0.522773802280426
     ,   print_iou: 0.35388877987861633
4251 Epoch 69/499:  73%|█████████   | 24/33 [02:41<00:58,  6.54s/it]print_dice: 0.5406994223594666
     ,   print_iou: 0.37051957845687866
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4252 Epoch 69/499:  76%|███████    | 25/33 [02:48<00:52,  6.51s/it]print_dice: 0.5540652871131897
     ,  print_iou: 0.3831883370876312
4253 Epoch 69/499:  79%|███████▌   | 26/33 [02:54<00:45,  6.51s/it]print_dice: 0.47191834449768066
     ,  print_iou: 0.308830589056015
4254 Epoch 69/499:  82%|████████▏  | 27/33 [03:01<00:39,  6.55s/it]print_dice: 0.5724591016769409
     ,  print_iou: 0.4010106325149536
4255 Epoch 69/499:  85%|████████▌  | 28/33 [03:08<00:32,  6.57s/it]print_dice: 0.5364746451377869
     ,  print_iou: 0.36656326055526733
4256 print_dice: 0.5412354469299316,  print_iou: 0.37102314829826355
4257 Epoch 69/499:  91%|█████████  | 30/33 [03:21<00:19,  6.52s/it]print_dice: 0.42838677763938904
     ,  print_iou: 0.2725777328014374
4258 Epoch 69/499:  94%|█████████▌ | 31/33 [03:27<00:12,  6.50s/it]print_dice: 0.5160367488861084
     ,  print_iou: 0.3477422595024109
4259 print_dice: 0.5207235813140869,  print_iou: 0.3520123362541199
4260 Epoch 69/499: 100%|██████████ | 33/33 [03:40<00:00,  6.44s/it]print_dice: 0.5109034776687622
     ,  print_iou: 0.3430962562561035
4261  [32/33] eta: 0:00:06   time: 6.5338  data: 0.0006
4262 Epoch 69/499: 100%|██████████ | 33/33 [03:40<00:00,  6.69s/it]
4263  Total time: 0:03:40 (6.6876 s / it)
4264 Averaged stats: training_loss: -21.7942 (-21.7942)  loss_mask: -22.0073 (-22.0073)
     loss_dice: 0.2132 (0.2132)
4265   0%|            | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383377033751
4266 Validating...
4267 Valid_dataloader len: 12
4268   8%|█         | 1/12 [00:07<01:27,  7.98s/it]print_dice: 0.4981234073638916,  print_iou: 0.
     33166733384132385
4269  [ 0/12] eta: 0:01:35   time: 7.9778  data: 3.9390
4270 print_dice: 0.5481694340705872,  print_iou: 0.3775712251663208
4271  25%|██        | 3/12 [00:16<00:46,  5.14s/it]print_dice: 0.49149414896965027,  print_iou: 0
     .32581520080566406
4272  33%|███       | 4/12 [00:21<00:38,  4.84s/it]print_dice: 0.5008578300476074,  print_iou: 0.
     3340962827205658
4273  42%|████      | 5/12 [00:25<00:32,  4.70s/it]print_dice: 0.543316662311554,  print_iou: 0.
     372981995344162
4274  50%|█████     | 6/12 [00:29<00:27,  4.59s/it]print_dice: 0.4713403582572937,  print_iou: 0.
     30833572149276733
4275  58%|█████▌    | 7/12 [00:34<00:22,  4.57s/it]print_dice: 0.43622443079948425,  print_iou: 0
     .2789559066295624
4276 print_dice: 0.517830491065979,  print_iou: 0.34937331080436707
4277  75%|███████▌  | 9/12 [00:43<00:13,  4.47s/it]print_dice: 0.5295870900154114,  print_iou: 0.
     3601621389389038
4278 print_dice: 0.5127777457237244,  print_iou: 0.34478893876075745
4279  92%|█████████▏| 11/12 [00:51<00:04,  4.38s/it]print_dice: 0.5817162990570068,  print_iou: 0
     .41015511751174927
4280 100%|██████████| 12/12 [00:55<00:00,  4.34s/it]print_dice: 0.545604944229126,  print_iou: 0.
     3751421868801117
4281  [11/12] eta: 0:00:04   time: 4.6648  data: 0.3287
4282 100%|██████████| 12/12 [00:56<00:00,  4.70s/it]
4283  Total time: 0:00:56 (4.7006 s / it)
4284 =============================
4285 Averaged stats:
4286 Epoch 70/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
4287 epoch:   70   learning rate:   1e-09
4288 print_dice: 0.48504289984703064,  print_iou: 0.3201693892478943
4289  [ 0/33] eta: 0:05:57   time: 10.8306  data: 4.5248
4290 Epoch 70/499:   6%|▌         | 2/33 [00:17<04:13,  8.17s/it]print_dice: 0.5268669128417969
     ,  print_iou: 0.3576505780220032
4291 Epoch 70/499:   9%|▉         | 3/33 [00:23<03:43,  7.46s/it]print_dice: 0.5725566744804382
     ,  print_iou: 0.40110641717910767
4292 Epoch 70/499:  12%|█▏        | 4/33 [00:30<03:26,  7.14s/it]print_dice: 0.5406920909881592
     ,  print_iou: 0.3705126941204071
4293 print_dice: 0.5155056715011597,  print_iou: 0.34726014733314514
4294 Epoch 70/499:  18%|█▊        | 6/33 [00:43<03:03,  6.80s/it]print_dice: 0.5417885184288025
     ,  print_iou: 0.37154319882392883
4295 Epoch 70/499:  21%|██        | 7/33 [00:49<02:53,  6.68s/it]print_dice: 0.5472210645675659
     ,  print_iou: 0.3766719400882721
4296 Epoch 70/499:  24%|██▍       | 8/33 [00:56<02:45,  6.63s/it]print_dice: 0.501020073890686
     ,  print_iou: 0.33424070477485657
4297 Epoch 70/499:  27%|██▋       | 9/33 [01:03<02:38,  6.62s/it]print_dice: 0.536310613155365
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4297 ,    print_iou: 0.36641013622283936
4298 print_dice: 0.6195272207260132,    print_iou: 0.44877904653549194
4299 Epoch 70/499:  33%|██▌        | 11/33 [01:16<02:25,  6.59s/it]print_dice: 0.4579450190067291
     ,    print_iou: 0.2969706356525421
4300 print_dice: 0.5204259753227234,    print_iou: 0.35174039006233215
4301 Epoch 70/499:  39%|███▌       | 13/33 [01:29<02:11,  6.57s/it]print_dice: 0.5424816012382507
     ,    print_iou: 0.37219539284706116
4302 Epoch 70/499:  42%|███▊       | 14/33 [01:35<02:04,  6.57s/it]print_dice: 0.4288690388202667
     ,    print_iou: 0.2729683518409729
4303 print_dice: 0.5157044529914856,    print_iou: 0.34744054079055786
4304 Epoch 70/499:  48%|████▎      | 16/33 [01:48<01:50,  6.52s/it]print_dice: 0.48054996132850647
     ,    print_iou: 0.316265732049942
4305 Epoch 70/499:  52%|████▋      | 17/33 [01:55<01:43,  6.48s/it]print_dice: 0.44847339391708374
     ,    print_iou: 0.2890529930591583
4306 print_dice: 0.4260891079902649,    print_iou: 0.270719975233078
4307 Epoch 70/499:  58%|█████▏     | 19/33 [02:08<01:31,  6.53s/it]print_dice: 0.5200775861740112
     ,    print_iou: 0.3514222204685211
4308 Epoch 70/499:  61%|█████▌     | 20/33 [02:14<01:25,  6.56s/it]print_dice: 0.5026350617408752
     ,    print_iou: 0.3356797397136688
4309 Epoch 70/499:  64%|█████▊     | 21/33 [02:21<01:18,  6.54s/it]print_dice: 0.5371565818786621
     ,    print_iou: 0.3672003149986267
4310 Epoch 70/499:  67%|██████▏    | 22/33 [02:28<01:12,  6.55s/it]print_dice: 0.5205973386764526
     ,    print_iou: 0.3518970012664795
4311 Epoch 70/499:  70%|██████▌    | 23/33 [02:34<01:05,  6.52s/it]print_dice: 0.4722699820995331
     ,    print_iou: 0.30913183093070984
4312 Epoch 70/499:  73%|██████▊    | 24/33 [02:41<00:58,  6.53s/it]print_dice: 0.5947884917259216
     ,    print_iou: 0.4232732653617859
4313 Epoch 70/499:  76%|███████▏   | 25/33 [02:47<00:52,  6.52s/it]print_dice: 0.514956533908844
     ,    print_iou: 0.34676191210746765
4314 Epoch 70/499:  79%|███████▌   | 26/33 [02:54<00:45,  6.55s/it]print_dice: 0.42857155203819275
     ,    print_iou: 0.272727370262146
4315 Epoch 70/499:  82%|███████▊   | 27/33 [03:00<00:39,  6.54s/it]print_dice: 0.48675891757011414
     ,    print_iou: 0.3216664493083954
4316 Epoch 70/499:  85%|████████▏  | 28/33 [03:07<00:32,  6.53s/it]print_dice: 0.5132985711097717
     ,    print_iou: 0.34526002407073975
4317 print_dice: 0.4916478097438812,    print_iou: 0.3259502947330475
4318 Epoch 70/499:  91%|████████▊  | 30/33 [03:20<00:19,  6.51s/it]print_dice: 0.45524635910987854
     ,    print_iou: 0.2947048246860504
4319 Epoch 70/499:  94%|█████████▏ | 31/33 [03:26<00:13,  6.51s/it]print_dice: 0.5225182175636292
     ,    print_iou: 0.3536546230316162
4320 print_dice: 0.5540719032287598,    print_iou: 0.3831946551799774
4321 Epoch 70/499: 100%|█████████▊ | 33/33 [03:39<00:00,  6.47s/it]print_dice: 0.48175832629203796
     ,    print_iou: 0.3173133432865143
4322  [32/33]  eta: 0:00:06   time: 6.5138  data: 0.0002
4323 Epoch 70/499: 100%|█████████▊ | 33/33 [03:39<00:00,  6.67s/it]
4324  Total time: 0:03:39 (6.6658 s / it)
4325 Averaged stats: training_loss: 25.6866 (25.6866)  loss_mask: 25.4422 (25.4422)  loss_dice: 0
     .2444 (0.2444)
4326 Net parameter norm: 1054.8383372682147
4327 Validating...
4328 Valid_dataloader len: 12
4329   8%|█         | 1/12 [00:07<01:27,  7.96s/it]print_dice: 0.5188671350479126,    print_iou: 0.
     35031771659851074
4330  [ 0/12]  eta: 0:01:35   time: 7.9625  data: 3.8805
4331 print_dice: 0.5481117963790894,    print_iou: 0.377516508102417
4332  25%|██        | 3/12 [00:16<00:46,  5.14s/it]print_dice: 0.48898953199386597,    print_iou: 0
     .323617547750473
4333  33%|██▌       | 4/12 [00:20<00:38,  4.83s/it]print_dice: 0.4899345338344574,    print_iou: 0.
     3244458734989166
4334  42%|███       | 5/12 [00:25<00:32,  4.69s/it]print_dice: 0.5433067083358765,    print_iou: 0.
     37297263741493225
4335  50%|███▊      | 6/12 [00:29<00:27,  4.63s/it]print_dice: 0.4776657819747925,    print_iou: 0.
     31377193331718445
4336  58%|████▍     | 7/12 [00:34<00:22,  4.57s/it]print_dice: 0.40809863805770874,    print_iou: 0
     .2563592493534088
4337  67%|█████     | 8/12 [00:38<00:18,  4.53s/it]print_dice: 0.5220791697502136,    print_iou: 0.
     35325247049331665
4338 print_dice: 0.5295770168304443,    print_iou: 0.36015284061431885
4339  83%|██████▌   | 10/12 [00:47<00:08,  4.47s/it]print_dice: 0.5383910536766052,    print_iou: 0
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4339 .36835506558418274
4340 print_dice: 0.5821195840835571, print_iou: 0.41055619716644287
4341 100%|████████| 12/12 [00:56<00:00, 4.33s/it]print_dice: 0.5481833219528198, print_iou: 0
     .3775843679904938
4342 [11/12] eta: 0:00:04   time: 4.6711  data: 0.3239
4343 100%|████████| 12/12 [00:56<00:00, 4.71s/it]
4344 Total time: 0:00:56 (4.7068 s / it)
4345 ============================
4346 Averaged stats:
4347 Epoch 71/499:   0%|         | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
4348 epoch:   71   learning rate:   1e-09
4349 print_dice: 0.5161168575286865, print_iou: 0.34781500697135925
4350 [ 0/33] eta: 0:05:49   time: 10.5987  data: 4.1997
4351 Epoch 71/499:   6%|▌        | 2/33 [00:16<04:07, 7.99s/it]print_dice: 0.5227763652801514
     , print_iou: 0.35389116406440735
4352 Epoch 71/499:   9%|▊        | 3/33 [00:23<03:40, 7.35s/it]print_dice: 0.5135545134544373
     , print_iou: 0.3454916477203369
4353 print_dice: 0.4850744605064392, print_iou: 0.32019689679145813
4354 Epoch 71/499:  15%|█▍       | 5/33 [00:36<03:14, 6.95s/it]print_dice: 0.5225606560707092
     , print_iou: 0.3536934554576874
4355 Epoch 71/499:  18%|█▋       | 6/33 [00:43<03:04, 6.83s/it]print_dice: 0.4815112352371216
     , print_iou: 0.3170989751815796
4356 print_dice: 0.5412854552268982, print_iou: 0.37107014656066895
4357 Epoch 71/499:  24%|██▏      | 8/33 [00:56<02:46, 6.67s/it]print_dice: 0.5368435382843018
     , print_iou: 0.3669078052043915
4358 print_dice: 0.47209081053733826, print_iou: 0.3089783191680908
4359 Epoch 71/499:  30%|██▋      | 10/33 [01:09<02:31, 6.60s/it]print_dice: 0.42862802743911743
     , print_iou: 0.2727731168270111
4360 Epoch 71/499:  33%|██▉      | 11/33 [01:16<02:25, 6.62s/it]print_dice: 0.5546317100524902
     , print_iou: 0.38373038172721863
4361 print_dice: 0.541241466999054, print_iou: 0.3710288405418396
4362 Epoch 71/499:  39%|███▌     | 13/33 [01:29<02:12, 6.63s/it]print_dice: 0.42918917536735535
     , print_iou: 0.2732278108596802
4363 print_dice: 0.4490206241607666, print_iou: 0.28950777649879456
4364 Epoch 71/499:  45%|████     | 15/33 [01:42<01:57, 6.51s/it]print_dice: 0.5150116682052612
     , print_iou: 0.3468118906021118
4365 Epoch 71/499:  48%|████▎    | 16/33 [01:48<01:49, 6.43s/it]print_dice: 0.5207024216651917
     , print_iou: 0.35199302434921265
4366 Epoch 71/499:  52%|████▋    | 17/33 [01:55<01:45, 6.56s/it]print_dice: 0.5003246665000916
     , print_iou: 0.333622008562088
4367 Epoch 71/499:  55%|████▉    | 18/33 [02:01<01:38, 6.54s/it]print_dice: 0.5926976203918457
     , print_iou: 0.42115870118141174
4368 Epoch 71/499:  58%|█████▏   | 19/33 [02:08<01:31, 6.57s/it]print_dice: 0.4595518112182617
     , print_iou: 0.29832345247268677
4369 Epoch 71/499:  61%|█████▍   | 20/33 [02:14<01:25, 6.54s/it]print_dice: 0.619371771812439
     , print_iou: 0.4486159086227417
4370 Epoch 71/499:  64%|█████▊   | 21/33 [02:21<01:18, 6.55s/it]print_dice: 0.4987415671348572
     , print_iou: 0.33221566677093506
4371 print_dice: 0.5430413484573364, print_iou: 0.3727225661277771
4372 Epoch 71/499:  70%|██████▎  | 23/33 [02:34<01:05, 6.57s/it]print_dice: 0.487776517868042
     , print_iou: 0.3225558400154114
4373 Epoch 71/499:  73%|██████▌  | 24/33 [02:41<00:58, 6.54s/it]print_dice: 0.5206087827682495
     , print_iou: 0.3519074618816376
4374 Epoch 71/499:  76%|██████▊  | 25/33 [02:48<00:53, 6.66s/it]print_dice: 0.5491272211074829
     , print_iou: 0.3784806430339813
4375 print_dice: 0.4261791100387573, print_iou: 0.2707926332950592
4376 Epoch 71/499:  82%|███████▍ | 27/33 [03:01<00:40, 6.68s/it]print_dice: 0.44938987493515015
     , print_iou: 0.28981488943099976
4377 Epoch 71/499:  85%|███████▋ | 28/33 [03:08<00:33, 6.64s/it]print_dice: 0.5241022706031799
     , print_iou: 0.3551074266433716
4378 Epoch 71/499:  88%|███████▉ | 29/33 [03:14<00:26, 6.64s/it]print_dice: 0.5393890738487244
     , print_iou: 0.3692900538444519
4379 print_dice: 0.5157871842384338, print_iou: 0.34751564264297485
4380 Epoch 71/499:  94%|████████▌| 31/33 [03:27<00:13, 6.60s/it]print_dice: 0.48179763555526733
     , print_iou: 0.3173474371433258
4381 Epoch 71/499:  97%|████████▊| 32/33 [03:34<00:06, 6.52s/it]print_dice: 0.5726646780967712
     , print_iou: 0.4012124240398407
4382 Epoch 71/499: 100%|████████▉| 33/33 [03:40<00:00, 6.51s/it]print_dice: 0.49063950777053833
     , print_iou: 0.3250645101070404
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4383    [32/33]  eta: 0:00:06   time: 6.5586  data: 0.0006
4384  Total time: 0:03:40 (6.6959 s / it)
4385 Averaged stats: training_loss: 54.8103 (54.8103)  loss_mask: 54.4111 (54.4111)  loss_dice: 0
     .3993 (0.3993)
4386 Epoch 71/499: 100%|██████████| 33/33 [03:40<00:00,  6.70s/it]
4387    0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383370013908
4388 Validating...
4389 Valid_dataloader len: 12
4390 print_dice: 0.5188745260238647,  print_iou: 0.35032448172569275
4391   [ 0/12]  eta: 0:01:35   time: 7.9971  data: 3.9309
4392   17%|██        | 2/12 [00:12<00:58,  5.80s/it]print_dice: 0.5481295585632324,  print_iou: 0.
     3775333762168884
4393 print_dice: 0.492448627948761,  print_iou: 0.3266546428203583
4394   33%|███       | 4/12 [00:21<00:38,  4.87s/it]print_dice: 0.48516222834587097,  print_iou: 0
     .32027339935302734
4395   42%|████      | 5/12 [00:25<00:33,  4.72s/it]print_dice: 0.5345629453659058,  print_iou: 0.
     3647805452346802
4396   50%|█████     | 6/12 [00:30<00:27,  4.64s/it]print_dice: 0.4807203710079193,  print_iou: 0.
     31641334295272827
4397 print_dice: 0.4130457937717438,  print_iou: 0.26027581095695496
4398   67%|██████    | 8/12 [00:38<00:18,  4.55s/it]print_dice: 0.5137472748756409,  print_iou: 0.
     34566614031791687
4399   75%|███████   | 9/12 [00:43<00:13,  4.53s/it]print_dice: 0.5265669226646423,  print_iou: 0.
     3573741912841797
4400   83%|████████  | 10/12 [00:47<00:08,  4.49s/it]print_dice: 0.5329638123512268,  print_iou: 0
     .3632928729057312
4401 print_dice: 0.5880898237228394,  print_iou: 0.41652071475982666
4402 100%|██████████| 12/12 [00:56<00:00,  4.39s/it]print_dice: 0.5529359579086304,  print_iou: 0
     .3821088671684265
4403    [11/12]  eta: 0:00:04   time: 4.7048  data: 0.3277
4404  Total time: 0:00:56 (4.7395 s / it)
4405 =============================
4406 Averaged stats:
4407 100%|██████████| 12/12 [00:56<00:00,  4.74s/it]
4408 Epoch 72/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
4409 epoch:    72   learning rate:   1e-09
4410 print_dice: 0.4831356704235077,  print_iou: 0.31850945949554443
4411   [ 0/33]  eta: 0:05:43   time: 10.4058  data: 4.1335
4412 Epoch 72/499:   6%|█         | 2/33 [00:16<04:06,  7.95s/it]print_dice: 0.6167019009590149
     ,  print_iou: 0.4458199739456177
4413 print_dice: 0.5425127744674683,  print_iou: 0.37222474813461304
4414 Epoch 72/499:  12%|█         | 4/33 [00:29<03:24,  7.04s/it]print_dice: 0.4283958673477173
     ,  print_iou: 0.27258509397506714
4415 print_dice: 0.536313533782959,  print_iou: 0.366412878036499
4416 Epoch 72/499:  18%|██        | 6/33 [00:42<03:02,  6.75s/it]print_dice: 0.5376719236373901
     ,  print_iou: 0.3676821291446686
4417 print_dice: 0.5007696747779846,  print_iou: 0.3340178430080414
4418 Epoch 72/499:  24%|██        | 8/33 [00:55<02:44,  6.59s/it]print_dice: 0.45970723032951355
     ,  print_iou: 0.2984544634819031
4419 Epoch 72/499:  27%|██        | 9/33 [01:02<02:37,  6.55s/it]print_dice: 0.541268527507782
     ,  print_iou: 0.3710542619228363
4420 Epoch 72/499:  30%|███       | 10/33 [01:08<02:31,  6.57s/it]print_dice: 0.5947128534317017
     ,  print_iou: 0.4231966733932495
4421 Epoch 72/499:  33%|███       | 11/33 [01:15<02:23,  6.52s/it]print_dice: 0.5541484951972961
     ,  print_iou: 0.38326790928840637
4422 print_dice: 0.5143955945968628,  print_iou: 0.3462533950805664
4423 Epoch 72/499:  39%|███       | 13/33 [01:28<02:09,  6.50s/it]print_dice: 0.4696612060070038
     ,  print_iou: 0.30690014362335205
4424 print_dice: 0.5206061601638794,  print_iou: 0.35190504789352417
4425 Epoch 72/499:  45%|████      | 15/33 [01:41<01:57,  6.52s/it]print_dice: 0.44015929102897644
     ,  print_iou: 0.2821821868419647
4426 Epoch 72/499:  48%|████      | 16/33 [01:48<01:51,  6.57s/it]print_dice: 0.5491735339164734
     ,  print_iou: 0.3785246014595032
4427 print_dice: 0.5227737242378235,  print_iou: 0.35385534167289734
4428 Epoch 72/499:  55%|█████     | 18/33 [02:01<01:38,  6.59s/it]print_dice: 0.5172037482261658
     ,  print_iou: 0.34880295395851135
4429 Epoch 72/499:  58%|█████     | 19/33 [02:07<01:31,  6.52s/it]print_dice: 0.5268005132675171
     ,  print_iou: 0.35758939385414124
4430 Epoch 72/499:  61%|██████    | 20/33 [02:14<01:24,  6.52s/it]print_dice: 0.42605292797088623
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4430 ,    print_iou: 0.27069076895713806
4431 Epoch 72/499:   64%|███████    | 21/33 [02:20<01:18,  6.51s/it]print_dice: 0.48840203881263733
     ,    print_iou: 0.323103129863739
4432 print_dice: 0.5133438110351562,   print_iou: 0.34530097246170044
4433 Epoch 72/499:   70%|███████▉   | 23/33 [02:33<01:05,  6.55s/it]print_dice: 0.5026187896728516
     ,    print_iou: 0.33566519618034363
4434 print_dice: 0.49359163641929626,   print_iou: 0.3276612460613251
4435 Epoch 72/499:   76%|████████▌  | 25/33 [02:46<00:52,  6.56s/it]print_dice: 0.5419195294380188
     ,    print_iou: 0.37166640162467957
4436 print_dice: 0.5718848705291748,   print_iou: 0.4004473090171814
4437 Epoch 72/499:   82%|█████████▏ | 27/33 [03:00<00:39,  6.56s/it]print_dice: 0.4550859034061432
     ,    print_iou: 0.29457035660743713
4438 Epoch 72/499:   85%|█████████▌ | 28/33 [03:06<00:32,  6.55s/it]print_dice: 0.4298054873943329
     ,    print_iou: 0.27372753620147705
4439 Epoch 72/499:   88%|█████████▊ | 29/33 [03:12<00:25,  6.49s/it]print_dice: 0.5225580930709839
     ,    print_iou: 0.35369113087654114
4440 print_dice: 0.4851146340370178,   print_iou: 0.32023191452026367
4441 Epoch 72/499:   94%|██████████▍| 31/33 [03:26<00:13,  6.53s/it]print_dice: 0.48056361079216003
     ,    print_iou: 0.31627756357192993
4442 Epoch 72/499:   97%|██████████▋| 32/33 [03:32<00:06,  6.49s/it]print_dice: 0.5156009197235107
     ,    print_iou: 0.34734657406806946
4443 Epoch 72/499:  100%|███████████| 33/33 [03:38<00:00,  6.45s/it]print_dice: 0.516056478023529
     ,    print_iou: 0.3477601706981659
4444   [32/33]  eta: 0:00:06   time: 6.5294  data: 0.0003
4445  Total time: 0:03:39 (6.6432 s / it)
4446 Averaged stats: training_loss: 70.6529 (70.6529)  loss_mask: 70.1444 (70.1444)  loss_dice: 0
     .5085 (0.5085)
4447 Epoch 72/499:  100%|███████████| 33/33 [03:39<00:00,  6.64s/it]
4448 Net parameter norm: 1054.8383372025564
4449    0%|           | 0/12 [00:00<?, ?it/s]Validating...
4450 Valid_dataloader len: 12
4451    8%|█          | 1/12 [00:08<01:28,  8.04s/it]print_dice: 0.5210278630256653,   print_iou: 0.
     3522905111312866
4452   [ 0/12]  eta: 0:01:36   time: 8.0434  data: 3.9421
4453   17%|██         | 2/12 [00:12<00:58,  5.85s/it]print_dice: 0.5452183485031128,   print_iou: 0.
     3747767508029938
4454   25%|███        | 3/12 [00:16<00:47,  5.24s/it]print_dice: 0.4906143248081207,   print_iou: 0.
     32504236698150635
4455 print_dice: 0.4782433807849884,  print_iou: 0.31427061557769775
4456   42%|████▊      | 5/12 [00:25<00:33,  4.82s/it]print_dice: 0.5432426333427429,   print_iou: 0.
     37291219830513
4457   50%|█████▌     | 6/12 [00:30<00:28,  4.69s/it]print_dice: 0.4807104468345642,   print_iou: 0.
     3164047598838806
4458   58%|██████▍    | 7/12 [00:35<00:23,  4.66s/it]print_dice: 0.4266156256198883,   print_iou: 0.
     27114519476890564
4459 print_dice: 0.5244540572166443,  print_iou: 0.3554305136203766
4460   75%|████████▎  | 9/12 [00:43<00:13,  4.52s/it]print_dice: 0.5295761227607727,   print_iou: 0.
     360152006149292
4461 print_dice: 0.5222371220588684,  print_iou: 0.35339707136154175
4462   92%|██████████▏| 11/12 [00:52<00:04,  4.46s/it]print_dice: 0.5816624760627747,  print_iou: 0
     .4101015627384186
4463  100%|███████████| 12/12 [00:56<00:00,  4.40s/it]print_dice: 0.5514777898788452,  print_iou: 0
     .38071751594543457
4464   [11/12]  eta: 0:00:04   time: 4.7413  data: 0.3290
4465  100%|███████████| 12/12 [00:57<00:00,  4.78s/it]
4466  Total time: 0:00:57 (4.7828 s / it)
4467 ============================
4468 Averaged stats:
4469 Epoch 73/499:    0%|           | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
4470 epoch:    73   learning rate:   1e-09
4471 print_dice: 0.5207293629646301,   print_iou: 0.3520176410675049
4472   [ 0/33]  eta: 0:05:49   time: 10.5998  data: 3.9377
4473 Epoch 73/499:    6%|▍          | 2/33 [00:16<04:09,  8.04s/it]print_dice: 0.42837634682655334
     ,    print_iou: 0.2725692689418793
4474 Epoch 73/499:    9%|▊          | 3/33 [00:23<03:41,  7.39s/it]print_dice: 0.5239229798316956
     ,    print_iou: 0.35494285821914673
4475 print_dice: 0.48772522807121277,   print_iou: 0.3225109875202179
4476 Epoch 73/499:   15%|█▍         | 5/33 [00:36<03:12,  6.88s/it]print_dice: 0.4264169931411743
     ,    print_iou: 0.2709847390651703
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4477 print_dice: 0.5172889828681946,   print_iou: 0.3488805294036865
4478 Epoch 73/499:  21%|██         | 7/33 [00:49<02:54,  6.73s/it]print_dice: 0.619883120059967
     ,   print_iou: 0.4491526484489441
4479 Epoch 73/499:  24%|██▏        | 8/33 [00:56<02:46,  6.68s/it]print_dice: 0.537662148475647
     ,   print_iou: 0.36767300963401794
4480 Epoch 73/499:  27%|██▍        | 9/33 [01:02<02:40,  6.67s/it]print_dice: 0.5108450055122375
     ,   print_iou: 0.34304356575012207
4481 Epoch 73/499:  30%|██▋        | 10/33 [01:09<02:32,  6.65s/it]print_dice: 0.57080078125,
     print_iou: 0.3993850648403168
4482 Epoch 73/499:  33%|███        | 11/33 [01:16<02:25,  6.61s/it]print_dice: 0.45511552691459656
     ,   print_iou: 0.2945951819419861
4483 Epoch 73/499:  36%|███▏       | 12/33 [01:22<02:17,  6.57s/it]print_dice: 0.4489326775074005
     ,   print_iou: 0.28943467140197754
4484 Epoch 73/499:  39%|███▍       | 13/33 [01:29<02:10,  6.55s/it]print_dice: 0.5151076316833496
     ,   print_iou: 0.34689897298812866
4485 Epoch 73/499:  42%|███▋       | 14/33 [01:35<02:04,  6.53s/it]print_dice: 0.5418456792831421
     ,   print_iou: 0.37159693241119385
4486 Epoch 73/499:  45%|███▊       | 15/33 [01:42<01:57,  6.55s/it]print_dice: 0.5545654892921448
     ,   print_iou: 0.3836669921875
4487 Epoch 73/499:  48%|████       | 16/33 [01:48<01:50,  6.50s/it]print_dice: 0.5026838779449463
     ,   print_iou: 0.33572328090667725
4488 print_dice: 0.5140931606292725,   print_iou: 0.3459794223308563
4489 Epoch 73/499:  55%|████▍      | 18/33 [02:01<01:38,  6.56s/it]print_dice: 0.5366279482841492
     ,   print_iou: 0.36670640110969543
4490 Epoch 73/499:  58%|████▋      | 19/33 [02:08<01:31,  6.57s/it]print_dice: 0.5155914425849915
     ,   print_iou: 0.3473379909992218
4491 print_dice: 0.501042902469635,   print_iou: 0.3342610001564026
4492 Epoch 73/499:  64%|█████      | 21/33 [02:21<01:19,  6.59s/it]print_dice: 0.547414243221283
     ,   print_iou: 0.3768550157546997
4493 Epoch 73/499:  67%|█████▎     | 22/33 [02:28<01:11,  6.53s/it]print_dice: 0.5397515892982483
     ,   print_iou: 0.36962997913360596
4494 Epoch 73/499:  70%|█████▌     | 23/33 [02:34<01:05,  6.53s/it]print_dice: 0.48520636558532715
     ,   print_iou: 0.32031184434890747
4495 print_dice: 0.5935301780700684,   print_iou: 0.42199990153312683
4496 Epoch 73/499:  76%|█████▉     | 25/33 [02:47<00:52,  6.51s/it]print_dice: 0.47995129227638245
     ,   print_iou: 0.31574732065200806
4497 print_dice: 0.4822025001049042,   print_iou: 0.3176988363265991
4498 Epoch 73/499:  82%|██████▍    | 27/33 [03:00<00:39,  6.50s/it]print_dice: 0.4597100019454956
     ,   print_iou: 0.2984567880630493
4499 Epoch 73/499:  85%|██████▋    | 28/33 [03:06<00:32,  6.49s/it]print_dice: 0.4285707473754883
     ,   print_iou: 0.27272671461105347
4500 print_dice: 0.46931445598602295,   print_iou: 0.3066041171550751
4501 Epoch 73/499:  91%|███████▏   | 30/33 [03:20<00:19,  6.57s/it]print_dice: 0.5214071869850159
     ,   print_iou: 0.3526374399662018
4502 print_dice: 0.5225088000297546,   print_iou: 0.3536459505558014
4503 Epoch 73/499:  97%|███████▊   | 32/33 [03:33<00:06,  6.50s/it]print_dice: 0.49467483162879944
     ,   print_iou: 0.32861658930778503
4504 print_dice: 0.5425024628639221,   print_iou: 0.37221500277519226
4505  [32/33] eta: 0:00:06   time: 6.5232  data: 0.0003
4506 Epoch 73/499: 100%|████████   | 33/33 [03:39<00:00,  6.67s/it]
4507  Total time: 0:03:39 (6.6654 s / it)
4508 Averaged stats: training_loss: -36.0785 (-36.0785)  loss_mask: -36.2803 (-36.2803)
     loss_dice: 0.2018 (0.2018)
4509 Net parameter norm: 1054.8383391189855
4510 Validating...
4511 Valid_dataloader len: 12
4512   8%|█        | 1/12 [00:07<01:27,  7.97s/it]print_dice: 0.5320973992347717,  print_iou: 0.
     3624882102012634
4513  [ 0/12] eta: 0:01:35   time: 7.9679  data: 3.9599
4514  17%|█▏       | 2/12 [00:12<00:58,  5.82s/it]print_dice: 0.5497095584869385,  print_iou: 0.
     3790341019630432
4515  25%|██       | 3/12 [00:16<00:46,  5.19s/it]print_dice: 0.49462777376174927,  print_iou: 0
     .3285750448703766
4516 print_dice: 0.48918452858924866,  print_iou: 0.3237884044647217
4517  42%|███▏     | 5/12 [00:25<00:33,  4.74s/it]print_dice: 0.5414415597915649,  print_iou: 0.
     37121692299842834
4518  50%|████     | 6/12 [00:30<00:27,  4.65s/it]print_dice: 0.47850531339645386,  print_iou: 0
     .31449687480926514
4519  58%|████▌    | 7/12 [00:34<00:22,  4.59s/it]print_dice: 0.42663881182670593,  print_iou: 0
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4519 .2711639106273651
4520  67%|███████     | 8/12 [00:38<00:18,  4.51s/it]print_dice: 0.5244766473770142,  print_iou: 0.
      3554512560367584
4521  75%|████████    | 9/12 [00:43<00:13,  4.50s/it]print_dice: 0.5295879244804382,  print_iou: 0.
      3601629137992859
4522  83%|████████▏   | 10/12 [00:47<00:08,  4.46s/it]print_dice: 0.5193983316421509,  print_iou: 0
      .3508021831512451
4523 print_dice: 0.5817118883132935,  print_iou: 0.4101507067680359
4524 100%|███████████| 12/12 [00:56<00:00,  4.35s/it]print_dice: 0.5469958186149597,  print_iou: 0
      .3764585256576538
4525  [11/12]  eta: 0:00:04   time: 4.6884  data: 0.3302
4526 100%|███████████| 12/12 [00:56<00:00,  4.72s/it]
4527  Total time: 0:00:56 (4.7233 s / it)
4528 ============================
4529 Averaged stats:
4530 Epoch 74/499:   0%|             | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
4531 epoch:    74   learning rate:   1e-09
4532 print_dice: 0.46026262640953064,  print_iou: 0.2989228367805481
4533  [ 0/33] eta: 0:05:41   time: 10.3561  data: 3.9501
4534 Epoch 74/499:   6%|▊            | 2/33 [00:16<04:04,  7.89s/it]print_dice: 0.6165467500686646
      ,  print_iou: 0.4456578195095062
4535 Epoch 74/499:   9%|█            | 3/33 [00:23<03:37,  7.26s/it]print_dice: 0.5206242203712463
      ,  print_iou: 0.35192158818244934
4536 print_dice: 0.5428441762924194,  print_iou: 0.3725367784500122
4537 Epoch 74/499:  15%|█            | 5/33 [00:36<03:11,  6.83s/it]print_dice: 0.4716760516166687
      ,  print_iou: 0.3086231052875519
4538 Epoch 74/499:  18%|█▊           | 6/33 [00:42<03:03,  6.81s/it]print_dice: 0.4987322688102722
      ,  print_iou: 0.33220741152763367
4539 print_dice: 0.5173746347427368,  print_iou: 0.34895843267440796
4540 Epoch 74/499:  24%|██▏          | 8/33 [00:56<02:47,  6.72s/it]print_dice: 0.4291917681694031
      ,  print_iou: 0.2732298970222473
4541 Epoch 74/499:  27%|██▊          | 9/33 [01:02<02:40,  6.68s/it]print_dice: 0.5411915183067322
      ,  print_iou: 0.370981901884079
4542 Epoch 74/499:  30%|███          | 10/33 [01:09<02:32,  6.63s/it]print_dice: 0.48481911420822144
      ,  print_iou: 0.319974422454834
4543 print_dice: 0.5471025705337524,  print_iou: 0.37655964493751526
4544 Epoch 74/499:  36%|███▊         | 12/33 [01:22<02:18,  6.60s/it]print_dice: 0.4550327658653259
      ,  print_iou: 0.2945258319377899
4545 print_dice: 0.5419538021087646,  print_iou: 0.37169864773750305
4546 Epoch 74/499:  42%|████▏        | 14/33 [01:35<02:05,  6.63s/it]print_dice: 0.48180440068244934
      ,  print_iou: 0.3173533082008362
4547 Epoch 74/499:  45%|████▊        | 15/33 [01:42<01:58,  6.59s/it]print_dice: 0.5376859903335571
      ,  print_iou: 0.36769533157348633
4548 Epoch 74/499:  48%|█████        | 16/33 [01:48<01:51,  6.58s/it]print_dice: 0.5156977772712708
      ,  print_iou: 0.34743449091911316
4549 print_dice: 0.5546063780784607,  print_iou: 0.38370612263679504
4550 Epoch 74/499:  55%|█████▊       | 18/33 [02:02<01:39,  6.62s/it]print_dice: 0.5157389044761658
      ,  print_iou: 0.34747183322906494
4551 Epoch 74/499:  58%|██████       | 19/33 [02:08<01:32,  6.58s/it]print_dice: 0.5935103297233582
      ,  print_iou: 0.4219798743724823
4552 print_dice: 0.4264577627182007,  print_iou: 0.2710176706314087
4553 Epoch 74/499:  64%|███████      | 21/33 [02:21<01:18,  6.57s/it]print_dice: 0.5269076824188232
      ,  print_iou: 0.35768818855285645
4554 print_dice: 0.4917278587818146,  print_iou: 0.32602062821388245
4555 Epoch 74/499:  70%|███████▊     | 23/33 [02:34<01:05,  6.57s/it]print_dice: 0.5154827833175659
      ,  print_iou: 0.34723931550979614
4556 Epoch 74/499:  73%|████████▏    | 24/33 [02:41<00:58,  6.55s/it]print_dice: 0.5135093927383423
      ,  print_iou: 0.34545081853866577
4557 print_dice: 0.4490424394607544,  print_iou: 0.28952595591545105
4558 Epoch 74/499:  79%|█████████    | 26/33 [02:54<00:46,  6.61s/it]print_dice: 0.482377827167511
      ,  print_iou: 0.31785106658935547
4559 Epoch 74/499:  82%|█████████▏   | 27/33 [03:01<00:39,  6.65s/it]print_dice: 0.5724771022796631
      ,  print_iou: 0.4010283350944519
4560 Epoch 74/499:  85%|█████████▊   | 28/33 [03:07<00:33,  6.63s/it]print_dice: 0.4301397204399109
      ,  print_iou: 0.2739987075328827
4561 Epoch 74/499:  88%|██████████   | 29/33 [03:14<00:26,  6.63s/it]print_dice: 0.4877426326274872
      ,  print_iou: 0.322526216506958
4562 Epoch 74/499:  91%|██████████▏  | 30/33 [03:21<00:19,  6.65s/it]print_dice: 0.5003331303596497
      ,  print_iou: 0.3336294889450073
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4563 Epoch 74/499:  94%|███████▌ | 31/33 [03:27<00:13,  6.63s/it]print_dice: 0.520987331867218
     ,  print_iou: 0.3522534668445587
4564 Epoch 74/499:  97%|███████▊ | 32/33 [03:34<00:06,  6.57s/it]print_dice: 0.5425179600715637
     ,  print_iou: 0.37222960591316223
4565 Epoch 74/499: 100%|████████ | 33/33 [03:40<00:00,  6.49s/it]print_dice: 0.5227860808372498
     ,  print_iou: 0.353900451564789
4566  [32/33]  eta: 0:00:06   time: 6.5783  data: 0.0004
4567 Epoch 74/499: 100%|████████ | 33/33 [03:40<00:00,  6.70s/it]
4568  Total time: 0:03:40 (6.6968 s / it)
4569 Averaged stats: training_loss: 96.6891 (96.6891)  loss_mask: 96.2429 (96.2429)  loss_dice: 0
     .4462 (0.4462)
4570 Net parameter norm: 1054.8383397645084
4571 Validating...
4572 Valid_dataloader len: 12
4573   8%|█         | 1/12 [00:08<01:35,  8.69s/it]print_dice: 0.5169294476509094,  print_iou: 0.
     34855353832244873
4574  [ 0/12]  eta: 0:01:44   time: 8.6877  data: 4.3286
4575 print_dice: 0.5481342077255249,  print_iou: 0.3775378167629242
4576  25%|██        | 3/12 [00:17<00:49,  5.53s/it]print_dice: 0.4945901036262512,  print_iou: 0.
     3285418152809143
4577  33%|███       | 4/12 [00:22<00:41,  5.17s/it]print_dice: 0.5008083581924438,  print_iou: 0.
     3340522348880768
4578 print_dice: 0.5492841601371765,  print_iou: 0.37862977385520935
4579  50%|████      | 6/12 [00:31<00:28,  4.73s/it]print_dice: 0.4686592221260071,  print_iou: 0.
     3060449957847595
4580  58%|████▊     | 7/12 [00:35<00:23,  4.65s/it]print_dice: 0.42496269941329956,  print_iou: 0
     .2698111832141876
4581  67%|██████    | 8/12 [00:40<00:18,  4.57s/it]print_dice: 0.5159560441970825,  print_iou: 0.
     34766894578933716
4582  75%|███████   | 9/12 [00:44<00:13,  4.55s/it]print_dice: 0.5201029777526855,  print_iou: 0.
     35144537687301636
4583 print_dice: 0.5265477299690247,  print_iou: 0.3573564887046814
4584  92%|█████████▎| 11/12 [00:53<00:04,  4.43s/it]print_dice: 0.5881063938140869,  print_iou: 0
     .4165373146533966
4585 100%|██████████| 12/12 [00:57<00:00,  4.38s/it]print_dice: 0.5551692247390747,  print_iou: 0
     .3842451572418213
4586  [11/12]  eta: 0:00:04   time: 4.8051  data: 0.3611
4587 100%|██████████| 12/12 [00:58<00:00,  4.86s/it]
4588  Total time: 0:00:58 (4.8562 s / it)
4589 ============================
4590 Averaged stats:
4591 Epoch 75/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
4592 epoch:    75   learning rate:   1e-09
4593 print_dice: 0.5147310495376587,  print_iou: 0.3465574383735657
4594  [ 0/33]  eta: 0:06:05   time: 11.0871  data: 4.7573
4595 Epoch 75/499:   6%|▌         | 2/33 [00:17<04:16,  8.26s/it]print_dice: 0.5946786403656006
     ,  print_iou: 0.4231620132923126
4596 Epoch 75/499:   9%|▉         | 3/33 [00:23<03:42,  7.43s/it]print_dice: 0.516700267791748
     ,  print_iou: 0.34834516048431396
4597 print_dice: 0.5239385366439819,  print_iou: 0.35495713353157043
4598 Epoch 75/499:  15%|█▌        | 5/33 [00:36<03:13,  6.91s/it]print_dice: 0.5546226501464844
     ,  print_iou: 0.3837216794490814
4599 print_dice: 0.5705851912498474,  print_iou: 0.39917394518852234
4600 Epoch 75/499:  21%|██        | 7/33 [00:50<02:54,  6.72s/it]print_dice: 0.4818233251571655
     ,  print_iou: 0.3173697292804718
4601 print_dice: 0.5204333662986755,  print_iou: 0.35174718499183655
4602 Epoch 75/499:  27%|██▋       | 9/33 [01:03<02:39,  6.63s/it]print_dice: 0.4411662817001343
     ,  print_iou: 0.28301048278808594
4603 Epoch 75/499:  30%|███       | 10/33 [01:09<02:31,  6.60s/it]print_dice: 0.5427759885787964
     ,  print_iou: 0.3724725842475891
4604 Epoch 75/499:  33%|███▎      | 11/33 [01:16<02:25,  6.62s/it]print_dice: 0.5394049286842346
     ,  print_iou: 0.369304895401001
4605 print_dice: 0.4572184979915619,  print_iou: 0.2963598668575287
4606 Epoch 75/499:  39%|███▉      | 13/33 [01:29<02:11,  6.58s/it]print_dice: 0.48143449425697327
     ,  print_iou: 0.31703242659568787
4607 print_dice: 0.4947362840175287,  print_iou: 0.3286708295453064
4608 Epoch 75/499:  45%|████▌     | 15/33 [01:42<01:58,  6.58s/it]print_dice: 0.4492696523666382
     ,  print_iou: 0.28971487283706665
4609 Epoch 75/499:  48%|████▊     | 16/33 [01:49<01:51,  6.56s/it]print_dice: 0.5471548438072205
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4609  ,    print_iou: 0.3766091763973236
4610 print_dice: 0.471976131007904,   print_iou: 0.3088800609111786
4611 Epoch 75/499:   55%|█████    | 18/33 [02:02<01:37,  6.52s/it]print_dice: 0.48509708046913147
     ,    print_iou: 0.3202165961265564
4612 Epoch 75/499:   58%|█████    | 19/33 [02:08<01:31,  6.53s/it]print_dice: 0.4873247742652893
     ,    print_iou: 0.3216086983680725
4613 Epoch 75/499:   61%|██████   | 20/33 [02:15<01:24,  6.52s/it]print_dice: 0.5229228138923645
     ,    print_iou: 0.35402536392211914
4614 Epoch 75/499:   64%|██████   | 21/33 [02:21<01:18,  6.54s/it]print_dice: 0.521647036075592
     ,    print_iou: 0.35285690426826477
4615 print_dice: 0.5371934771537781,   print_iou: 0.3672347962856293
4616 Epoch 75/499:   70%|███████  | 23/33 [02:34<01:05,  6.51s/it]print_dice: 0.42841580510139465
     ,    print_iou: 0.27260124683380127
4617 Epoch 75/499:   73%|███████  | 24/33 [02:41<00:58,  6.52s/it]print_dice: 0.426460325717926
     ,    print_iou: 0.27101972699165344
4618 Epoch 75/499:   76%|███████  | 25/33 [02:47<00:52,  6.54s/it]print_dice: 0.4999871850013733
     ,    print_iou: 0.3333219289779663
4619 print_dice: 0.6165143251419067,   print_iou: 0.44562390446662903
4620 Epoch 75/499:   82%|████████ | 27/33 [03:00<00:39,  6.51s/it]print_dice: 0.5133246779441833
     ,    print_iou: 0.3452836573123932
4621 Epoch 75/499:   85%|████████ | 28/33 [03:07<00:32,  6.53s/it]print_dice: 0.4987476170063019
     ,    print_iou: 0.33222103118896484
4622 print_dice: 0.5160863995552063,   print_iou: 0.34778738021850586
4623 Epoch 75/499:   91%|█████████| 30/33 [03:20<00:19,  6.53s/it]print_dice: 0.42842885851860046
     ,    print_iou: 0.2726117968559265
4624 print_dice: 0.5413180589675903,   print_iou: 0.37110084295272827
4625 Epoch 75/499:   97%|█████████| 32/33 [03:33<00:06,  6.53s/it]print_dice: 0.536292552947998
     ,    print_iou: 0.3663932681083679
4626 Epoch 75/499:  100%|█████████| 33/33 [03:39<00:00,  6.50s/it]print_dice: 0.5210683345794678
     ,    print_iou: 0.35232752561569214
4627   [32/33]  eta: 0:00:06   time: 6.5226  data: 0.0007
4628 Epoch 75/499:  100%|█████████| 33/33 [03:40<00:00,  6.68s/it]
4629  Total time: 0:03:40 (6.6758 s / it)
4630 Averaged stats: training_loss: -77.5073 (-77.5073)  loss_mask: -77.6318 (-77.6318)
     loss_dice: 0.1245 (0.1245)
4631   0%|         | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.83833781688
4632 Validating...
4633 Valid_dataloader len: 12
4634   8%|█       | 1/12 [00:08<01:28,  8.04s/it]print_dice: 0.5188605189323425,  print_iou: 0.
     3503117561340332
4635   [ 0/12]  eta: 0:01:36   time: 8.0372  data: 3.9376
4636 print_dice: 0.5497326254844666,  print_iou: 0.37905606627464294
4637  25%|██      | 3/12 [00:16<00:46,  5.20s/it]print_dice: 0.49462273716926575,  print_iou: 0
     .3285706341266632
4638  33%|███     | 4/12 [00:21<00:39,  4.96s/it]print_dice: 0.4764077365398407,  print_iou: 0.
     3126871585845947
4639 print_dice: 0.5356511473655701,  print_iou: 0.3657947778701782
4640  50%|████    | 6/12 [00:30<00:27,  4.64s/it]print_dice: 0.4835491478443146,  print_iou: 0.
     3188689947128296
4641 print_dice: 0.436203271150589,  print_iou: 0.2789386212825775
4642  67%|█████   | 8/12 [00:39<00:18,  4.52s/it]print_dice: 0.5214167237281799,  print_iou: 0.
     3526461720466614
4643 print_dice: 0.5295886397361755,  print_iou: 0.3601635992527008
4644  83%|███████ | 10/12 [00:47<00:08,  4.47s/it]print_dice: 0.5383689403533936,  print_iou: 0
     .3683343529701233
4645 print_dice: 0.581695020198822,  print_iou: 0.410133957862854
4646 100%|████████| 12/12 [00:56<00:00,  4.36s/it]print_dice: 0.5503600835800171,  print_iou: 0
     .3796529769897461
4647   [11/12]  eta: 0:00:04   time: 4.7061  data: 0.3287
4648 100%|████████| 12/12 [00:56<00:00,  4.74s/it]
4649  Total time: 0:00:56 (4.7438 s / it)
4650 ============================
4651 Averaged stats:
4652 Epoch 76/499:    0%|         | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
4653 epoch:    76   learning rate:   1e-09
4654 Epoch 76/499:    3%|█        | 1/33 [00:10<05:25, 10.18s/it]print_dice: 0.4911251962184906
     ,    print_iou: 0.3254910409450531
4655   [ 0/33]  eta: 0:05:35   time: 10.1755  data: 3.9693
4656 Epoch 76/499:    6%|█        | 2/33 [00:16<04:04,  7.88s/it]print_dice: 0.4264676868915558
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4656 ,     print_iou: 0.271025687456131
4657 Epoch 76/499:   9%|█           | 3/33 [00:22<03:32,  7.09s/it]print_dice: 0.5198018550872803
     ,     print_iou: 0.3517045044898987
4658 Epoch 76/499:  12%|█           | 4/33 [00:29<03:19,  6.89s/it]print_dice: 0.5413359999656677
     ,     print_iou: 0.3711176812648773
4659 Epoch 76/499:  15%|█           | 5/33 [00:35<03:09,  6.76s/it]print_dice: 0.5149776935577393
     ,     print_iou: 0.3467811346054077
4660 print_dice: 0.5204465985298157,    print_iou: 0.35175925493240356
4661 Epoch 76/499:  21%|██          | 7/33 [00:48<02:52,  6.65s/it]print_dice: 0.5141640901565552
     ,     print_iou: 0.3460436463356018
4662 Epoch 76/499:  24%|██          | 8/33 [00:55<02:46,  6.64s/it]print_dice: 0.48678651452064514
     ,     print_iou: 0.3216905891895294
4663 Epoch 76/499:  27%|██          | 9/33 [01:02<02:38,  6.62s/it]print_dice: 0.5372083187103271
     ,     print_iou: 0.36724868416786194
4664 Epoch 76/499:  30%|███         | 10/33 [01:08<02:31,  6.57s/it]print_dice: 0.5725022554397583
     ,     print_iou: 0.4010530114173889
4665 print_dice: 0.4805874228477478,    print_iou: 0.31629815697669983
4666 Epoch 76/499:  36%|███         | 12/33 [01:21<02:18,  6.59s/it]print_dice: 0.516011118888855
     ,     print_iou: 0.3477189838886261
4667 Epoch 76/499:  39%|███         | 13/33 [01:28<02:11,  6.57s/it]print_dice: 0.48210668563842773
     ,     print_iou: 0.31761565804481506
4668 Epoch 76/499:  42%|████        | 14/33 [01:34<02:05,  6.60s/it]print_dice: 0.5935975909233093
     ,     print_iou: 0.42206811904907227
4669 Epoch 76/499:  45%|████        | 15/33 [01:41<01:57,  6.54s/it]print_dice: 0.502524733543396
     ,     print_iou: 0.33558133244514465
4670 Epoch 76/499:  48%|████        | 16/33 [01:47<01:51,  6.56s/it]print_dice: 0.5112887024879456
     ,     print_iou: 0.3434438407421112
4671 print_dice: 0.5010057091712952,    print_iou: 0.33422788977622986
4672 Epoch 76/499:  55%|█████       | 18/33 [02:00<01:38,  6.54s/it]print_dice: 0.4851835370063782
     ,     print_iou: 0.3202919661998749
4673 Epoch 76/499:  58%|█████       | 19/33 [02:07<01:31,  6.52s/it]print_dice: 0.6194669008255005
     ,     print_iou: 0.4487157166004181
4674 Epoch 76/499:  61%|██████      | 20/33 [02:13<01:24,  6.51s/it]print_dice: 0.5546502470970154
     ,     print_iou: 0.3837481141090393
4675 Epoch 76/499:  64%|██████      | 21/33 [02:20<01:18,  6.54s/it]print_dice: 0.520632266998291
     ,     print_iou: 0.3519288897514343
4676 print_dice: 0.4287225306034088,    print_iou: 0.2728496789932251
4677 Epoch 76/499:  70%|██████      | 23/33 [02:33<01:05,  6.54s/it]print_dice: 0.5209958553314209
     ,     print_iou: 0.3522612154483795
4678 Epoch 76/499:  73%|███████     | 24/33 [02:40<00:58,  6.55s/it]print_dice: 0.5392236113548279
     ,     print_iou: 0.36913496255874634
4679 Epoch 76/499:  76%|███████     | 25/33 [02:46<00:52,  6.55s/it]print_dice: 0.4721103012561798
     ,     print_iou: 0.30899500846862793
4680 print_dice: 0.44115063548088074,    print_iou: 0.28299760818481445
4681 Epoch 76/499:  82%|████████    | 27/33 [02:59<00:39,  6.51s/it]print_dice: 0.45951685309410095
     ,     print_iou: 0.2982940077781677
4682 print_dice: 0.42834630608558655,    print_iou: 0.2725449502468109
4683 Epoch 76/499:  88%|████████    | 29/33 [03:12<00:26,  6.52s/it]print_dice: 0.5470535755157471
     ,     print_iou: 0.3765132427215576
4684 Epoch 76/499:  91%|████████    | 30/33 [03:19<00:19,  6.54s/it]print_dice: 0.45518413186073303
     ,     print_iou: 0.29465267062187195
4685 Epoch 76/499:  94%|█████████   | 31/33 [03:25<00:13,  6.53s/it]print_dice: 0.5434365272521973
     ,     print_iou: 0.37309500575065613
4686 Epoch 76/499:  97%|█████████   | 32/33 [03:32<00:06,  6.47s/it]print_dice: 0.5424817204475403
     ,     print_iou: 0.37219545245170593
4687 Epoch 76/499: 100%|█████████   | 33/33 [03:38<00:00,  6.43s/it]print_dice: 0.5239867568016052
     ,     print_iou: 0.35500138998031616
4688   [32/33]  eta: 0:00:06   time: 6.5148  data: 0.0003
4689 Epoch 76/499: 100%|█████████   | 33/33 [03:38<00:00,  6.63s/it]
4690  Total time: 0:03:38 (6.6332 s / it)
4691 Averaged stats: training_loss: -47.5689 (-47.5689)  loss_mask: -47.7126 (-47.7126)
     loss_dice: 0.1438 (0.1438)
4692   0%|           | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383385756752
4693 Validating...
4694 Valid_dataloader len: 12
4695   8%|█          | 1/12 [00:08<01:28,  8.01s/it]print_dice: 0.5188503861427307,  print_iou: 0.
     35030245780944824
4696  [ 0/12]  eta: 0:01:36   time: 8.0138  data: 3.9298
4697  17%|██         | 2/12 [00:12<00:58,  5.81s/it]print_dice: 0.5481390953063965,  print_iou: 0.
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4697 3775424361228943
4698  25%|██        | 3/12 [00:16<00:46,  5.13s/it]print_dice: 0.4946158528327942,  print_iou: 0.
     3285645544528961
4699  33%|███       | 4/12 [00:21<00:38,  4.86s/it]print_dice: 0.5008243322372437,  print_iou: 0.
     3340664803981781
4700  42%|████      | 5/12 [00:25<00:32,  4.67s/it]print_dice: 0.5366137623786926,  print_iou: 0.
     3666931986808777
4701  50%|█████     | 6/12 [00:29<00:27,  4.62s/it]print_dice: 0.48354625701904297,  print_iou: 0
     .318866491317749
4702  58%|█████▋    | 7/12 [00:34<00:23,  4.62s/it]print_dice: 0.42664656043052673,  print_iou: 0
     .2711701989173889
4703  67%|██████▋   | 8/12 [00:38<00:18,  4.55s/it]print_dice: 0.5214135050773621,  print_iou: 0.
     352643221616745
4704  75%|███████▌  | 9/12 [00:43<00:13,  4.53s/it]print_dice: 0.5265798568725586,  print_iou: 0.
     3573860824108124
4705  83%|████████▎ | 10/12 [00:47<00:08,  4.46s/it]print_dice: 0.5383762121200562,  print_iou: 0
     .3683411777019501
4706  92%|█████████▏| 11/12 [00:51<00:04,  4.39s/it]print_dice: 0.5808225870132446,  print_iou: 0
     .4092670679092407
4707 100%|██████████| 12/12 [00:56<00:00,  4.35s/it]print_dice: 0.5476782917976379,  print_iou: 0
     .37710532546043396
4708  [11/12]  eta: 0:00:04   time: 4.6824  data: 0.3282
4709 100%|██████████| 12/12 [00:56<00:00,  4.72s/it]
4710  Total time: 0:00:56 (4.7152 s / it)
4711 ============================
4712 Averaged stats:
4713 Epoch 77/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
4714 epoch:    77   learning rate:   1e-09
4715 Epoch 77/499:   3%|▏         | 1/33 [00:10<05:41, 10.68s/it]print_dice: 0.480605810880661
     ,  print_iou: 0.31631410121917725
4716  [ 0/33]  eta: 0:05:52   time: 10.6829  data: 4.2715
4717 print_dice: 0.5174548029899597,  print_iou: 0.34903138875961304
4718 Epoch 77/499:   9%|▊         | 3/33 [00:23<03:40,  7.34s/it]print_dice: 0.44021785259246826
     ,  print_iou: 0.28223034739494324
4719 print_dice: 0.48328667879104614,  print_iou: 0.3186407685279846
4720 Epoch 77/499:  15%|█▍        | 5/33 [00:36<03:12,  6.88s/it]print_dice: 0.5228057503700256
     ,  print_iou: 0.35391807556152344
4721 print_dice: 0.5209852457046509,  print_iou: 0.3522515594959259
4722 Epoch 77/499:  21%|██        | 7/33 [00:49<02:54,  6.70s/it]print_dice: 0.5419730544090271
     ,  print_iou: 0.3717167377471924
4723 Epoch 77/499:  24%|██▍       | 8/33 [00:56<02:46,  6.64s/it]print_dice: 0.4987460970878601
     ,  print_iou: 0.3322196900844574
4724 Epoch 77/499:  27%|██▋       | 9/33 [01:02<02:38,  6.59s/it]print_dice: 0.5161640644073486
     ,  print_iou: 0.34785789251327515
4725 Epoch 77/499:  30%|███       | 10/33 [01:09<02:30,  6.56s/it]print_dice: 0.5412241220474243
     ,  print_iou: 0.37101250886917114
4726 Epoch 77/499:  33%|███▎      | 11/33 [01:15<02:24,  6.57s/it]print_dice: 0.4261232614517212
     ,  print_iou: 0.2707475423812866
4727 print_dice: 0.4918869733810425,  print_iou: 0.3261605501174927
4728 Epoch 77/499:  39%|███▉      | 13/33 [01:28<02:10,  6.54s/it]print_dice: 0.5211004614830017
     ,  print_iou: 0.3523569107055664
4729 print_dice: 0.5002903938293457,  print_iou: 0.333591490983963
4730 Epoch 77/499:  45%|████▌     | 15/33 [01:41<01:56,  6.49s/it]print_dice: 0.4301516115665436
     ,  print_iou: 0.2740083634853363
4731 print_dice: 0.48675915598869324,  print_iou: 0.3216666877269745
4732 Epoch 77/499:  52%|█████▏    | 17/33 [01:54<01:44,  6.54s/it]print_dice: 0.5235845446586609
     ,  print_iou: 0.35463225841522217
4733 print_dice: 0.5151835680007935,  print_iou: 0.346967875957489
4734 Epoch 77/499:  58%|█████▊    | 19/33 [02:07<01:31,  6.53s/it]print_dice: 0.537743091583252
     ,  print_iou: 0.3677487075328827
4735 Epoch 77/499:  61%|██████    | 20/33 [02:14<01:24,  6.51s/it]print_dice: 0.4579697847366333
     ,  print_iou: 0.2969914376735687
4736 Epoch 77/499:  64%|██████▍   | 21/33 [02:20<01:18,  6.52s/it]print_dice: 0.48520374298095703
     ,  print_iou: 0.320309579372406
4737 print_dice: 0.6196188926696777,  print_iou: 0.4488752484321594
4738 Epoch 77/499:  70%|███████   | 23/33 [02:33<01:05,  6.52s/it]print_dice: 0.5112844109535217
     ,  print_iou: 0.3434399366378784
4739 Epoch 77/499:  73%|███████▎  | 24/33 [02:40<00:58,  6.55s/it]print_dice: 0.5708587765693665
     ,  print_iou: 0.39944180846214294
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4740 print_dice: 0.5363163352012634,   print_iou: 0.36641547083854675
4741 Epoch 77/499:   79%|███████    | 26/33 [02:53<00:45,  6.54s/it]print_dice: 0.5412225723266602
     ,   print_iou: 0.37101104855537415
4742 Epoch 77/499:   82%|███████    | 27/33 [03:00<00:39,  6.59s/it]print_dice: 0.5540159344673157
     ,   print_iou: 0.38314110040664673
4743 Epoch 77/499:   85%|███████    | 28/33 [03:06<00:32,  6.59s/it]print_dice: 0.4721323251724243
     ,   print_iou: 0.30901387333869934
4744 Epoch 77/499:   88%|███████    | 29/33 [03:13<00:26,  6.55s/it]print_dice: 0.5471238493919373
     ,   print_iou: 0.37657982110977173
4745 print_dice: 0.5157222151756287,   print_iou: 0.3474566638469696
4746 Epoch 77/499:   94%|████████   | 31/33 [03:26<00:13,  6.54s/it]print_dice: 0.5935767889022827
     ,   print_iou: 0.42204707860946655
4747 Epoch 77/499:   97%|████████   | 32/33 [03:32<00:06,  6.48s/it]print_dice: 0.4288775324821472
     ,   print_iou: 0.27297523617744446
4748 Epoch 77/499:  100%|████████   | 33/33 [03:39<00:00,  6.47s/it]print_dice: 0.4555177390575409
     ,   print_iou: 0.2949323058128357
4749  [32/33]  eta: 0:00:06   time: 6.5192  data: 0.0005
4750 Epoch 77/499:  100%|████████   | 33/33 [03:39<00:00,  6.65s/it]
4751  Total time: 0:03:39 (6.6512 s / it)
4752 Averaged stats: training_loss: 68.0658 (68.0658)  loss_mask: 67.5665 (67.5665)  loss_dice: 0
     .4993 (0.4993)
4753 Net parameter norm: 1054.8383378057042
4754   0%|          | 0/12 [00:00<?, ?it/s]Validating...
4755 Valid_dataloader len: 12
4756   8%|█         | 1/12 [00:07<01:27,  7.93s/it]print_dice: 0.5136101841926575,   print_iou: 0.
     3455420434474945
4757  [ 0/12]  eta: 0:01:35   time: 7.9251  data: 3.8670
4758  17%|██        | 2/12 [00:12<00:57,  5.71s/it]print_dice: 0.5481049418449402,   print_iou: 0.
     37751004099845886
4759 print_dice: 0.5065639019012451,  print_iou: 0.33919355273246765
4760  33%|███       | 4/12 [00:20<00:38,  4.83s/it]print_dice: 0.48990848660469055,   print_iou: 0
     .32442304491996765
4761 print_dice: 0.5432460904121399,  print_iou: 0.37291550636291504
4762  50%|█████     | 6/12 [00:29<00:27,  4.66s/it]print_dice: 0.48352736234664917,   print_iou: 0
     .318850040435791
4763  58%|██████    | 7/12 [00:34<00:23,  4.63s/it]print_dice: 0.42662864923477173,   print_iou: 0
     .2711557149887085
4764  67%|██████    | 8/12 [00:38<00:18,  4.54s/it]print_dice: 0.5244799256324768,   print_iou: 0.
     35545429587364197
4765 print_dice: 0.5183051824569702,  print_iou: 0.349805623292923
4766  83%|████████  | 10/12 [00:47<00:08,  4.42s/it]print_dice: 0.532969057559967,   print_iou: 0.
     36329779028892517
4767  92%|█████████ | 11/12 [00:51<00:04,  4.40s/it]print_dice: 0.5880735516548157,   print_iou: 0
     .4165043830871582
4768 100%|██████████| 12/12 [00:56<00:00,  4.37s/it]print_dice: 0.5488852858543396,   print_iou: 0
     .3782508075237274
4769  [11/12]  eta: 0:00:04   time: 4.6809  data: 0.3228
4770  Total time: 0:00:56 (4.7165 s / it)
4771 =============================
4772 Averaged stats:
4773 100%|██████████| 12/12 [00:56<00:00,  4.72s/it]
4774 Epoch 78/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
4775 epoch:    78   learning rate:   1e-09
4776 Epoch 78/499:   3%|          | 1/33 [00:10<05:32, 10.40s/it]print_dice: 0.5266918540000916
     ,   print_iou: 0.35748928785324097
4777  [ 0/33]  eta: 0:05:43   time: 10.4032  data: 4.1078
4778 Epoch 78/499:   6%|          | 2/33 [00:16<04:07,  7.99s/it]print_dice: 0.5156179070472717
     ,   print_iou: 0.3473620116710663
4779 Epoch 78/499:   9%|          | 3/33 [00:23<03:39,  7.33s/it]print_dice: 0.4818080961704254
     ,   print_iou: 0.31735649704933167
4780 Epoch 78/499:  12%|█         | 4/33 [00:29<03:24,  7.07s/it]print_dice: 0.44937863945961,
     print_iou: 0.28980553150177
4781 Epoch 78/499:  15%|█         | 5/33 [00:36<03:11,  6.85s/it]print_dice: 0.44907620549201965
     ,   print_iou: 0.28955399990081787
4782 Epoch 78/499:  18%|█         | 6/33 [00:42<03:02,  6.76s/it]print_dice: 0.5141750574111938
     ,   print_iou: 0.3460536003112793
4783 Epoch 78/499:  21%|██        | 7/33 [00:49<02:52,  6.65s/it]print_dice: 0.4884262979030609
     ,   print_iou: 0.32312434911727905
4784 Epoch 78/499:  24%|██        | 8/33 [00:55<02:45,  6.61s/it]print_dice: 0.5213667750358582
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4784 ,    print_iou: 0.35260048508644104
4785 print_dice: 0.5425914525985718,    print_iou: 0.3722987771034241
4786 Epoch 78/499:  30%|██        | 10/33 [01:09<02:31,  6.59s/it]print_dice: 0.514687180519104
     ,    print_iou: 0.3465176820755005
4787 print_dice: 0.5541617274284363,    print_iou: 0.38328057527542114
4788 Epoch 78/499:  36%|███       | 12/33 [01:22<02:18,  6.58s/it]print_dice: 0.46970421075820923
     ,    print_iou: 0.3069368600845337
4789 Epoch 78/499:  39%|███       | 13/33 [01:28<02:11,  6.58s/it]print_dice: 0.5025556087493896
     ,    print_iou: 0.3356088697910309
4790 Epoch 78/499:  42%|███       | 14/33 [01:35<02:04,  6.58s/it]print_dice: 0.5936046242713928
     ,    print_iou: 0.42207521200180054
4791 Epoch 78/499:  45%|████      | 15/33 [01:41<01:57,  6.54s/it]print_dice: 0.5009769797325134
     ,    print_iou: 0.3342023491859436
4792 print_dice: 0.5470725297927856,    print_iou: 0.376531183719635
4793 Epoch 78/499:  52%|████      | 17/33 [01:55<01:45,  6.59s/it]print_dice: 0.4947505593299866
     ,    print_iou: 0.32868343591690063
4794 Epoch 78/499:  55%|████      | 18/33 [02:01<01:39,  6.61s/it]print_dice: 0.4597034752368927
     ,    print_iou: 0.29845130443573
4795 print_dice: 0.42888033390045166,    print_iou: 0.2729775309562683
4796 Epoch 78/499:  61%|█████     | 20/33 [02:14<01:25,  6.57s/it]print_dice: 0.5428177714347839
     ,    print_iou: 0.3751195311546326
4797 print_dice: 0.572540819644928,    print_iou: 0.4010908901691437
4798 Epoch 78/499:  67%|█████     | 22/33 [02:27<01:11,  6.53s/it]print_dice: 0.5226297974586487
     ,    print_iou: 0.3537568151950836
4799 Epoch 78/499:  70%|█████     | 23/33 [02:34<01:05,  6.52s/it]print_dice: 0.5414525866508484
     ,    print_iou: 0.37122729420661926
4800 Epoch 78/499:  73%|██████    | 24/33 [02:40<00:58,  6.55s/it]print_dice: 0.42650794982910156
     ,    print_iou: 0.27105820178985596
4801 Epoch 78/499:  76%|██████    | 25/33 [02:47<00:52,  6.55s/it]print_dice: 0.4816318154335022
     ,    print_iou: 0.3172035813331604
4802 Epoch 78/499:  79%|██████    | 26/33 [02:53<00:46,  6.58s/it]print_dice: 0.4286329448223114
     ,    print_iou: 0.27277711033821106
4803 Epoch 78/499:  82%|███████   | 27/33 [03:00<00:39,  6.54s/it]print_dice: 0.4848507344722748
     ,    print_iou: 0.3200019598007202
4804 print_dice: 0.6165157556533813,    print_iou: 0.4456254243850708
4805 Epoch 78/499:  88%|███████   | 29/33 [03:13<00:26,  6.52s/it]print_dice: 0.5419517159461975
     ,    print_iou: 0.37169668078422546
4806 print_dice: 0.5132407546043396,    print_iou: 0.34520772099494934
4807 Epoch 78/499:  94%|████████  | 31/33 [03:26<00:12,  6.50s/it]print_dice: 0.537226140499115
     ,    print_iou: 0.36726534366607666
4808 Epoch 78/499:  97%|████████  | 32/33 [03:33<00:06,  6.56s/it]print_dice: 0.5204553008079529
     ,    print_iou: 0.3517672121524811
4809 Epoch 78/499: 100%|████████  | 33/33 [03:39<00:00,  6.55s/it]print_dice: 0.520102858543396
     ,    print_iou: 0.3514452576637268
4810  [32/33]  eta: 0:00:06   time: 6.5495  data: 0.0005
4811  Total time: 0:03:40 (6.6692 s / it)
4812 Averaged stats: training_loss: -83.7616 (-83.7616)  loss_mask: -83.8652 (-83.8652)
     loss_dice: 0.1036 (0.1036)
4813 Epoch 78/499: 100%|████████  | 33/33 [03:40<00:00,  6.67s/it]
4814   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.838340666378
4815 Validating...
4816 Valid_dataloader len: 12
4817 print_dice: 0.5219349265098572,  print_iou: 0.3531203866004944
4818  [ 0/12]  eta: 0:01:35   time: 7.9589  data: 3.8783
4819  17%|██        | 2/12 [00:12<00:57,  5.80s/it]print_dice: 0.5481159090995789,  print_iou: 0.
     37752044200897217
4820  25%|██        | 3/12 [00:16<00:46,  5.18s/it]print_dice: 0.4946574568748474,  print_iou: 0.
     32860127091407776
4821 print_dice: 0.5008095502853394,  print_iou: 0.33405330777168274
4822  42%|███       | 5/12 [00:25<00:33,  4.74s/it]print_dice: 0.5433501601219177,  print_iou: 0.
     37301358580589294
4823 print_dice: 0.4836232364177704,  print_iou: 0.3189334273338318
4824  58%|█████     | 7/12 [00:34<00:23,  4.72s/it]print_dice: 0.42663466930389404,  print_iou: 0
     .271606025695801
4825  67%|██████    | 8/12 [00:39<00:18,  4.59s/it]print_dice: 0.521663248538971,  print_iou: 0.
     35287171602249146
4826  75%|███████   | 9/12 [00:43<00:13,  4.58s/it]print_dice: 0.5296291708946228,  print_iou: 0.
     36020106077194214
4827  83%|███████   | 10/12 [00:48<00:08,  4.49s/it]print_dice: 0.527057409286499,  print_iou: 0.
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4827 3578261435031891
4828  92%|███████| | 11/12 [00:52<00:04,  4.43s/it]print_dice: 0.5881389379501343,  print_iou: 0
     .4165700078010559
4829 100%|███████| | 12/12 [00:56<00:00,  4.37s/it]print_dice: 0.5425360798835754,  print_iou: 0
     .372246652841568
4830  [11/12] eta: 0:00:04   time: 4.7195  data: 0.3235
4831 100%|███████| | 12/12 [00:57<00:00,  4.76s/it]
4832  Total time: 0:00:57 (4.7641 s / it)
4833 ===========================
4834 Averaged stats:
4835 Epoch 79/499:   0%|         | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
4836 epoch:    79   learning rate:   1e-09
4837 Epoch 79/499:   3%|▏        | 1/33 [00:10<05:45, 10.79s/it]print_dice: 0.45734307169914246
     ,  print_iou: 0.2964645326137543
4838  [ 0/33] eta: 0:05:56   time: 10.7931  data: 4.3669
4839 print_dice: 0.5725082755088806,  print_iou: 0.40105894207954407
4840 Epoch 79/499:   9%|█        | 3/33 [00:23<03:42,  7.42s/it]print_dice: 0.5384799838066101
     ,  print_iou: 0.36843833327293396
4841 print_dice: 0.5135330557823181,  print_iou: 0.34547221660614014
4842 Epoch 79/499:  15%|█▏       | 5/33 [00:36<03:12,  6.87s/it]print_dice: 0.5158622860908508
     ,  print_iou: 0.3475838601589203
4843 Epoch 79/499:  18%|█▌       | 6/33 [00:43<03:02,  6.75s/it]print_dice: 0.5372233390808105
     ,  print_iou: 0.36726272106170654
4844 Epoch 79/499:  21%|█▌       | 7/33 [00:49<02:53,  6.66s/it]print_dice: 0.5932300686836243
     ,  print_iou: 0.42169660329818726
4845 Epoch 79/499:  24%|█▋       | 8/33 [00:56<02:45,  6.60s/it]print_dice: 0.5428376793861389
     ,  print_iou: 0.3725306987762451
4846 print_dice: 0.49463406205177307,  print_iou: 0.3285806179046631
4847 Epoch 79/499:  30%|██       | 10/33 [01:09<02:30,  6.55s/it]print_dice: 0.5174058079719543
     ,  print_iou: 0.34898683428764343
4848 print_dice: 0.4985702633857727,  print_iou: 0.3320636749267578
4849 Epoch 79/499:  36%|██▌      | 12/33 [01:22<02:18,  6.58s/it]print_dice: 0.5240252614021301
     ,  print_iou: 0.35503676533699036
4850 Epoch 79/499:  39%|██▋      | 13/33 [01:29<02:12,  6.62s/it]print_dice: 0.48511189222335815
     ,  print_iou: 0.32022953033447266
4851 print_dice: 0.5546474456787109,  print_iou: 0.3837454617023468
4852 Epoch 79/499:  45%|███      | 15/33 [01:42<01:58,  6.57s/it]print_dice: 0.5407297015190125
     ,  print_iou: 0.37054798007011414
4853 print_dice: 0.4825190007686615,  print_iou: 0.31797367334365845
4854 Epoch 79/499:  52%|███▌     | 17/33 [01:55<01:44,  6.53s/it]print_dice: 0.5473528504371643
     ,  print_iou: 0.3767968416213989
4855 Epoch 79/499:  55%|███▋     | 18/33 [02:01<01:37,  6.51s/it]print_dice: 0.5413557291030884
     ,  print_iou: 0.37113624811172485
4856 print_dice: 0.5003244876861572,  print_iou: 0.3336217999458313
4857 Epoch 79/499:  61%|████     | 20/33 [02:14<01:24,  6.52s/it]print_dice: 0.48203009366989136
     ,  print_iou: 0.3175491690635681
4858 print_dice: 0.4881559908390045,  print_iou: 0.3228878080844879
4859 Epoch 79/499:  67%|████▌    | 22/33 [02:27<01:11,  6.52s/it]print_dice: 0.4286356568336487
     ,  print_iou: 0.27277931571006775
4860 Epoch 79/499:  70%|████▋    | 23/33 [02:34<01:05,  6.52s/it]print_dice: 0.5210784673690796
     ,  print_iou: 0.3523367941379547
4861 print_dice: 0.5228254795074463,  print_iou: 0.35393616557121277
4862 Epoch 79/499:  76%|█████    | 25/33 [02:47<00:53,  6.63s/it]print_dice: 0.44907957315444946
     ,  print_iou: 0.2895568311214447
4863 Epoch 79/499:  79%|█████▍   | 26/33 [02:54<00:46,  6.61s/it]print_dice: 0.4288632571697235
     ,  print_iou: 0.27296367287635803
4864 Epoch 79/499:  82%|█████▋   | 27/33 [03:00<00:39,  6.63s/it]print_dice: 0.4261488914489746
     ,  print_iou: 0.2707682251930237
4865 Epoch 79/499:  85%|█████▊   | 28/33 [03:07<00:33,  6.61s/it]print_dice: 0.520988404750824
     ,  print_iou: 0.3522544205188751
4866 Epoch 79/499:  88%|██████   | 29/33 [03:13<00:26,  6.60s/it]print_dice: 0.5144858360290527
     ,  print_iou: 0.34633517265319824
4867 print_dice: 0.4697525203227997,  print_iou: 0.30697813630104065
4868 Epoch 79/499:  94%|██████▌  | 31/33 [03:27<00:13,  6.58s/it]print_dice: 0.5153809785842896
     ,  print_iou: 0.34714698791503906
4869 Epoch 79/499:  97%|██████▊  | 32/33 [03:33<00:06,  6.53s/it]print_dice: 0.4492935538291931
     ,  print_iou: 0.28973475098609924
4870 Epoch 79/499: 100%|███████  | 33/33 [03:39<00:00,  6.50s/it]print_dice: 0.616574764251709
     ,  print_iou: 0.44568711519241333
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4871  [32/33]  eta: 0:00:06   time: 6.5442  data: 0.0007
4872 Epoch 79/499: 100%|██████████| 33/33 [03:40<00:00,  6.68s/it]
4873  Total time: 0:03:40 (6.6819 s / it)
4874 Averaged stats: training_loss: -235.6111 (-235.6111)  loss_mask: -235.4635 (-235.4635)
     loss_dice: -0.1477 (-0.1477)
4875   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.838339889655
4876 Validating...
4877 Valid_dataloader len: 12
4878 print_dice: 0.5187952518463135,  print_iou: 0.350252240896225
4879   8%|█         | 1/12 [00:08<01:36,  8.76s/it] [ 0/12]  eta: 0:01:45   time: 8.7605  data
     : 4.6622
4880  17%|██        | 2/12 [00:13<01:01,  6.15s/it]print_dice: 0.5437191724777222,  print_iou: 0.
     3733614683151245
4881  25%|██        | 3/12 [00:17<00:47,  5.24s/it]print_dice: 0.49458032846450806,  print_iou: 0
     .32853320240974426
4882  33%|███       | 4/12 [00:21<00:39,  4.94s/it]print_dice: 0.5007901787757874,  print_iou: 0.
     33403608202934265
4883  42%|████      | 5/12 [00:26<00:33,  4.76s/it]print_dice: 0.5492656826972961,  print_iou: 0.
     3786121606826782
4884  50%|█████     | 6/12 [00:30<00:27,  4.66s/it]print_dice: 0.4723203778266907,  print_iou: 0.
     3091750144958496
4885 print_dice: 0.4361395835876465,  print_iou: 0.2788865268230438
4886  67%|██████    | 8/12 [00:39<00:18,  4.58s/it]print_dice: 0.5244837999343872,  print_iou: 0.
     3554578423500061
4887  75%|███████   | 9/12 [00:44<00:13,  4.54s/it]print_dice: 0.5295424461364746,  print_iou: 0.
     36012083292007446
4888  83%|████████  | 10/12 [00:48<00:09,  4.51s/it]print_dice: 0.5431114435195923,  print_iou: 0
     .37278857827186584
4889 print_dice: 0.576614499092102,  print_iou: 0.4051007032394409
4890 100%|██████████| 12/12 [00:57<00:00,  4.37s/it]print_dice: 0.5551288723945618,  print_iou: 0
     .38420647382736206
4891  [11/12]  eta: 0:00:04   time: 4.7551  data: 0.3890
4892  Total time: 0:00:57 (4.7871 s / it)
4893 ===========================
4894 Averaged stats:
4895 100%|██████████| 12/12 [00:57<00:00,  4.79s/it]
4896 Epoch 80/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
4897 epoch:    80   learning rate:   1.0000000000000002e-10
4898 print_dice: 0.480644166469574,   print_iou: 0.3163473308086395
4899 Epoch 80/499:   3%|▌         | 1/33 [00:10<05:39, 10.62s/it] [ 0/33]  eta: 0:05:50    time
     : 10.6234  data: 4.0138
4900 Epoch 80/499:   6%|▌         | 2/33 [00:16<04:09,  8.06s/it]print_dice: 0.4830736219882965
     ,  print_iou: 0.3184555470943451
4901 Epoch 80/499:   9%|█         | 3/33 [00:23<03:41,  7.40s/it]print_dice: 0.5415633916854858
     ,  print_iou: 0.37133145332336426
4902 Epoch 80/499:  12%|█         | 4/33 [00:30<03:24,  7.06s/it]print_dice: 0.429904967546463
     ,  print_iou: 0.27380824089050293
4903 print_dice: 0.4696136713027954,   print_iou: 0.30685955286026
4904 Epoch 80/499:  18%|██        | 6/33 [00:43<03:03,  6.78s/it]print_dice: 0.6195032000541687
     ,  print_iou: 0.44875380396842957
4905 Epoch 80/499:  21%|██        | 7/33 [00:49<02:53,  6.68s/it]print_dice: 0.5201485753059387
     ,  print_iou: 0.35148701071739197
4906 print_dice: 0.5213937759399414,   print_iou: 0.35262519121170044
4907 Epoch 80/499:  27%|███       | 9/33 [01:02<02:38,  6.60s/it]print_dice: 0.5161219239234924
     ,  print_iou: 0.34781965613365173
4908 Epoch 80/499:  30%|███       | 10/33 [01:09<02:30,  6.56s/it]print_dice: 0.5240435004234314
     ,  print_iou: 0.35505351424217224
4909 Epoch 80/499:  33%|███       | 11/33 [01:15<02:23,  6.54s/it]print_dice: 0.4411103129386902
     ,  print_iou: 0.28296440839767456
4910 print_dice: 0.48533374071121216,   print_iou: 0.320422887802124
4911 Epoch 80/499:  39%|████      | 13/33 [01:28<02:10,  6.55s/it]print_dice: 0.4263981282711029
     ,  print_iou: 0.2709695100784302
4912 Epoch 80/499:  42%|████      | 14/33 [01:35<02:04,  6.56s/it]print_dice: 0.457457035779953
     ,  print_iou: 0.2965603172779083
4913 print_dice: 0.517444913864136,   print_iou: 0.3490220010280609
4914 Epoch 80/499:  48%|████      | 16/33 [01:48<01:51,  6.56s/it]print_dice: 0.5419846773147583
     ,  print_iou: 0.3717270500183105
4915 Epoch 80/499:  52%|█████     | 17/33 [01:55<01:44,  6.54s/it]print_dice: 0.4916123151779175
     ,  print_iou: 0.32591909170150757
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4916 Epoch 80/499:  55%|██████      | 18/33 [02:01<01:38,  6.54s/it]print_dice: 0.500420868396759
     ,   print_iou: 0.3337075412273407
4917 Epoch 80/499:  58%|██████      | 19/33 [02:08<01:31,  6.54s/it]print_dice: 0.5141465067863464
     ,   print_iou: 0.34602776169776917
4918 print_dice: 0.44927921891212463,   print_iou: 0.28972283005714417
4919 Epoch 80/499:  64%|███████     | 21/33 [02:21<01:18,  6.54s/it]print_dice: 0.42844000458717346
     ,   print_iou: 0.27262082695961
4920 Epoch 80/499:  67%|███████     | 22/33 [02:27<01:11,  6.53s/it]print_dice: 0.5546600818634033
     ,   print_iou: 0.38375750184059143
4921 print_dice: 0.5491644740104675,   print_iou: 0.3785160183906555
4922 Epoch 80/499:  73%|████████    | 24/33 [02:40<00:58,  6.53s/it]print_dice: 0.5363480448722839
     ,   print_iou: 0.3664450943470001
4923 print_dice: 0.500295877456665,   print_iou: 0.3335963487625122
4924 Epoch 80/499:  79%|████████    | 26/33 [02:53<00:45,  6.51s/it]print_dice: 0.5431976914405823
     ,   print_iou: 0.3728698492050171
4925 Epoch 80/499:  82%|█████████   | 27/33 [03:00<00:39,  6.50s/it]print_dice: 0.5947011113166809
     ,   print_iou: 0.4231848120689392
4926 print_dice: 0.48675885796546936,   print_iou: 0.321666419506073
4927 Epoch 80/499:  88%|█████████   | 29/33 [03:13<00:26,  6.57s/it]print_dice: 0.5708718299865723
     ,   print_iou: 0.39945459365844727
4928 Epoch 80/499:  91%|█████████   | 30/33 [03:20<00:19,  6.55s/it]print_dice: 0.5153882503509521
     ,   print_iou: 0.34715357422828674
4929 print_dice: 0.5209985971450806,   print_iou: 0.35226374864578247
4930 Epoch 80/499:  97%|██████████  | 32/33 [03:32<00:06,  6.51s/it]print_dice: 0.5377610325813293
     ,   print_iou: 0.3677654564380646
4931 Epoch 80/499: 100%|██████████  | 33/33 [03:39<00:00,  6.44s/it]print_dice: 0.5134415030479431
     ,   print_iou: 0.34538939595222473
4932  [32/33] eta: 0:00:06   time: 6.5211  data: 0.0005
4933  Total time: 0:03:39 (6.6564 s / it)
4934 Averaged stats: training_loss: -14.6262 (-14.6262)  loss_mask: -14.8259 (-14.8259)
     loss_dice: 0.1997 (0.1997)
4935 Epoch 80/499: 100%|██████████| 33/33 [03:39<00:00,  6.66s/it]
4936 Net parameter norm: 1054.8383399099112
4937 Validating...
4938 Valid_dataloader len: 12
4939   8%|█         | 1/12 [00:07<01:27,  7.99s/it]print_dice: 0.5070695281028748,  print_iou: 0.
     339647114276886
4940  [ 0/12] eta: 0:01:35   time: 7.9888  data: 3.9315
4941  17%|██        | 2/12 [00:12<00:57,  5.77s/it]print_dice: 0.5439057946205139,  print_iou: 0.
     37353751063346863
4942 print_dice: 0.4892871081829071,  print_iou: 0.32387828826904297
4943  33%|███       | 4/12 [00:21<00:39,  4.88s/it]print_dice: 0.4899548292160034,  print_iou: 0.
     32446369528770447
4944  42%|████      | 5/12 [00:25<00:33,  4.73s/it]print_dice: 0.5493861436843872,  print_iou: 0.
     37872669100761414
4945 print_dice: 0.47435224056243896,  print_iou: 0.31091856956481934
4946  58%|█████     | 7/12 [00:34<00:22,  4.56s/it]print_dice: 0.4215069115161896,  print_iou: 0.
     267031192779541
4947 print_dice: 0.5245788097381592,  print_iou: 0.35554513335227966
4948  75%|███████   | 9/12 [00:43<00:13,  4.49s/it]print_dice: 0.5266247391700745,  print_iou: 0.
     3574274480342865
4949  83%|████████  | 10/12 [00:47<00:08,  4.44s/it]print_dice: 0.5149503350257874,  print_iou: 0
     .34675633907318115
4950  92%|█████████ | 11/12 [00:51<00:04,  4.37s/it]print_dice: 0.5881617069244385,  print_iou: 0
     .4165928363800049
4951 100%|██████████| 12/12 [00:55<00:00,  4.32s/it]print_dice: 0.5441025495529175,  print_iou: 0
     .3737231194972992
4952  [11/12] eta: 0:00:04   time: 4.6606  data: 0.3282
4953 100%|██████████| 12/12 [00:56<00:00,  4.70s/it]
4954  Total time: 0:00:56 (4.6990 s / it)
4955 ============================
4956 Averaged stats:
4957 come here save at work_dirs/DrSAM_b
4958 epoch:    81   learning rate:   1.000000000000002e-10
4959 Epoch 81/499:   3%|█         | 1/33 [00:10<05:28, 10.27s/it]print_dice: 0.49967265129089355
     ,   print_iou: 0.3330424129962921
4960  [ 0/33] eta: 0:05:38   time: 10.2701  data: 3.9224
4961 print_dice: 0.5225706696510315,   print_iou: 0.3537026345729828
4962 Epoch 81/499:   9%|█         | 3/33 [00:22<03:33,  7.10s/it]print_dice: 0.4552994668483734
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4962 ,    print_iou: 0.29474934935569763
4963 print_dice: 0.5203800201416016,    print_iou: 0.3516984283924103
4964 Epoch 81/499:  15%|█▌          | 5/33 [00:35<03:10,  6.82s/it]print_dice: 0.5372517108917236
     ,    print_iou: 0.3672892153263092
4965 Epoch 81/499:  18%|██          | 6/33 [00:42<03:00,  6.69s/it]print_dice: 0.5238421559333801
     ,    print_iou: 0.35486868023872375
4966 Epoch 81/499:  21%|██▌         | 7/33 [00:48<02:52,  6.65s/it]print_dice: 0.5132510662078857
     ,    print_iou: 0.3452170491218567
4967 print_dice: 0.4805651903152466,    print_iou: 0.3162789046764374
4968 Epoch 81/499:  27%|███         | 9/33 [01:02<02:38,  6.61s/it]print_dice: 0.48773056268692017
     ,    print_iou: 0.32251566648483276
4969 print_dice: 0.469882607460022,    print_iou: 0.30708926916122437
4970 Epoch 81/499:  33%|███▌        | 11/33 [01:15<02:24,  6.59s/it]print_dice: 0.42888012528419495
     ,    print_iou: 0.272977352142334
4971 Epoch 81/499:  36%|████        | 12/33 [01:21<02:17,  6.56s/it]print_dice: 0.6194023489952087
     ,    print_iou: 0.44864800572395325
4972 print_dice: 0.5492737293243408,    print_iou: 0.37861981987953186
4973 Epoch 81/499:  42%|████▌       | 14/33 [01:34<02:04,  6.54s/it]print_dice: 0.5363568663597107
     ,    print_iou: 0.36645328998565674
4974 print_dice: 0.46049827337265015,    print_iou: 0.299121618270874
4975 Epoch 81/499:  48%|█████▌      | 16/33 [01:47<01:51,  6.53s/it]print_dice: 0.5158197283744812
     ,    print_iou: 0.34754517674446106
4976 Epoch 81/499:  52%|██████      | 17/33 [01:54<01:44,  6.54s/it]print_dice: 0.48249533772468567
     ,    print_iou: 0.3179531395435333
4977 Epoch 81/499:  55%|██████▌     | 18/33 [02:00<01:37,  6.51s/it]print_dice: 0.5206292867660522
     ,    print_iou: 0.35192617774009705
4978 Epoch 81/499:  58%|███████     | 19/33 [02:07<01:31,  6.50s/it]print_dice: 0.5175775289535522
     ,    print_iou: 0.3491430878639221
4979 print_dice: 0.4850294888019562,    print_iou: 0.3201577067375183
4980 Epoch 81/499:  64%|███████▌    | 21/33 [02:20<01:17,  6.50s/it]print_dice: 0.43041345477104187
     ,    print_iou: 0.27422091364860535
4981 Epoch 81/499:  67%|████████    | 22/33 [02:26<01:11,  6.52s/it]print_dice: 0.5946983695030212
     ,    print_iou: 0.42318201065063477
4982 Epoch 81/499:  70%|████████▌   | 23/33 [02:33<01:05,  6.57s/it]print_dice: 0.5389866828918457
     ,    print_iou: 0.368912935256958
4983 Epoch 81/499:  73%|█████████   | 24/33 [02:39<00:58,  6.52s/it]print_dice: 0.5708793997764587
     ,    print_iou: 0.3994620144367218
4984 Epoch 81/499:  76%|█████████▌  | 25/33 [02:46<00:52,  6.55s/it]print_dice: 0.5153835415840149
     ,    print_iou: 0.3471493124961853
4985 Epoch 81/499:  79%|██████████  | 26/33 [02:52<00:45,  6.51s/it]print_dice: 0.4265301525592804
     ,    print_iou: 0.27107614278793335
4986 Epoch 81/499:  82%|██████████▌ | 27/33 [02:59<00:39,  6.51s/it]print_dice: 0.5159608721733093
     ,    print_iou: 0.3476733863353729
4987 Epoch 81/499:  85%|███████████ | 28/33 [03:05<00:32,  6.50s/it]print_dice: 0.44905105233192444
     ,    print_iou: 0.2895330786705017
4988 Epoch 81/499:  88%|███████████▌| 29/33 [03:12<00:26,  6.57s/it]print_dice: 0.54135662317276
     ,    print_iou: 0.3711370527744293
4989 print_dice: 0.5420910716056824,    print_iou: 0.3718278110027313
4990 Epoch 81/499:  94%|████████████▌| 31/33 [03:25<00:13,  6.58s/it]print_dice: 0.5541065335273743
     ,    print_iou: 0.38322776556015015
4991 Epoch 81/499:  97%|█████████████▌| 32/33 [03:32<00:06,  6.51s/it]print_dice: 0.49178534746170044
     ,    print_iou: 0.32607120275497437
4992 Epoch 81/499: 100%|██████████████| 33/33 [03:38<00:00,  6.48s/it]print_dice: 0.5012787580490112
     ,    print_iou: 0.3344709873199463
4993  [32/33]  eta: 0:00:06   time: 6.5200  data: 0.0007
4994 Epoch 81/499: 100%|██████████████| 33/33 [03:39<00:00,  6.64s/it]
4995  Total time: 0:03:39 (6.6372 s / it)
4996 Averaged stats: training_loss: -72.9446 (-72.9446)  loss_mask: -73.0850 (-73.0850)
     loss_dice: 0.1404 (0.1404)
4997   0%|            | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383399307495
4998 Validating...
4999 Valid_dataloader len: 12
5000   8%|█         | 1/12 [00:08<01:29,  8.10s/it]print_dice: 0.5321685075759888,    print_iou: 0.
     3625542223453522
5001  [ 0/12]  eta: 0:01:37   time: 8.1002  data: 3.9254
5002 print_dice: 0.548113226890564,    print_iou: 0.375179088115692
5003  25%|██        | 3/12 [00:16<00:46,  5.17s/it]print_dice: 0.494640588760376,    print_iou: 0.
     3285863697528839
5004 print_dice: 0.4899366796016693,    print_iou: 0.32444778084754944
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5005  42%|███|        | 5/12 [00:25<00:33,  4.78s/it]print_dice: 0.5435628890991211,  print_iou: 0.
      37321415543556213
5006  50%|████|        | 6/12 [00:30<00:27,  4.65s/it]print_dice: 0.48079007863998413,  print_iou: 0
      .31647375226020813
5007  58%|█████|       | 7/12 [00:34<00:22,  4.57s/it]print_dice: 0.4194597005844116,  print_iou: 0.
      2653900682926178
5008  67%|██████|      | 8/12 [00:38<00:18,  4.51s/it]print_dice: 0.5245513319969177,  print_iou: 0.
      3555198609828949
5009  75%|██████|      | 9/12 [00:43<00:13,  4.54s/it]print_dice: 0.5265806317329407,  print_iou: 0.
      35738682746887207
5010  83%|███████|     | 10/12 [00:47<00:08,  4.48s/it]print_dice: 0.5172080993652344,  print_iou: 0
      .3488069474697113
5011 print_dice: 0.5835964679718018,  print_iou: 0.412026971578598
5012 100%|████████|    | 12/12 [00:56<00:00,  4.39s/it]print_dice: 0.5551873445510864,  print_iou: 0
      .3842625021934509
5013   [11/12]  eta: 0:00:04   time: 4.7119  data: 0.3277
5014 100%|████████|    | 12/12 [00:57<00:00,  4.75s/it]
5015  Total time: 0:00:57 (4.7518 s / it)
5016 ============================
5017 Averaged stats:
5018 Epoch 82/499:   0%|             | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
5019 epoch:    82   learning rate:   1.0000000000000002e-10
5020 Epoch 82/499:   3%|█            | 1/33 [00:10<05:34, 10.44s/it]print_dice: 0.4262332022190094
      ,  print_iou: 0.2708362936973572
5021   [ 0/33]  eta: 0:05:44   time: 10.4423  data: 3.9797
5022 print_dice: 0.4490685760974884,  print_iou: 0.2895476520061493
5023 Epoch 82/499:   9%|█            | 3/33 [00:23<03:43,  7.44s/it]print_dice: 0.5157511830329895
      ,  print_iou: 0.34748294949531555
5024 print_dice: 0.5161022543907166,  print_iou: 0.3478017747402191
5025 Epoch 82/499:  15%|██           | 5/33 [00:37<03:16,  7.00s/it]print_dice: 0.50099778175354,
      print_iou: 0.334220826625824
5026 print_dice: 0.5240457057952881,  print_iou: 0.3550555109977722
5027 Epoch 82/499:  21%|██           | 7/33 [00:50<02:54,  6.73s/it]print_dice: 0.4697580933570862
      ,  print_iou: 0.3069829046726227
5028 print_dice: 0.5372520685195923,  print_iou: 0.36728960275650024
5029 Epoch 82/499:  27%|███          | 9/33 [01:03<02:39,  6.65s/it]print_dice: 0.5408061146736145
      ,  print_iou: 0.3706197738647461
5030 Epoch 82/499:  30%|███          | 10/33 [01:09<02:32,  6.63s/it]print_dice: 0.4820922315120697
      ,  print_iou: 0.31760311126708984
5031 print_dice: 0.5026637315750122,  print_iou: 0.3357052803039551
5032 Epoch 82/499:  36%|████         | 12/33 [01:22<02:17,  6.57s/it]print_dice: 0.5218846797943115
      ,  print_iou: 0.35307440161705017
5033 print_dice: 0.4285441040992737,  print_iou: 0.2727051377296448
5034 Epoch 82/499:  42%|████         | 14/33 [01:36<02:06,  6.64s/it]print_dice: 0.5133514404296875
      ,  print_iou: 0.3453078866004944
5035 print_dice: 0.5432015061378479,  print_iou: 0.372873455286026
5036 Epoch 82/499:  48%|█████        | 16/33 [01:49<01:52,  6.60s/it]print_dice: 0.48060184717178345
      ,  print_iou: 0.31631067395210266
5037 print_dice: 0.5150079727172852,  print_iou: 0.3468085825443268
5038 Epoch 82/499:  55%|██████       | 18/33 [02:02<01:38,  6.57s/it]print_dice: 0.5419868230819702
      ,  print_iou: 0.3717297315597534
5039 print_dice: 0.5223683714866638,  print_iou: 0.3535172939300537
5040 Epoch 82/499:  61%|██████       | 20/33 [02:15<01:25,  6.57s/it]print_dice: 0.5470753312110901
      ,  print_iou: 0.3765338361263275
5041 Epoch 82/499:  64%|███████      | 21/33 [02:22<01:18,  6.58s/it]print_dice: 0.5530936121940613
      ,  print_iou: 0.38225939869880676
5042 Epoch 82/499:  67%|███████      | 22/33 [02:28<01:12,  6.59s/it]print_dice: 0.45773133635520935
      ,  print_iou: 0.2967909276485443
5043 print_dice: 0.5204200744628906,  print_iou: 0.35173499584198
5044 Epoch 82/499:  73%|███████|     | 24/33 [02:41<00:58,  6.54s/it]print_dice: 0.4849920868873596
      ,  print_iou: 0.32012513279914856
5045 Epoch 82/499:  76%|███████      | 25/33 [02:48<00:52,  6.56s/it]print_dice: 0.48773038387298584
      ,  print_iou: 0.32251548767089844
5046 Epoch 82/499:  79%|████████     | 26/33 [02:54<00:45,  6.55s/it]print_dice: 0.5413419604301453
      ,  print_iou: 0.3711232841014862
5047 print_dice: 0.5708895325660706,  print_iou: 0.3994719684123993
5048 Epoch 82/499:  85%|████████     | 28/33 [03:07<00:32,  6.54s/it]print_dice: 0.6193830966949463
      ,  print_iou: 0.4486277997493744
5049 Epoch 82/499:  88%|█████████    | 29/33 [03:14<00:26,  6.59s/it]print_dice: 0.5220037698745728
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5049 ,    print_iou: 0.35318341851234436
5050 Epoch 82/499:   91%|██████    | 30/33 [03:21<00:19,  6.59s/it]print_dice: 0.4551520049571991
     ,    print_iou: 0.29462575912475586
5051 Epoch 82/499:   94%|██████▌   | 31/33 [03:27<00:13,  6.61s/it]print_dice: 0.4284254312515259
     ,    print_iou: 0.2726905504226685
5052 Epoch 82/499:   97%|██████▊   | 32/33 [03:34<00:06,  6.58s/it]print_dice: 0.4918328821659088
     ,    print_iou: 0.3261129856109619
5053 Epoch 82/499:  100%|███████   | 33/33 [03:40<00:00,  6.53s/it]print_dice: 0.5928606986999512
     ,    print_iou: 0.42132338881492615
5054   [32/33]  eta: 0:00:06    time: 6.5660  data: 0.0004
5055 Epoch 82/499:  100%|███████   | 33/33 [03:41<00:00,  6.70s/it]
5056  Total time: 0:03:41 (6.7050 s / it)
5057 Averaged stats: training_loss: -8.8443 (-8.8443)  loss_mask: -9.0210 (-9.0210)  loss_dice: 0
     .1767 (0.1767)
5058 Net parameter norm: 1054.8383399501909
5059 Validating...
5060 Valid_dataloader len: 12
5061    8%|█         | 1/12 [00:08<01:29,  8.15s/it]print_dice: 0.5322049260139465,  print_iou: 0.
     3625880181789398
5062   [ 0/12]  eta: 0:01:37    time: 8.1507  data: 3.9465
5063   17%|██        | 2/12 [00:12<00:58,  5.88s/it]print_dice: 0.548115611076355,  print_iou: 0.
     3775201439857483
5064   25%|██        | 3/12 [00:16<00:46,  5.16s/it]print_dice: 0.506645679473877,  print_iou: 0.
     33926689624786377
5065   33%|███       | 4/12 [00:21<00:39,  4.92s/it]print_dice: 0.4899524450302124,  print_iou: 0.
     32446160912513733
5066 print_dice: 0.5493722558021545,  print_iou: 0.378713458776474
5067   50%|████      | 6/12 [00:30<00:27,  4.62s/it]print_dice: 0.48361486196517944,  print_iou: 0
     .3189261555671692
5068 print_dice: 0.426714688539505,  print_iou: 0.271225243806839
5069   67%|██████    | 8/12 [00:38<00:17,  4.50s/it]print_dice: 0.5214840769767761,  print_iou: 0.
     35270780324935913
5070   75%|███████   | 9/12 [00:43<00:13,  4.47s/it]print_dice: 0.5296316742897034,  print_iou: 0.
     36020341515541077
5071 print_dice: 0.5330836176872253,  print_iou: 0.363404244184494
5072   92%|████████▌ | 11/12 [00:51<00:04,  4.39s/it]print_dice: 0.5705273747444153,  print_iou: 0
     .3991173803806305
5073  100%|█████████ | 12/12 [00:56<00:00,  4.36s/it]print_dice: 0.5503796935081482,  print_iou: 0
     .3796716034412384
5074   [11/12]  eta: 0:00:04    time: 4.6909  data: 0.3295
5075  Total time: 0:00:56 (4.7267 s / it)
5076 ============================
5077 Averaged stats:
5078  100%|█████████ | 12/12 [00:56<00:00,  4.73s/it]
5079 Epoch 83/499:    0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
5080 epoch:    83   learning rate:   1.0000000000000002e-10
5081 print_dice: 0.5240453481674194,  print_iou: 0.35505515336990356
5082   [ 0/33]  eta: 0:05:57    time: 10.8333  data: 4.3363
5083 Epoch 83/499:    6%|▌         | 2/33 [00:17<04:11,  8.10s/it]print_dice: 0.4492974877357483
     ,    print_iou: 0.2897380292415619
5084 Epoch 83/499:    9%|▊         | 3/33 [00:23<03:42,  7.43s/it]print_dice: 0.48717695474624634
     ,    print_iou: 0.3220316767692566
5085 Epoch 83/499:   12%|█▏        | 4/33 [00:30<03:26,  7.14s/it]print_dice: 0.5543487071990967
     ,    print_iou: 0.38345950841903687
5086 Epoch 83/499:   15%|█▌        | 5/33 [00:36<03:14,  6.96s/it]print_dice: 0.42989906668663025
     ,    print_iou: 0.2738034725189209
5087 print_dice: 0.4265068471431732,  print_iou: 0.2710573375225067
5088 Epoch 83/499:   21%|██        | 7/33 [00:50<02:57,  6.82s/it]print_dice: 0.5152387619018555
     ,    print_iou: 0.34701791405677795
5089 print_dice: 0.4490680694580078,  print_iou: 0.28954723477363586
5090 Epoch 83/499:   27%|██▋       | 9/33 [01:03<02:40,  6.71s/it]print_dice: 0.49481189250946045
     ,    print_iou: 0.3287375569343567
5091 Epoch 83/499:   30%|███       | 10/33 [01:10<02:33,  6.67s/it]print_dice: 0.5936267375946045
     ,    print_iou: 0.4220975935459137
5092 Epoch 83/499:   33%|███▎      | 11/33 [01:16<02:26,  6.66s/it]print_dice: 0.5228155255317688
     ,    print_iou: 0.35392704606056213
5093 Epoch 83/499:   36%|███▌      | 12/33 [01:23<02:17,  6.57s/it]print_dice: 0.48161089420318604
     ,    print_iou: 0.3171854317188263
5094 Epoch 83/499:   39%|███▊      | 13/33 [01:29<02:11,  6.56s/it]print_dice: 0.46972110867500305
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5094  ,    print_iou: 0.3069513142108917
5095 Epoch 83/499:  42%|███|        | 14/33 [01:36<02:04,  6.54s/it]print_dice: 0.48064547777175903
     ,    print_iou: 0.31634846329689026
5096 print_dice: 0.5204679369926453,   print_iou: 0.3517787456512451
5097 Epoch 83/499:  48%|███|        | 16/33 [01:49<01:51,  6.56s/it]print_dice: 0.5210391879081726
     ,    print_iou: 0.3523008823947754
5098 print_dice: 0.5133448243141174,   print_iou: 0.34530189633369446
5099 Epoch 83/499:  55%|████|       | 18/33 [02:02<01:38,  6.54s/it]print_dice: 0.5156638622283936
     ,    print_iou: 0.34740373492240906
5100 print_dice: 0.5010091662406921,   print_iou: 0.3342309594154358
5101 Epoch 83/499:  61%|████|       | 20/33 [02:15<01:24,  6.53s/it]print_dice: 0.4600546658039093
     ,    print_iou: 0.29874739050865173
5102 print_dice: 0.5394487977027893,   print_iou: 0.369346022605896
5103 Epoch 83/499:  67%|█████|      | 22/33 [02:28<01:11,  6.47s/it]print_dice: 0.5725303888320923
     ,    print_iou: 0.4010806083679199
5104 print_dice: 0.5492751598358154,   print_iou: 0.3786212205886841
5105 Epoch 83/499:  73%|█████|      | 24/33 [02:41<00:58,  6.48s/it]print_dice: 0.5373866558074951
     ,    print_iou: 0.3674153983592987
5106 print_dice: 0.6166273355484009,   print_iou: 0.44574204087257385
5107 Epoch 83/499:  79%|██████|     | 26/33 [02:54<00:45,  6.49s/it]print_dice: 0.5413578152656555
     ,    print_iou: 0.37113818526268005
5108 Epoch 83/499:  82%|██████|     | 27/33 [03:00<00:39,  6.50s/it]print_dice: 0.5206325054168701
     ,    print_iou: 0.3519291281700134
5109 Epoch 83/499:  85%|██████|     | 28/33 [03:07<00:32,  6.47s/it]print_dice: 0.5437160730361938
     ,    print_iou: 0.3733585774898529
5110 Epoch 83/499:  88%|██████|     | 29/33 [03:13<00:25,  6.48s/it]print_dice: 0.5412851572036743
     ,    print_iou: 0.37106990814208984
5111 Epoch 83/499:  91%|███████|    | 30/33 [03:20<00:19,  6.51s/it]print_dice: 0.516578197479248
     ,    print_iou: 0.3482342064380646
5112 Epoch 83/499:  94%|███████|    | 31/33 [03:26<00:13,  6.53s/it]print_dice: 0.4849563539028168
     ,    print_iou: 0.32009395956993103
5113 print_dice: 0.42848312854766846,   print_iou: 0.27265575528144836
5114 Epoch 83/499: 100%|███████|    | 33/33 [03:39<00:00,  6.46s/it]print_dice: 0.5027031898498535
     ,    print_iou: 0.33574050664901733
5115   [32/33]  eta: 0:00:06    time: 6.4982  data: 0.0005
5116 Epoch 83/499: 100%|███████|    | 33/33 [03:40<00:00,  6.67s/it]
5117  Total time: 0:03:40 (6.6683 s / it)
5118 Averaged stats: training_loss: 10.8583 (10.8583)  loss_mask: 10.5882 (10.5882)  loss_dice: 0
     .2700 (0.2700)
5119   0%|              | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383399648592
5120 Validating...
5121 Valid_dataloader len: 12
5122 print_dice: 0.5188486576080322,  print_iou: 0.3503009080886841
5123   [ 0/12]  eta: 0:01:35    time: 7.9312  data: 3.9029
5124  17%|██|         | 2/12 [00:12<00:57,  5.78s/it]print_dice: 0.5496954321861267,  print_iou: 0.
     37902069091796875
5125 print_dice: 0.5065914988517761,  print_iou: 0.33921828866004944
5126  33%|███|        | 4/12 [00:21<00:39,  4.91s/it]print_dice: 0.5008211135864258,  print_iou: 0.
     3340635895729065
5127 print_dice: 0.5374295115470886,  print_iou: 0.36745545268058777
5128  50%|████|       | 6/12 [00:30<00:27,  4.64s/it]print_dice: 0.4680909812450409,  print_iou: 0.
     30556055903434753
5129  58%|█████|      | 7/12 [00:34<00:23,  4.62s/it]print_dice: 0.42665624618530273,  print_iou: 0
     .2711780369281769
5130  67%|█████|      | 8/12 [00:39<00:18,  4.54s/it]print_dice: 0.5245145559310913,  print_iou: 0.
     35548609495162964
5131  75%|██████|     | 9/12 [00:43<00:13,  4.52s/it]print_dice: 0.5265584588050842,  print_iou: 0.
     3573663532733917
5132  83%|███████|    | 10/12 [00:47<00:08,  4.46s/it]print_dice: 0.5383791923522949,  print_iou: 0
     .3683439791202545
5133 print_dice: 0.5816947817802429,  print_iou: 0.4101337194442749
5134 100%|████████|   | 12/12 [00:56<00:00,  4.38s/it]print_dice: 0.5503420233726501,  print_iou: 0
     .3796357810497284
5135   [11/12]  eta: 0:00:04    time: 4.7007  data: 0.3258
5136 100%|████████|   | 12/12 [00:56<00:00,  4.74s/it]
5137  Total time: 0:00:56 (4.7387 s / it)
5138 =============================
5139 Averaged stats:
5140 Epoch 84/499:   0%|              | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
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5141 epoch:     84   learning rate:    1.000000000000002e-10
5142 Epoch 84/499:   3%|█          | 1/33 [00:10<05:43, 10.74s/it]print_dice: 0.4284254312515259
     ,    print_iou: 0.27260905504226685
5143   [ 0/33] eta: 0:05:54    time: 10.7400  data: 4.4012
5144 Epoch 84/499:   6%|█          | 2/33 [00:16<04:10,  8.09s/it]print_dice: 0.49874046444892883
     ,    print_iou: 0.33221468329429626
5145 print_dice: 0.5173860192298889,    print_iou: 0.3489687740802765
5146 Epoch 84/499:  12%|██          | 4/33 [00:29<03:22,  7.00s/it]print_dice: 0.45992130041122437
     ,    print_iou: 0.29863494634628296
5147 Epoch 84/499:  15%|██          | 5/33 [00:36<03:10,  6.82s/it]print_dice: 0.5407435894012451
     ,    print_iou: 0.37056103348731995
5148 Epoch 84/499:  18%|██          | 6/33 [00:42<03:02,  6.76s/it]print_dice: 0.5935322642326355
     ,    print_iou: 0.42200207710266113
5149 Epoch 84/499:  21%|██          | 7/33 [00:49<02:52,  6.65s/it]print_dice: 0.4411788582801819
     ,    print_iou: 0.28302082419395447
5150 print_dice: 0.4299373924732208,    print_iou: 0.27383455634117126
5151 Epoch 84/499:  27%|███          | 9/33 [01:02<02:37,  6.58s/it]print_dice: 0.5419867038726807
     ,    print_iou: 0.37172961235046387
5152 print_dice: 0.6194043159484863,    print_iou: 0.448650062084198
5153 Epoch 84/499:  33%|███          | 11/33 [01:15<02:23,  6.53s/it]print_dice: 0.5725353956222534
     ,    print_iou: 0.4010854959487915
5154 print_dice: 0.5266750454902649,    print_iou: 0.35747382044792175
5155 Epoch 84/499:  39%|███          | 13/33 [01:28<02:10,  6.54s/it]print_dice: 0.5031583309173584
     ,    print_iou: 0.33614668250083923
5156 print_dice: 0.537768542766571,    print_iou: 0.36777248978614807
5157 Epoch 84/499:  45%|████          | 15/33 [01:41<01:58,  6.59s/it]print_dice: 0.5428760051727295
     ,    print_iou: 0.372566819190979
5158 Epoch 84/499:  48%|████          | 16/33 [01:48<01:52,  6.62s/it]print_dice: 0.48180443048477173
     ,    print_iou: 0.31735333800315857
5159 Epoch 84/499:  52%|████          | 17/33 [01:55<01:45,  6.58s/it]print_dice: 0.48195648193359375
     ,    print_iou: 0.3174852728843689
5160 print_dice: 0.5140934586524963,    print_iou: 0.3459796905517578
5161 Epoch 84/499:  58%|█████          | 19/33 [02:08<01:31,  6.56s/it]print_dice: 0.4910748600959778
     ,    print_iou: 0.32544681429862976
5162 Epoch 84/499:  61%|█████          | 20/33 [02:14<01:24,  6.53s/it]print_dice: 0.5425682067871094
     ,    print_iou: 0.3722769320011139
5163 print_dice: 0.5225709080696106,    print_iou: 0.3537028729915619
5164 Epoch 84/499:  67%|█████          | 22/33 [02:27<01:12,  6.57s/it]print_dice: 0.48873159289360046
     ,    print_iou: 0.3233916461467743
5165 print_dice: 0.5541775822639465,    print_iou: 0.3832957446575165
5166 Epoch 84/499:  73%|██████          | 24/33 [02:40<00:58,  6.55s/it]print_dice: 0.45530739426612854
     ,    print_iou: 0.2947559952735901
5167 print_dice: 0.511307954788208,    print_iou: 0.34346121549606323
5168 Epoch 84/499:  79%|██████          | 26/33 [02:53<00:45,  6.55s/it]print_dice: 0.42625802755355835
     ,    print_iou: 0.2708563506603241
5169 Epoch 84/499:  82%|██████          | 27/33 [03:00<00:39,  6.50s/it]print_dice: 0.5210925936698914
     ,    print_iou: 0.3523496687412262
5170 Epoch 84/499:  85%|███████          | 28/33 [03:06<00:32,  6.52s/it]print_dice: 0.5156833529472351
     ,    print_iou: 0.3474213778972626
5171 print_dice: 0.48510122299194336,    print_iou: 0.3202202320098877
5172 Epoch 84/499:  91%|███████          | 30/33 [03:19<00:19,  6.51s/it]print_dice: 0.5228163599967957
     ,    print_iou: 0.3539277911186218
5173 print_dice: 0.5492748618125916,    print_iou: 0.3786208927631378
5174 Epoch 84/499:  97%|████████          | 32/33 [03:32<00:06,  6.46s/it]print_dice: 0.4697219133377075
     ,    print_iou: 0.30695199966430664
5175 Epoch 84/499: 100%|████████████| 33/33 [03:39<00:00,  6.43s/it]print_dice: 0.5150080323219299
     ,    print_iou: 0.34680864214897156
5176   [32/33] eta: 0:00:06    time: 6.5310  data: 0.0005
5177 Epoch 84/499: 100%|████████████| 33/33 [03:39<00:00,  6.65s/it]
5178  Total time: 0:03:39 (6.6535 s / it)
5179 Averaged stats: training_loss: 1.0873 (1.0873)  loss_mask: 0.8776 (0.8776)  loss_dice: 0.
     2096 (0.2096)
5180 Net parameter norm: 1054.8383399837185
5181   0%|          | 0/12 [00:00<?, ?it/s]Validating...
5182 Valid_dataloader len: 12
5183 print_dice: 0.5188634991645813,  print_iou: 0.3503144681453705
5184   [ 0/12] eta: 0:01:36    time: 8.0112  data: 3.9033
5185  17%|██          | 2/12 [00:12<00:58,  5.80s/it]print_dice: 0.5481224060058594,  print_iou: 0.
     3775265812873843
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5186 print_dice: 0.4903979003429413,  print_iou: 0.32485243678092957
5187  33%|███      | 4/12 [00:21<00:38,  4.85s/it]print_dice: 0.48256099224090576,  print_iou: 0
     .318010151386261
5188  42%|███|     | 5/12 [00:25<00:32,  4.68s/it]print_dice: 0.5493236780166626,  print_iou: 0.
     37866726517677307
5189  50%|████     | 6/12 [00:29<00:27,  4.62s/it]print_dice: 0.47560712695121765,  print_iou: 0
     .31199774146080017
5190 print_dice: 0.43617525696754456,  print_iou: 0.278915673494339
5191  67%|██████   | 8/12 [00:38<00:18,  4.53s/it]print_dice: 0.5214612483978271,  print_iou: 0.
     35268688201904297
5192 print_dice: 0.5233073234558105,  print_iou: 0.3543779253959656
5193  83%|███████  | 10/12 [00:47<00:08,  4.46s/it]print_dice: 0.5384100079536438,  print_iou: 0
     .3683728277683258
5194  92%|████████ | 11/12 [00:51<00:04,  4.41s/it]print_dice: 0.5768848061561584,  print_iou: 0
     .4053676128387451
5195 print_dice: 0.5551857352256775,  print_iou: 0.38426098227500916
5196  [11/12]  eta: 0:00:04   time: 4.6794  data: 0.3261
5197 100%|█████████| 12/12 [00:56<00:00,  4.72s/it]
5198  Total time: 0:00:56 (4.7180 s / it)
5199 ============================
5200 Averaged stats:
5201 come here save at work_dirs/DrSAM_b
5202 epoch:    85   learning rate:   1.0000000000000002e-10
5203 Epoch 85/499:   3%|█         | 1/33 [00:10<05:50, 10.95s/it]print_dice: 0.46955329179763794
     ,  print_iou: 0.3068079948425293
5204  [ 0/33]  eta: 0:06:01   time: 10.9482  data: 4.4244
5205 Epoch 85/499:   6%|█         | 2/33 [00:17<04:11,  8.12s/it]print_dice: 0.5492746233940125
     ,  print_iou: 0.3786206841468811
5206 Epoch 85/499:   9%|█         | 3/33 [00:23<03:43,  7.44s/it]print_dice: 0.4913777709007263
     ,  print_iou: 0.3257129192352295
5207 print_dice: 0.4818055331707001,  print_iou: 0.317354291677475
5208 Epoch 85/499:  15%|█         | 5/33 [00:36<03:12,  6.88s/it]print_dice: 0.5161033272743225
     ,  print_iou: 0.3478027284145355
5209 Epoch 85/499:  18%|██        | 6/33 [00:43<03:03,  6.81s/it]print_dice: 0.44905245304107666
     ,  print_iou: 0.28953424096107483
5210 Epoch 85/499:  21%|██        | 7/33 [00:49<02:54,  6.69s/it]print_dice: 0.616296112537384
     ,  print_iou: 0.44539597630500793
5211 Epoch 85/499:  24%|██        | 8/33 [00:56<02:46,  6.64s/it]print_dice: 0.5210000276565552
     ,  print_iou: 0.35226505994796753
5212 Epoch 85/499:  27%|██        | 9/33 [01:03<02:39,  6.63s/it]print_dice: 0.5145531892776489
     ,  print_iou: 0.34639623761177063
5213 Epoch 85/499:  30%|███       | 10/33 [01:09<02:31,  6.57s/it]print_dice: 0.42656224966049194
     ,  print_iou: 0.27110207080841064
5214 Epoch 85/499:  33%|███       | 11/33 [01:16<02:24,  6.56s/it]print_dice: 0.5407413244247437
     ,  print_iou: 0.3705589175224304
5215 Epoch 85/499:  36%|███       | 12/33 [01:22<02:17,  6.56s/it]print_dice: 0.5393800735473633
     ,  print_iou: 0.3692816197872162
5216 Epoch 85/499:  39%|███       | 13/33 [01:29<02:10,  6.54s/it]print_dice: 0.5026820302009583
     ,  print_iou: 0.33572161197662354
5217 print_dice: 0.5946550965309143,  print_iou: 0.42313817143440247
5218 Epoch 85/499:  45%|████      | 15/33 [01:42<01:57,  6.54s/it]print_dice: 0.5268959999084473
     ,  print_iou: 0.3576773703098297
5219 Epoch 85/499:  48%|████      | 16/33 [01:48<01:51,  6.54s/it]print_dice: 0.4571734368801117
     ,  print_iou: 0.2963219881057739
5220 Epoch 85/499:  52%|████      | 17/33 [01:55<01:45,  6.58s/it]print_dice: 0.5152338743209839
     ,  print_iou: 0.3470135033130646
5221 Epoch 85/499:  55%|█████     | 18/33 [02:01<01:38,  6.54s/it]print_dice: 0.4295801818370819
     ,  print_iou: 0.2735447883605957
5222 Epoch 85/499:  58%|█████     | 19/33 [02:08<01:31,  6.53s/it]print_dice: 0.5362820625305176
     ,  print_iou: 0.36638346314430237
5223 print_dice: 0.4299163269996643,  print_iou: 0.2738785743713379
5224 Epoch 85/499:  64%|██████    | 21/33 [02:21<01:18,  6.54s/it]print_dice: 0.5173154473304749
     ,  print_iou: 0.3489046096801758
5225 Epoch 85/499:  67%|██████    | 22/33 [02:27<01:11,  6.52s/it]print_dice: 0.5699999928474426
     ,  print_iou: 0.398614127731323
5226 Epoch 85/499:  70%|███████   | 23/33 [02:34<01:05,  6.56s/it]print_dice: 0.5372492074966431
     ,  print_iou: 0.36728692054748535
5227 print_dice: 0.541163980960846,  print_iou: 0.3709559738636017
5228 Epoch 85/499:  76%|███████   | 25/33 [02:47<00:52,  6.62s/it]print_dice: 0.48675990104675293
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5228 ,    print_iou: 0.321667343378067
5229 Epoch 85/499:   79%|██████   | 26/33 [02:54<00:46,  6.60s/it]print_dice: 0.48529601097106934
     ,    print_iou: 0.320389986038208
5230 Epoch 85/499:   82%|███████  | 27/33 [03:00<00:39,  6.56s/it]print_dice: 0.4492916464805603
     ,    print_iou: 0.2897331714630127
5231 print_dice: 0.5546678304672241,   print_iou: 0.38376498222351074
5232 Epoch 85/499:   88%|███████  | 29/33 [03:14<00:26,  6.60s/it]print_dice: 0.5201423764228821
     ,    print_iou: 0.3514813780784607
5233 print_dice: 0.5210886597633362,   print_iou: 0.35234612226486206
5234 Epoch 85/499:   94%|████████ | 31/33 [03:27<00:13,  6.57s/it]print_dice: 0.48153749108314514
     ,    print_iou: 0.3171217441558838
5235 print_dice: 0.5112243890762329,   print_iou: 0.3433857560157776
5236 Epoch 85/499:  100%|████████ | 33/33 [03:40<00:00,  6.49s/it]print_dice: 0.5008167028427124
     ,    print_iou: 0.3340596854686737
5237   [32/33]  eta: 0:00:06   time: 6.5496  data: 0.0003
5238  Total time: 0:03:40 (6.6823 s / it)
5239 Averaged stats: training_loss: -67.3014 (-67.3014)  loss_mask: -67.4469 (-67.4469)
     loss_dice: 0.1455 (0.1455)
5240 Epoch 85/499:  100%|████████ | 33/33 [03:40<00:00,  6.68s/it]
5241    0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383400053717
5242 Validating...
5243 Valid_dataloader len: 12
5244 print_dice: 0.5188873410224915,  print_iou: 0.3503361642360687
5245   [ 0/12]  eta: 0:01:36   time: 8.0622  data: 3.9381
5246  17%|██        | 2/12 [00:12<00:58,  5.86s/it]print_dice: 0.5469923615455627,  print_iou: 0.
     37645524740219116
5247  25%|██        | 3/12 [00:16<00:46,  5.17s/it]print_dice: 0.5066316723823547,  print_iou: 0.
     33925434947013855
5248 print_dice: 0.482805073261261,  print_iou: 0.31822219491004944
5249  42%|████      | 5/12 [00:25<00:33,  4.75s/it]print_dice: 0.5433571338653564,  print_iou: 0.
     373302014231681824
5250 print_dice: 0.4836127758026123,  print_iou: 0.31892433762550354
5251  58%|██████    | 7/12 [00:34<00:23,  4.62s/it]print_dice: 0.4266146719455719,  print_iou: 0.
     27114444971084595
5252  67%|██████    | 8/12 [00:39<00:18,  4.53s/it]print_dice: 0.5126543641090393,  print_iou: 0.
     3446773588657379
5253 print_dice: 0.5123693346977234,  print_iou: 0.3444196879863739
5254  83%|████████  | 10/12 [00:47<00:08,  4.46s/it]print_dice: 0.5257749557495117,  print_iou: 0
     .35664498805999756
5255  92%|████████  | 11/12 [00:52<00:04,  4.43s/it]print_dice: 0.5767264366149902,  print_iou: 0
     .40521126985549927
5256 100%|████████  | 12/12 [00:56<00:00,  4.40s/it]print_dice: 0.5552002191543579,  print_iou: 0
     .38427484035491943
5257   [11/12]  eta: 0:00:04   time: 4.7146  data: 0.3287
5258 100%|████████  | 12/12 [00:57<00:00,  4.75s/it]
5259  Total time: 0:00:57 (4.7532 s / it)
5260 ============================
5261 Averaged stats:
5262 come here save at work_dirs/DrSAM_b
5263 epoch:   86   learning rate:   1.0000000000000002e-10
5264 Epoch 86/499:    3%|         | 1/33 [00:10<05:37, 10.54s/it]print_dice: 0.5428144931793213
     ,    print_iou: 0.37250885367393494
5265   [ 0/33]  eta: 0:05:47   time: 10.5421  data: 3.9762
5266 print_dice: 0.5174030661582947,  print_iou: 0.3489843010902405
5267 Epoch 86/499:    9%|█        | 3/33 [00:23<03:39,  7.32s/it]print_dice: 0.6170316338539124
     ,    print_iou: 0.44616469740867615
5268 Epoch 86/499:   12%|█        | 4/33 [00:29<03:23,  7.03s/it]print_dice: 0.5160253047943115
     ,    print_iou: 0.3477318584918976
5269 Epoch 86/499:   15%|█        | 5/33 [00:36<03:11,  6.85s/it]print_dice: 0.5492765307426453
     ,    print_iou: 0.37862247228622437
5270 Epoch 86/499:   18%|██       | 6/33 [00:43<03:03,  6.79s/it]print_dice: 0.5026644468307495
     ,    print_iou: 0.33570596575737
5271 Epoch 86/499:   21%|██       | 7/33 [00:49<02:54,  6.72s/it]print_dice: 0.44942203164100647
     ,    print_iou: 0.2898416221141815
5272 Epoch 86/499:   24%|██       | 8/33 [00:56<02:46,  6.68s/it]print_dice: 0.5211161971092224
     ,    print_iou: 0.3523712754249573
5273 print_dice: 0.48249924182891846,   print_iou: 0.31795650720596313
5274 Epoch 86/499:   30%|██       | 10/33 [01:09<02:31,  6.59s/it]print_dice: 0.4918227791786194
     ,    print_iou: 0.3261041045188904
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5275 Epoch 86/499:  33%|██▌        | 11/33 [01:15<02:24,  6.56s/it]print_dice: 0.5412564277648926
     ,   print_iou: 0.3710429072380066
5276 Epoch 86/499:  36%|██▊        | 12/33 [01:22<02:17,  6.53s/it]print_dice: 0.5708906054496765
     ,   print_iou: 0.3994729816913605
5277 Epoch 86/499:  39%|███        | 13/33 [01:28<02:10,  6.51s/it]print_dice: 0.4818207025527954
     ,   print_iou: 0.31736746430397034
5278 Epoch 86/499:  42%|███▏       | 14/33 [01:35<02:04,  6.53s/it]print_dice: 0.4720061421394348
     ,   print_iou: 0.30890578031539917
5279 Epoch 86/499:  45%|███▍       | 15/33 [01:41<01:57,  6.53s/it]print_dice: 0.5112442374229431
     ,   print_iou: 0.34340372681617737
5280 print_dice: 0.4261103868484497,   print_iou: 0.2707371413707733
5281 Epoch 86/499:  52%|████       | 17/33 [01:54<01:43,  6.47s/it]print_dice: 0.5225714445114136
     ,   print_iou: 0.3537033498287201
5282 Epoch 86/499:  55%|████▎      | 18/33 [02:01<01:37,  6.49s/it]print_dice: 0.4851212203502655
     ,   print_iou: 0.3202376365661621
5283 print_dice: 0.4287719130516052,   print_iou: 0.2728896737098694
5284 Epoch 86/499:  61%|████▊      | 20/33 [02:14<01:25,  6.54s/it]print_dice: 0.5162653923034668
     ,   print_iou: 0.34794992208480835
5285 print_dice: 0.541358232498169,   print_iou: 0.3711385726928711
5286 Epoch 86/499:  67%|█████▎     | 22/33 [02:27<01:11,  6.50s/it]print_dice: 0.5268954038619995
     ,   print_iou: 0.3576768636703491
5287 print_dice: 0.5947026014328003,   print_iou: 0.4231862723827362
5288 Epoch 86/499:  73%|█████▊     | 24/33 [02:40<00:58,  6.53s/it]print_dice: 0.553801953792572
     ,   print_iou: 0.3829364478588104
5289 Epoch 86/499:  76%|██████     | 25/33 [02:46<00:51,  6.50s/it]print_dice: 0.5228167176246643
     ,   print_iou: 0.3539281487464905
5290 print_dice: 0.4603048264980316,   print_iou: 0.298958420753479
5291 Epoch 86/499:  82%|██████▌    | 27/33 [02:59<00:39,  6.51s/it]print_dice: 0.44118696451187134
     ,   print_iou: 0.2830274999141693
5292 Epoch 86/499:  85%|██████▊    | 28/33 [03:06<00:32,  6.51s/it]print_dice: 0.49849775433540344
     ,   print_iou: 0.33199936151504517
5293 print_dice: 0.541939377784729,   print_iou: 0.37168505787849426
5294 Epoch 86/499:  91%|███████▎   | 30/33 [03:19<00:19,  6.51s/it]print_dice: 0.5150149464607239
     ,   print_iou: 0.34681493043899536
5295 print_dice: 0.48689091205596924,   print_iou: 0.32178178429603577
5296 Epoch 86/499:  97%|███████▊| 32/33 [03:32<00:06,  6.49s/it]print_dice: 0.42913469672203064
     ,   print_iou: 0.2731836438179016
5297 print_dice: 0.5377697944641113,   print_iou: 0.36777371168136597
5298  [32/33]  eta: 0:00:06   time: 6.4990  data: 0.0005
5299 Epoch 86/499: 100%|████████| 33/33 [03:39<00:00,  6.64s/it]
5300  Total time: 0:03:39 (6.6377 s / it)
5301 Averaged stats: training_loss: -44.4593 (-44.4593)  loss_mask: -44.5947 (-44.5947)
     loss_dice: 0.1355 (0.1355)
5302   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383400237653
5303 Validating...
5304 Valid_dataloader len: 12
5305 print_dice: 0.5028058886528015,  print_iou: 0.3358321487903595
5306  [ 0/12]  eta: 0:01:35   time: 7.9377  data: 3.8525
5307  17%|█▊        | 2/12 [00:12<00:57,  5.75s/it]print_dice: 0.5454720258712769,  print_iou: 0.
     3750165104866028
5308 print_dice: 0.5066988468170166,  print_iou: 0.3393145501613617
5309  33%|███▎      | 4/12 [00:21<00:39,  4.88s/it]print_dice: 0.48998409509658813,  print_iou: 0
     .3244893550872803
5310 print_dice: 0.5434094071388245,  print_iou: 0.3730694353580475
5311  50%|█████     | 6/12 [00:30<00:27,  4.65s/it]print_dice: 0.4808657467365265,  print_iou: 0.
     31653934717178345
5312  58%|█████▊    | 7/12 [00:34<00:22,  4.59s/it]print_dice: 0.4362017810344696,  print_iou: 0.
     27893736958503723
5313 print_dice: 0.5245903134346008,  print_iou: 0.3555557131767273
5314  75%|███████▌  | 9/12 [00:43<00:13,  4.50s/it]print_dice: 0.5184154510498047,  print_iou: 0.
     3499060869216919
5315 print_dice: 0.5385130643844604,  print_iou: 0.3684692978858948
5316  92%|█████████▎| 11/12 [00:51<00:04,  4.41s/it]print_dice: 0.5705349445343018,  print_iou: 0
     .39912477135658264
5317 print_dice: 0.5496887564659119,  print_iou: 0.37901437282562256
5318  [11/12]  eta: 0:00:04   time: 4.6905  data: 0.3215
5319 100%|██████████| 12/12 [00:56<00:00,  4.73s/it]
5320  Total time: 0:00:56 (4.7297 s / it)
5321 ============================
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5322 Averaged stats:
5323 Epoch 87/499:   0%|            | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
5324 epoch:    87   learning rate:   1.000000000000002e-10
5325 print_dice: 0.5542311072349548,   print_iou: 0.38334694504737854
5326   [ 0/33] eta: 0:05:40   time: 10.3031  data: 3.9747
5327 Epoch 87/499:   6%|▌           | 2/33 [00:16<04:03,  7.85s/it]print_dice: 0.428986132144928
     ,    print_iou: 0.2730632424354553
5328 Epoch 87/499:   9%|█           | 3/33 [00:22<03:37,  7.26s/it]print_dice: 0.5201148390769958
     ,    print_iou: 0.3514561951160431
5329 Epoch 87/499:  12%|█▌          | 4/33 [00:29<03:24,  7.07s/it]print_dice: 0.5137584805488586
     ,    print_iou: 0.34567630290985111
5330 Epoch 87/499:  15%|█▌          | 5/33 [00:36<03:13,  6.92s/it]print_dice: 0.5159938931465149
     ,    print_iou: 0.34770333766937256
5331 Epoch 87/499:  18%|██          | 6/33 [00:43<03:03,  6.81s/it]print_dice: 0.5140689611434937
     ,    print_iou: 0.3459574580192566
5332 Epoch 87/499:  21%|██          | 7/33 [00:49<02:54,  6.73s/it]print_dice: 0.48181700706481934
     ,    print_iou: 0.31736424565315247
5333 print_dice: 0.49099746346473694,   print_iou: 0.32537880539894104
5334 Epoch 87/499:  27%|███         | 9/33 [01:02<02:38,  6.60s/it]print_dice: 0.541358232498169
     ,    print_iou: 0.3711385726928711
5335 print_dice: 0.5174471139907837,   print_iou: 0.34902435541152954
5336 Epoch 87/499:  33%|███▌        | 11/33 [01:15<02:25,  6.59s/it]print_dice: 0.4551940858364105
     ,    print_iou: 0.2946610152721405
5337 Epoch 87/499:  36%|███▌        | 12/33 [01:22<02:17,  6.56s/it]print_dice: 0.5428751707077026
     ,    print_iou: 0.37256598472595215
5338 Epoch 87/499:  39%|███▌        | 13/33 [01:28<02:10,  6.55s/it]print_dice: 0.4580117166042328
     ,    print_iou: 0.29702672362327576
5339 Epoch 87/499:  42%|████        | 14/33 [01:35<02:04,  6.56s/it]print_dice: 0.5150032639503479
     ,    print_iou: 0.34680432081222534
5340 print_dice: 0.49875980615615845,   print_iou: 0.3322318494319916
5341 Epoch 87/499:  48%|████▌       | 16/33 [01:48<01:51,  6.53s/it]print_dice: 0.5471785068511963
     ,    print_iou: 0.37663161754608154
5342 Epoch 87/499:  52%|████▌       | 17/33 [01:54<01:45,  6.57s/it]print_dice: 0.593293309211731
     ,    print_iou: 0.4217604696750641
5343 print_dice: 0.4822249114513397,   print_iou: 0.3177182972431183
5344 Epoch 87/499:  58%|█████▌      | 19/33 [02:08<01:32,  6.59s/it]print_dice: 0.5026805400848389
     ,    print_iou: 0.3357203006744385
5345 Epoch 87/499:  61%|█████▌      | 20/33 [02:14<01:24,  6.53s/it]print_dice: 0.541270911693573
     ,    print_iou: 0.37105652689933777
5346 print_dice: 0.570270299911499,   print_iou: 0.39886581897735596
5347 Epoch 87/499:  67%|██████▌     | 22/33 [02:27<01:12,  6.57s/it]print_dice: 0.541939914226532
     ,    print_iou: 0.37168559432029724
5348 Epoch 87/499:  70%|██████▌     | 23/33 [02:34<01:05,  6.59s/it]print_dice: 0.4698096811771393
     ,    print_iou: 0.3070269525051117
5349 print_dice: 0.42653176188468933,   print_iou: 0.2710774540901184
5350 Epoch 87/499:  76%|███████▌    | 25/33 [02:47<00:53,  6.65s/it]print_dice: 0.5209992527961731
     ,    print_iou: 0.3522643744945526
5351 print_dice: 0.5206287503242493,   print_iou: 0.35192567110061646
5352 Epoch 87/499:  82%|████████▌   | 27/33 [03:01<00:40,  6.67s/it]print_dice: 0.4490194618701935
     ,    print_iou: 0.28950682282447815
5353 Epoch 87/499:  85%|████████▌   | 28/33 [03:07<00:33,  6.63s/it]print_dice: 0.4852088689804077
     ,    print_iou: 0.32031404972076416
5354 print_dice: 0.42864561080932617,   print_iou: 0.27278733253479004
5355 Epoch 87/499:  91%|█████████▌  | 30/33 [03:20<00:19,  6.56s/it]print_dice: 0.5269697904586792
     ,    print_iou: 0.35774537920951843
5356 print_dice: 0.5372490286827087,   print_iou: 0.367286741733551
5357 Epoch 87/499:  97%|██████████▌ | 32/33 [03:35<00:06,  6.88s/it]print_dice: 0.48771971464157104
     ,    print_iou: 0.3225061595439911
5358 Epoch 87/499: 100%|███████████ | 33/33 [03:41<00:00,  6.81s/it]print_dice: 0.6193667650222778
     ,    print_iou: 0.4486106336116791
5359   [32/33] eta: 0:00:06   time: 6.6552  data: 0.0007
5360 Epoch 87/499: 100%|███████████ | 33/33 [03:42<00:00,  6.74s/it]
5361  Total time: 0:03:42 (6.7380 s / it)
5362 Averaged stats: training_loss: -156.6203 (-156.6203)  loss_mask: -156.6090 (-156.6090)
     loss_dice: -0.0113 (-0.0113)
5363   0%|            | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383400397142
5364 Validating...
5365 Valid_dataloader len: 12
5366   8%|█         | 1/12 [00:08<01:36,  8.80s/it]print_dice: 0.5188194513320923,  print_iou: 0.
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5366 35027429461479187
5367  [ 0/12]  eta: 0:01:45    time: 8.7979  data: 4.7836
5368  17%|██         | 2/12 [00:13<01:01,  6.19s/it]print_dice: 0.547143816947937,  print_iou: 0.
     3765987455844879
5369  25%|██         | 3/12 [00:17<00:47,  5.31s/it]print_dice: 0.5065759420394897,  print_iou: 0.
     339204341173172
5370 print_dice: 0.5007930994033813,  print_iou: 0.33403870463371277
5371  42%|████       | 5/12 [00:26<00:33,  4.80s/it]print_dice: 0.5493025779724121,  print_iou: 0.
     37864720821380615
5372  50%|█████      | 6/12 [00:30<00:27,  4.66s/it]print_dice: 0.480754554271698,  print_iou: 0.
     31644296646118164
5373  58%|██████▌    | 7/12 [00:35<00:23,  4.64s/it]print_dice: 0.4266200363636017,  print_iou: 0.
     27114877104759216
5374 print_dice: 0.5245252251625061,  print_iou: 0.3554958701133728
5375  75%|████████   | 9/12 [00:44<00:13,  4.50s/it]print_dice: 0.5295743942260742,  print_iou: 0.
     36015039682388306
5376  83%|████████▌  | 10/12 [00:48<00:08,  4.46s/it]print_dice: 0.532985508441925,  print_iou: 0.
     36331307888031006
5377  92%|█████████▌ | 11/12 [00:52<00:04,  4.44s/it]print_dice: 0.581683874130249,  print_iou: 0.
     4101228415966034
5378 100%|██████████| 12/12 [00:57<00:00,  4.36s/it]print_dice: 0.5551508069038391,  print_iou: 0
     .3842275142669678
5379  [11/12]  eta: 0:00:04    time: 4.7535  data: 0.3990
5380 100%|██████████| 12/12 [00:57<00:00,  4.79s/it]
5381  Total time: 0:00:57 (4.7890 s / it)
5382 ==============================
5383 Averaged stats:
5384 Epoch 88/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
5385 epoch:    88   learning rate:   1.0000000000000002e-10
5386 Epoch 88/499:   3%|▌         | 1/33 [00:10<05:35, 10.47s/it]print_dice: 0.4551718235015869
     ,  print_iou: 0.2946423590183258
5387  [ 0/33]  eta: 0:05:45    time: 10.4708  data: 3.9387
5388 Epoch 88/499:   6%|▌         | 2/33 [00:16<04:08,  8.03s/it]print_dice: 0.500998318195343
     ,  print_iou: 0.3342213034629822
5389 Epoch 88/499:   9%|█         | 3/33 [00:23<03:40,  7.35s/it]print_dice: 0.4877285063266754
     ,  print_iou: 0.3225138485431671
5390 print_dice: 0.5157455801963806,  print_iou: 0.34747788310050964
5391 Epoch 88/499:  15%|█▌        | 5/33 [00:36<03:11,  6.83s/it]print_dice: 0.45797330141067505
     ,  print_iou: 0.2969944179058075
5392 print_dice: 0.44900986552238464,  print_iou: 0.28949886560440063
5393 Epoch 88/499:  21%|██        | 7/33 [00:49<02:53,  6.66s/it]print_dice: 0.5231921076774597
     ,  print_iou: 0.3542723059654236
5394 Epoch 88/499:  24%|██▌       | 8/33 [00:55<02:45,  6.62s/it]print_dice: 0.426531046628952
     ,  print_iou: 0.2710768580436 7065
5395 Epoch 88/499:  27%|██▌       | 9/33 [01:02<02:37,  6.58s/it]print_dice: 0.6165257692337036
     ,  print_iou: 0.4456358850002289
5396 print_dice: 0.5491670370101929,  print_iou: 0.3785184323787689
5397 Epoch 88/499:  33%|███       | 11/33 [01:15<02:23,  6.51s/it]print_dice: 0.5240455269813538
     ,  print_iou: 0.3550553321838379
5398 Epoch 88/499:  36%|███▌      | 12/33 [01:21<02:16,  6.49s/it]print_dice: 0.5210481882095337
     ,  print_iou: 0.35230907797813416
5399 print_dice: 0.5419878363609314,  print_iou: 0.37173065543174744
5400 Epoch 88/499:  42%|████▌     | 14/33 [01:35<02:04,  6.56s/it]print_dice: 0.5174444317817688
     ,  print_iou: 0.34902194142341614
5401 Epoch 88/499:  45%|████▌     | 15/33 [01:41<01:57,  6.52s/it]print_dice: 0.48530057072639465
     ,  print_iou: 0.32039397954940796
5402 Epoch 88/499:  48%|████▌     | 16/33 [01:47<01:50,  6.50s/it]print_dice: 0.4697221517562866
     ,  print_iou: 0.30695220828056335
5403 Epoch 88/499:  52%|█████▌    | 17/33 [01:54<01:44,  6.51s/it]print_dice: 0.5145424008369446
     ,  print_iou: 0.34638649225234985
5404 Epoch 88/499:  55%|█████▌    | 18/33 [02:00<01:37,  6.50s/it]print_dice: 0.5544406771659851
     ,  print_iou: 0.38354748487472534
5405 print_dice: 0.42843687534332275,  print_iou: 0.27261829376220703
5406 Epoch 88/499:  61%|██████    | 20/33 [02:14<01:24,  6.51s/it]print_dice: 0.5210064053535461
     ,  print_iou: 0.3522709012031555
5407 Epoch 88/499:  64%|██████▌   | 21/33 [02:20<01:18,  6.55s/it]print_dice: 0.4816536605358124
     ,  print_iou: 0.317222535610199
5408 Epoch 88/499:  67%|██████▌   | 22/33 [02:27<01:12,  6.58s/it]print_dice: 0.5429124236106873
     ,  print_iou: 0.37260109186172485
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5409 Epoch 88/499:  70%|██████    | 23/33 [02:33<01:05,  6.59s/it]print_dice: 0.49180853366851807
     ,   print_iou: 0.32609158754348755
5410 Epoch 88/499:  73%|██████▋   | 24/33 [02:40<00:59,  6.60s/it]print_dice: 0.5725359916687012
     ,   print_iou: 0.4010861217975616
5411 Epoch 88/499:  76%|███████   | 25/33 [02:47<00:52,  6.59s/it]print_dice: 0.5935342311859131
     ,   print_iou: 0.4220040142536163
5412 Epoch 88/499:  79%|███████▋  | 26/33 [02:53<00:46,  6.63s/it]print_dice: 0.4286457896232605
     ,   print_iou: 0.27278751134872437
5413 print_dice: 0.5161030888557434,   print_iou: 0.3478025197982788
5414 Epoch 88/499:  85%|████████▌ | 28/33 [03:06<00:32,  6.57s/it]print_dice: 0.5026647448539734
     ,   print_iou: 0.3357062339782715
5415 Epoch 88/499:  88%|████████▊ | 29/33 [03:13<00:26,  6.58s/it]print_dice: 0.5113077759742737
     ,   print_iou: 0.3434610366821289
5416 Epoch 88/499:  91%|█████████ | 30/33 [03:20<00:19,  6.58s/it]print_dice: 0.48072898387908936
     ,   print_iou: 0.3164208233356476
5417 Epoch 88/499:  94%|█████████▍| 31/33 [03:26<00:13,  6.55s/it]print_dice: 0.5424940586090088
     ,   print_iou: 0.3722071051597595
5418 print_dice: 0.537251889705658,   print_iou: 0.36728939414024353
5419 Epoch 88/499: 100%|██████████| 33/33 [03:39<00:00,  6.46s/it]print_dice: 0.540065586566925
     ,   print_iou: 0.36992454528808594
5420   [32/33]  eta: 0:00:06    time: 6.5399  data: 0.0004
5421 Epoch 88/499: 100%|██████████| 33/33 [03:39<00:00,  6.66s/it]
5422  Total time: 0:03:39 (6.6566 s / it)
5423 Averaged stats: training_loss: -83.9290 (-83.9290)  loss_mask: -83.9857 (-83.9857)
     loss_dice: 0.0567 (0.0567)
5424 Net parameter norm: 1054.8383400590392
5425 Validating...
5426 Valid_dataloader len: 12
5427   8%|█         | 1/12 [00:07<01:27,  7.95s/it]print_dice: 0.53218013048172,   print_iou: 0.
     3625650405883789
5428   [ 0/12]  eta: 0:01:35    time: 7.9544  data: 3.8642
5429  17%|██        | 2/12 [00:12<00:58,  5.84s/it]print_dice: 0.548117458820343,   print_iou: 0.
     37752190232276917
5430  25%|██▌       | 3/12 [00:16<00:46,  5.19s/it]print_dice: 0.5066271424293518,   print_iou: 0.
     33925026655197144
5431 print_dice: 0.4936447739601135,   print_iou: 0.32770806550979614
5432  42%|████▏     | 5/12 [00:25<00:33,  4.72s/it]print_dice: 0.5433294773101807,   print_iou: 0.
     3729940950870514
5433  50%|█████     | 6/12 [00:30<00:27,  4.65s/it]print_dice: 0.47610199451446533,   print_iou: 0
     .31242379546165466
5434 print_dice: 0.4283464550971985,   print_iou: 0.27254506945610046
5435  67%|██████▋   | 8/12 [00:38<00:18,  4.52s/it]print_dice: 0.5177954435348511,   print_iou: 0.
     3493414521217346
5436 print_dice: 0.5159984827041626,   print_iou: 0.3477075397968292
5437  83%|████████▎ | 10/12 [00:47<00:08,  4.43s/it]print_dice: 0.538433313369751,   print_iou: 0.
     3683946430683136
5438 print_dice: 0.5795248746871948,   print_iou: 0.4079796075820923
5439 100%|██████████| 12/12 [00:56<00:00,  4.37s/it]print_dice: 0.5503678321838379,   print_iou: 0
     .37966033816337585
5440   [11/12]  eta: 0:00:04    time: 4.6910  data: 0.3224
5441 100%|██████████| 12/12 [00:56<00:00,  4.72s/it]
5442  Total time: 0:00:56 (4.7232 s / it)
5443 ============================
5444 Averaged stats:
5445 come here save at work_dirs/DrSAM_b
5446 epoch:    89   learning rate:   1.0000000000000002e-10
5447 Epoch 89/499:   3%|▎         | 1/33 [00:10<05:45, 10.81s/it]print_dice: 0.42616143822669983
     ,   print_iou: 0.2707783877849579
5448   [ 0/33]  eta: 0:05:56    time: 10.8075  data: 4.2136
5449 Epoch 89/499:   6%|▌         | 2/33 [00:17<04:13,  8.18s/it]print_dice: 0.5002952218055725
     ,   print_iou: 0.33359581232070923
5450 print_dice: 0.42842602729797363,   print_iou: 0.27260950207710266
5451 Epoch 89/499:  12%|█▏        | 4/33 [00:30<03:24,  7.03s/it]print_dice: 0.5269232392311096
     ,   print_iou: 0.35770249366760254
5452 print_dice: 0.5134288668632507,   print_iou: 0.34537795186042786
5453 Epoch 89/499:  18%|█▊        | 6/33 [00:43<03:01,  6.72s/it]print_dice: 0.5210923552513123
     ,   print_iou: 0.3523494601249695
5454 Epoch 89/499:  21%|██        | 7/33 [00:49<02:53,  6.68s/it]print_dice: 0.5407409071922302
     ,   print_iou: 0.3705585300922394
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5455 Epoch 89/499:  24%|██         | 8/33 [00:56<02:45,  6.61s/it]print_dice: 0.4913967251777649
     ,   print_iou: 0.3257295787334442
5456 Epoch 89/499:  27%|██         | 9/33 [01:02<02:38,  6.62s/it]print_dice: 0.5377568602561951
     ,   print_iou: 0.3677615821361542
5457 Epoch 89/499:  30%|██         | 10/33 [01:09<02:31,  6.60s/it]print_dice: 0.5725358128547668
     ,   print_iou: 0.40108591318130493
5458 print_dice: 0.4824109971523285,   print_iou: 0.317879855632782
5459 Epoch 89/499:  36%|███        | 12/33 [01:22<02:17,  6.55s/it]print_dice: 0.5471776723861694
     ,   print_iou: 0.3766308128833771
5460 print_dice: 0.5541123747825623,   print_iou: 0.38323336839675903
5461 Epoch 89/499:  42%|███        | 14/33 [01:35<02:04,  6.55s/it]print_dice: 0.45825839042663574
     ,   print_iou: 0.2972342371940613
5462 Epoch 89/499:  45%|███        | 15/33 [01:42<01:58,  6.58s/it]print_dice: 0.5154100656509399
     ,   print_iou: 0.3471733331680298
5463 Epoch 89/499:  48%|███        | 16/33 [01:48<01:50,  6.52s/it]print_dice: 0.5210064053535461
     ,   print_iou: 0.35227087140083313
5464 Epoch 89/499:  52%|███        | 17/33 [01:55<01:44,  6.52s/it]print_dice: 0.5412557721138,
     print_iou: 0.37104225158691406
5465 Epoch 89/499:  55%|███        | 18/33 [02:01<01:37,  6.53s/it]print_dice: 0.5363646745681763
     ,   print_iou: 0.3664605915546417
5466 Epoch 89/499:  58%|███        | 19/33 [02:08<01:31,  6.51s/it]print_dice: 0.42865368723869324
     ,   print_iou: 0.27279388904571533
5467 print_dice: 0.522836446762085,   print_iou: 0.3539462387561798
5468 Epoch 89/499:  64%|████       | 21/33 [02:21<01:18,  6.53s/it]print_dice: 0.441127210855484
     ,   print_iou: 0.2829783260822296
5469 Epoch 89/499:  67%|████       | 22/33 [02:27<01:11,  6.52s/it]print_dice: 0.5009658932685852
     ,   print_iou: 0.3341924548149109
5470 Epoch 89/499:  70%|████       | 23/33 [02:34<01:04,  6.49s/it]print_dice: 0.46975892782211304
     ,   print_iou: 0.30698361992836
5471 print_dice: 0.6164769530296326,   print_iou: 0.44558486342430115
5472 Epoch 89/499:  76%|█████      | 25/33 [02:47<00:52,  6.52s/it]print_dice: 0.4867194592952728
     ,   print_iou: 0.3216319978237152
5473 print_dice: 0.5144810080528259,   print_iou: 0.34633082151412964
5474 Epoch 89/499:  82%|█████      | 27/33 [03:00<00:39,  6.54s/it]print_dice: 0.4818298816680908
     ,   print_iou: 0.31737542152404785
5475 Epoch 89/499:  85%|█████      | 28/33 [03:06<00:32,  6.51s/it]print_dice: 0.5204184651374817
     ,   print_iou: 0.351733535528183
5476 Epoch 89/499:  88%|█████      | 29/33 [03:13<00:26,  6.55s/it]print_dice: 0.5394504070281982
     ,   print_iou: 0.3693475127220154
5477 print_dice: 0.48512932658195496,   print_iou: 0.320244699716568
5478 Epoch 89/499:  94%|██████     | 31/33 [03:26<00:13,  6.52s/it]print_dice: 0.44929784536361694
     ,   print_iou: 0.28973832726478577
5479 print_dice: 0.5947015881538391,   print_iou: 0.4231852889060974
5480 Epoch 89/499: 100%|██████     | 33/33 [03:39<00:00,  6.45s/it]print_dice: 0.5161020159721375
     ,   print_iou: 0.3478015661239624
5481   [32/33]  eta: 0:00:06   time: 6.5038  data: 0.0004
5482 Epoch 89/499: 100%|██████     | 33/33 [03:39<00:00,  6.65s/it]
5483  Total time: 0:03:39 (6.6492 s / it)
5484 Averaged stats: training_loss: 13.5853 (13.5853)  loss_mask: 13.2020 (13.2020)  loss_dice: 0
     .3832 (0.3832)
5485 Net parameter norm: 1054.8383400802268
5486 Validating...
5487 Valid_dataloader len: 12
5488    8%|█         | 1/12 [00:07<01:27,  7.97s/it]print_dice: 0.518925666809082,   print_iou: 0.
     3503710925579071
5489   [ 0/12]  eta: 0:01:35   time: 7.9751  data: 3.9100
5490   17%|██        | 2/12 [00:12<00:57,  5.79s/it]print_dice: 0.5452104806900024,   print_iou: 0.
     37476930022239685
5491 print_dice: 0.506675660610199,   print_iou: 0.33929380774497986
5492   33%|███       | 4/12 [00:21<00:39,  4.95s/it]print_dice: 0.5007996559143066,   print_iou: 0.
     33404454588890076
5493   42%|███       | 5/12 [00:25<00:33,  4.80s/it]print_dice: 0.5433801412582397,   print_iou: 0.
     3730418086051941
5494   50%|████      | 6/12 [00:30<00:28,  4.68s/it]print_dice: 0.47614818811416626,   print_iou: 0
     .31246358156204224
5495 print_dice: 0.43616729974746704,   print_iou: 0.27890917658805847
5496   67%|█████     | 8/12 [00:39<00:18,  4.57s/it]print_dice: 0.5245864987373352,   print_iou: 0.
     35555216670036316
5497 print_dice: 0.5296513438224792,   print_iou: 0.36022159457206726
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5498  83%|███████▌ | 10/12 [00:48<00:09,  4.56s/it]print_dice: 0.5384889245033264,  print_iou: 0
.3684466779232025
5499  92%|████████▍| 11/12 [00:52<00:04,  4.53s/it]print_dice: 0.5817350149154663,  print_iou: 0
.4101737141609192
5500 100%|█████████| 12/12 [00:57<00:00,  4.45s/it]print_dice: 0.5503939390182495,  print_iou: 0
.3796851634979248
5501  [11/12]  eta: 0:00:04   time: 4.7577  data: 0.3263
5502 100%|█████████| 12/12 [00:57<00:00,  4.80s/it]
5503  Total time: 0:00:57 (4.8015 s / it)
5504 ============================
5505 Averaged stats:
5506 Epoch 90/499:   0%|         | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
5507 epoch:    90   learning rate:   1.0000000000000002e-10
5508 Epoch 90/499:   3%|▌        | 1/33 [00:10<05:44, 10.77s/it]print_dice: 0.481437623500824
,  print_iou: 0.31703513860702515
5509  [ 0/33]  eta: 0:05:55   time: 10.7664  data: 4.2721
5510 print_dice: 0.5228148698806763,  print_iou: 0.3539264500141144
5511 Epoch 90/499:   9%|█▍       | 3/33 [00:23<03:45,  7.50s/it]print_dice: 0.541368305683136
,  print_iou: 0.3711480498313904
5512 Epoch 90/499:  12%|█▉       | 4/33 [00:30<03:25,  7.09s/it]print_dice: 0.4851042330265045
,  print_iou: 0.3202228546142578
5513 Epoch 90/499:  15%|██▎      | 5/33 [00:36<03:13,  6.89s/it]print_dice: 0.5206303596496582
,  print_iou: 0.35192716121673584
5514 print_dice: 0.5546624064445496,  print_iou: 0.3837597370147705
5515 Epoch 90/499:  21%|███      | 7/33 [00:49<02:53,  6.67s/it]print_dice: 0.4717985987663269
,  print_iou: 0.30872800946235657
5516 Epoch 90/499:  24%|███▌     | 8/33 [00:56<02:46,  6.68s/it]print_dice: 0.4265308678150177
,  print_iou: 0.2710767090320587
5517 print_dice: 0.6193811893463135,  print_iou: 0.4486258029937744
5518 Epoch 90/499:  30%|████     | 10/33 [01:09<02:32,  6.63s/it]print_dice: 0.5157448053359985
,  print_iou: 0.34747716784477234
5519 Epoch 90/499:  33%|████▌    | 11/33 [01:16<02:25,  6.61s/it]print_dice: 0.5425359606742859
,  print_iou: 0.37224653363227844
5520 print_dice: 0.5471774935722351,  print_iou: 0.37663063406944275
5521 Epoch 90/499:  39%|█████▍   | 13/33 [01:29<02:11,  6.58s/it]print_dice: 0.5210072994232178
,  print_iou: 0.35227170586586
5522 Epoch 90/499:  42%|█████▉   | 14/33 [01:35<02:04,  6.56s/it]print_dice: 0.5135508179664612
,  print_iou: 0.3454883396625519
5523 print_dice: 0.5002166032791138,  print_iou: 0.3335258960723877
5524 Epoch 90/499:  48%|██████▉  | 16/33 [01:48<01:50,  6.51s/it]print_dice: 0.448307603597641
,  print_iou: 0.2889152467250824
5525 print_dice: 0.48673370480537415,  print_iou: 0.32164445519447327
5526 Epoch 90/499:  55%|███████▊ | 18/33 [02:01<01:37,  6.52s/it]print_dice: 0.5268957614898682
,  print_iou: 0.357677161693573
5527 print_dice: 0.5704372525215149,  print_iou: 0.3990291953086853
5528 Epoch 90/499:  61%|████████▊ | 20/33 [02:14<01:25,  6.55s/it]print_dice: 0.5387868285179138
,  print_iou: 0.3687256872653961
5529 print_dice: 0.542860388755798,  print_iou: 0.3725520670413971
5530 Epoch 90/499:  67%|█████████▍ | 22/33 [02:28<01:12,  6.56s/it]print_dice: 0.4300283193588257
,  print_iou: 0.2739083170890808
5531 Epoch 90/499:  70%|█████████▉ | 23/33 [02:34<01:05,  6.53s/it]print_dice: 0.515705943107605
,  print_iou: 0.3474419116973877
5532 Epoch 90/499:  73%|██████████▍ | 24/33 [02:41<00:58,  6.54s/it]print_dice: 0.42890942096710205
,  print_iou: 0.2730010747909546
5533 Epoch 90/499:  76%|██████████▉ | 25/33 [02:47<00:52,  6.54s/it]print_dice: 0.4412026107311249
,  print_iou: 0.2830404043197632
5534 print_dice: 0.48061642050743103,  print_iou: 0.31632328033447266
5535 Epoch 90/499:  82%|████████████ | 27/33 [03:00<00:39,  6.52s/it]print_dice: 0.5372477769851685
,  print_iou: 0.3672855794429779
5536 Epoch 90/499:  85%|████████████▌ | 28/33 [03:07<00:32,  6.54s/it]print_dice: 0.45744767785072327
,  print_iou: 0.296552449464798
5537 Epoch 90/499:  88%|█████████████ | 29/33 [03:13<00:26,  6.52s/it]print_dice: 0.4914306104183197
,  print_iou: 0.3257593810558319
5538 Epoch 90/499:  91%|█████████████▌ | 30/33 [03:20<00:19,  6.56s/it]print_dice: 0.5947206616401672
,  print_iou: 0.4232046081100464
5539 Epoch 90/499:  94%|██████████████▏| 31/33 [03:26<00:13,  6.55s/it]print_dice: 0.5168415307998657
,  print_iou: 0.3484736084938493
5540 print_dice: 0.5150096416473389,  print_iou: 0.34681010246276855
5541 Epoch 90/499: 100%|███████████████| 33/33 [03:39<00:00,  6.49s/it]print_dice: 0.500642716884613
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5541 ,    print_iou: 0.333904892206192
5542  [32/33]  eta: 0:00:06    time: 6.5216  data: 0.0006
5543 Epoch 90/499: 100%|███████| 33/33 [03:40<00:00,  6.67s/it]
5544  Total time: 0:03:40 (6.6726 s / it)
5545 Averaged stats: training_loss: -97.0550 (-97.0550)  loss_mask: -97.1793 (-97.1793)
     loss_dice: 0.1243 (0.1243)
5546 Net parameter norm: 1054.8383401002502
5547 Validating...
5548 Valid_dataloader len: 12
5549    8%|█          | 1/12 [00:08<01:29,  8.14s/it]print_dice: 0.5189887881278992,  print_iou: 0.
     35042864084243774
5550  [ 0/12]  eta: 0:01:37    time: 8.1394  data: 3.8909
5551   17%|██         | 2/12 [00:12<00:58,  5.86s/it]print_dice: 0.5481574535369873,  print_iou: 0.
     3775598704814911
5552   25%|██         | 3/12 [00:16<00:46,  5.17s/it]print_dice: 0.5067124962806702,  print_iou: 0.
     3393268287181854
5553 print_dice: 0.47927865386009216,  print_iou: 0.31516534090042114
5554   42%|████       | 5/12 [00:25<00:32,  4.71s/it]print_dice: 0.5434138774871826,  print_iou: 0.
     37307366728782654
5555   50%|████       | 6/12 [00:30<00:27,  4.64s/it]print_dice: 0.4808770716190338,  print_iou: 0.
     316549152135849
5556   58%|████       | 7/12 [00:34<00:22,  4.59s/it]print_dice: 0.4362105429172516,  print_iou: 0.
     27894455194473267
5557   67%|██████     | 8/12 [00:38<00:18,  4.51s/it]print_dice: 0.5181512832641602,  print_iou: 0.
     34966543316841125
5558   75%|██████     | 9/12 [00:43<00:13,  4.50s/it]print_dice: 0.5161406397819519,  print_iou: 0.
     34783661365509033
5559 print_dice: 0.5331602096557617,  print_iou: 0.36347541213035583
5560   92%|████████   | 11/12 [00:52<00:04,  4.45s/it]print_dice: 0.5817937254905701,  print_iou: 0
     .4102320671081543
5561 print_dice: 0.5483362674713135,  print_iou: 0.3777295649051666
5562  [11/12]  eta: 0:00:04    time: 4.7083  data: 0.3248
5563 100%|████████| 12/12 [00:56<00:00,  4.74s/it]
5564  Total time: 0:00:56 (4.7447 s / it)
5565 ============================
5566 Averaged stats:
5567 Epoch 91/499:    0%|           | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
5568 epoch:    91   learning rate:   1.0000000000000002e-10
5569 Epoch 91/499:    3%|▌          | 1/33 [00:10<05:39, 10.60s/it]print_dice: 0.4720330834388733
     ,   print_iou: 0.30892884731292725
5570  [ 0/33]  eta: 0:05:49    time: 10.6034  data: 4.3208
5571 print_dice: 0.5386791229248047,   print_iou: 0.36862480640411377
5572 Epoch 91/499:    9%|█         | 3/33 [00:23<03:41,  7.39s/it]print_dice: 0.5130870342254639
     ,   print_iou: 0.34506863355636597
5573 print_dice: 0.5158115029335022,   print_iou: 0.34753772616386414
5574 Epoch 91/499:   15%|█         | 5/33 [00:36<03:13,  6.91s/it]print_dice: 0.5239814519882202
     ,   print_iou: 0.3549965023994446
5575 Epoch 91/499:   18%|██        | 6/33 [00:43<03:02,  6.77s/it]print_dice: 0.5363572239875793
     ,   print_iou: 0.3664536476135254
5576 Epoch 91/499:   21%|██        | 7/33 [00:49<02:54,  6.70s/it]print_dice: 0.4823269844055176
     ,   print_iou: 0.3178068995475769
5577 print_dice: 0.5407895445823669,   print_iou: 0.3706042468547821
5578 Epoch 91/499:   27%|██▌       | 9/33 [01:02<02:38,  6.61s/it]print_dice: 0.4490514099597931
     ,   print_iou: 0.289533406496048
5579 Epoch 91/499:   30%|███       | 10/33 [01:09<02:31,  6.59s/it]print_dice: 0.5153859257698059
     ,   print_iou: 0.34715142846107483
5580 print_dice: 0.5026641488075256,   print_iou: 0.3357056677341461
5581 Epoch 91/499:   36%|███▌      | 12/33 [01:22<02:19,  6.66s/it]print_dice: 0.5726086497306824
     ,   print_iou: 0.401157408952713
5582 Epoch 91/499:   39%|███▌      | 13/33 [01:29<02:13,  6.68s/it]print_dice: 0.45769086480140686
     ,   print_iou: 0.29675689339637756
5583 Epoch 91/499:   42%|████      | 14/33 [01:36<02:06,  6.65s/it]print_dice: 0.5010086297988892
     ,   print_iou: 0.3342304825782776
5584 Epoch 91/499:   45%|████      | 15/33 [01:42<01:59,  6.64s/it]print_dice: 0.5377627611160278
     ,   print_iou: 0.3677671253681183
5585 Epoch 91/499:   48%|████▌     | 16/33 [01:49<01:52,  6.61s/it]print_dice: 0.5947864055633545
     ,   print_iou: 0.4232714939689636
5586 Epoch 91/499:   52%|█████     | 17/33 [01:55<01:46,  6.63s/it]print_dice: 0.4492909908294678
     ,   print_iou: 0.28973260521888733
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5587 print_dice: 0.485124081373147,  print_iou: 0.3202401399612427
5588 Epoch 91/499:  58%|███████     | 19/33 [02:09<01:32,  6.60s/it]print_dice: 0.5206286311149597
     ,  print_iou: 0.3519256114959717
5589 print_dice: 0.428595582962036,  print_iou: 0.27279865741729736
5590 Epoch 91/499:  64%|███████▍    | 21/33 [02:21<01:18,  6.52s/it]print_dice: 0.5210000872612,
     print_iou: 0.3522651195526123
5591 Epoch 91/499:  67%|███████▊    | 22/33 [02:28<01:11,  6.52s/it]print_dice: 0.5169773101806641
     ,  print_iou: 0.3485970199108124
5592 print_dice: 0.4947161376476288,  print_iou: 0.3286530673503876
5593 Epoch 91/499:  73%|████████▋   | 24/33 [02:41<00:58,  6.52s/it]print_dice: 0.5432614684104919
     ,  print_iou: 0.37292996048927307
5594 Epoch 91/499:  76%|█████████   | 25/33 [02:47<00:52,  6.51s/it]print_dice: 0.42838242650032043
     ,  print_iou: 0.27257421612739563
5595 print_dice: 0.4261091351509094,  print_iou: 0.27073612809181213
5596 Epoch 91/499:  82%|█████████▋  | 27/33 [03:01<00:39,  6.54s/it]print_dice: 0.4877287447452545
     ,  print_iou: 0.32251405715942383
5597 Epoch 91/499:  85%|██████████  | 28/33 [03:07<00:32,  6.51s/it]print_dice: 0.6193801760673523
     ,  print_iou: 0.44862470030784607
5598 print_dice: 0.5471106767654419,  print_iou: 0.37656736373901367
5599 Epoch 91/499:  91%|██████████▉ | 30/33 [03:20<00:19,  6.54s/it]print_dice: 0.5228140950202942
     ,  print_iou: 0.3539257347583771
5600 print_dice: 0.480650395154953,  print_iou: 0.3163527250289917
5601 Epoch 91/499:  97%|███████████▋| 32/33 [03:33<00:06,  6.52s/it]print_dice: 0.5545973181724548
     ,  print_iou: 0.38369742035865784
5602 Epoch 91/499: 100%|████████████| 33/33 [03:40<00:00,  6.51s/it]print_dice: 0.5161072611808777
     ,  print_iou: 0.34780630469322205
5603  [32/33]  eta: 0:00:06   time: 6.5346  data: 0.0005
5604 Epoch 91/499: 100%|████████████| 33/33 [03:40<00:00,  6.69s/it]
5605  Total time: 0:03:40 (6.6851 s / it)
5606 Averaged stats: training_loss: 108.7365 (108.7365)  loss_mask: 108.1602 (108.1602)
     loss_dice: 0.5763 (0.5763)
5607 Net parameter norm: 1054.8383401213214
5608 Validating...
5609 Valid_dataloader len: 12
5610   8%|█          | 1/12 [00:07<01:27,  7.99s/it]print_dice: 0.5192553400993347,  print_iou: 0.
     3506717383861542
5611  [ 0/12]  eta: 0:01:35   time: 7.9921  data: 3.9312
5612  17%|██         | 2/12 [00:12<00:58,  5.81s/it]print_dice: 0.5436816215515137,  print_iou: 0.
     3733260929584503
5613 print_dice: 0.506645143032074,  print_iou: 0.33926641941070557
5614  33%|███▊       | 4/12 [00:21<00:39,  4.96s/it]print_dice: 0.48992785811424255,  print_iou: 0
     .32444003224372864
5615  42%|████▊      | 5/12 [00:25<00:33,  4.79s/it]print_dice: 0.5433281064033508,  print_iou: 0.
     3729928135871887
5616  50%|█████      | 6/12 [00:30<00:28,  4.69s/it]print_dice: 0.48079344630241394,  print_iou: 0
     .3164766728878021
5617  58%|██████▊    | 7/12 [00:34<00:23,  4.66s/it]print_dice: 0.4199298620223999,  print_iou: 0.
     26576659083366394
5618  67%|███████▊   | 8/12 [00:39<00:18,  4.55s/it]print_dice: 0.5245507955551147,  print_iou: 0.
     3555193841457367
5619  75%|████████▍  | 9/12 [00:43<00:13,  4.55s/it]print_dice: 0.526263415813446,  print_iou: 0.
     3570946455001831
5620  83%|█████████▍ | 10/12 [00:48<00:08,  4.48s/it]print_dice: 0.5330515503883362,  print_iou: 0
     .36337441205978394
5621  92%|██████████▍| 11/12 [00:52<00:04,  4.50s/it]print_dice: 0.588120698928833,  print_iou: 0.
     4165516793727875
5622 print_dice: 0.5552017092704773,  print_iou: 0.38427627086639404
5623  [11/12]  eta: 0:00:04   time: 4.7608  data: 0.3280
5624 100%|███████████| 12/12 [00:57<00:00,  4.80s/it]
5625  Total time: 0:00:57 (4.7964 s / it)
5626 ===========================
5627 Averaged stats:
5628 come here save at work_dirs/DrSAM_b
5629 epoch:   92  learning rate:  1.0000000000000002e-10
5630 Epoch 92/499:   3%|▎          | 1/33 [00:10<05:49, 10.93s/it]print_dice: 0.48181670904159546
     ,  print_iou: 0.31736400723457336
5631  [ 0/33]  eta: 0:06:00   time: 10.9345  data: 4.3877
5632 Epoch 92/499:   6%|▌          | 2/33 [00:17<04:14,  8.21s/it]print_dice: 0.49533286690711975
     ,  print_iou: 0.32919764518737793
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5633 print_dice: 0.6196854114532471,   print_iou: 0.4489450454711914
5634 Epoch 92/499:  12%|█▌       | 4/33 [00:30<03:27,  7.16s/it]print_dice: 0.5363539457321167
     ,    print_iou: 0.36645060777664185
5635 print_dice: 0.5150185227394104,   print_iou: 0.34681814908981323
5636 Epoch 92/499:  18%|██▏      | 6/33 [00:43<03:05,  6.87s/it]print_dice: 0.51515132188797,
     print_iou: 0.3469385802745819
5637 Epoch 92/499:  21%|██▌      | 7/33 [00:50<02:57,  6.81s/it]print_dice: 0.5543261170387268
     ,    print_iou: 0.3834378719329834
5638 Epoch 92/499:  24%|██▊      | 8/33 [00:57<02:48,  6.76s/it]print_dice: 0.5225304961204529
     ,    print_iou: 0.353665828704834
5639 Epoch 92/499:  27%|███▏     | 9/33 [01:04<02:44,  6.85s/it]print_dice: 0.4821898341178894
     ,    print_iou: 0.31768783926963806
5640 print_dice: 0.4720580279827118,   print_iou: 0.3089502155780792
5641 Epoch 92/499:  33%|███▊     | 11/33 [01:18<02:31,  6.90s/it]print_dice: 0.5389730334281921
     ,    print_iou: 0.3689000904560089
5642 print_dice: 0.5721126198768616,   print_iou: 0.4006706476211548
5643 Epoch 92/499:  39%|████▌    | 13/33 [01:31<02:16,  6.80s/it]print_dice: 0.524044930934906
     ,    print_iou: 0.3550547957420349
5644 Epoch 92/499:  42%|████▊    | 14/33 [01:38<02:07,  6.73s/it]print_dice: 0.5210934281349182
     ,    print_iou: 0.35235050320625305
5645 print_dice: 0.5228140950202942,   print_iou: 0.3539257347583771
5646 Epoch 92/499:  48%|█████▌   | 16/33 [01:51<01:53,  6.70s/it]print_dice: 0.5173988342285156
     ,    print_iou: 0.34898045659065247
5647 Epoch 92/499:  52%|█████▊   | 17/33 [01:58<01:46,  6.68s/it]print_dice: 0.44118547439575195
     ,    print_iou: 0.2830262780189514
5648 Epoch 92/499:  55%|██████▏  | 18/33 [02:04<01:39,  6.65s/it]print_dice: 0.48510196805000305
     ,    print_iou: 0.32022085785865784
5649 Epoch 92/499:  58%|██████▌  | 19/33 [02:11<01:33,  6.66s/it]print_dice: 0.5425298810005188
     ,    print_iou: 0.37224081158638
5650 print_dice: 0.4284113645553589,   print_iou: 0.27259767055511475
5651 Epoch 92/499:  64%|███████▏ | 21/33 [02:25<01:22,  6.84s/it]print_dice: 0.5160534381866455
     ,    print_iou: 0.3477574586868286
5652 Epoch 92/499:  67%|███████▌ | 22/33 [02:32<01:14,  6.80s/it]print_dice: 0.4299375116825104
     ,    print_iou: 0.2738346457481384
5653 Epoch 92/499:  70%|███████▊ | 23/33 [02:38<01:07,  6.76s/it]print_dice: 0.5492803454399109
     ,    print_iou: 0.37862610816955566
5654 print_dice: 0.5404487252235413,   print_iou: 0.37028414011001587
5655 Epoch 92/499:  76%|████████▌| 25/33 [02:52<00:53,  6.73s/it]print_dice: 0.45788007974624634
     ,    print_iou: 0.29691600799560547
5656 print_dice: 0.5947864055633545,   print_iou: 0.42327114939689636
5657 Epoch 92/499:  82%|█████████▏| 27/33 [03:05<00:40,  6.67s/it]print_dice: 0.5027027726173401
     ,    print_iou: 0.3357401490211487
5658 Epoch 92/499:  85%|█████████▌| 28/33 [03:12<00:33,  6.65s/it]print_dice: 0.5113071799278259
     ,    print_iou: 0.3434605002403259
5659 print_dice: 0.49876001477241516,   print_iou: 0.3322320282459259
5660 Epoch 92/499:  91%|██████████▏| 30/33 [03:25<00:19,  6.60s/it]print_dice: 0.4552571475505829
     ,    print_iou: 0.2947138547897339
5661 Epoch 92/499:  94%|██████████▌| 31/33 [03:31<00:13,  6.58s/it]print_dice: 0.5371384024620056
     ,    print_iou: 0.3671833276748657
5662 print_dice: 0.48747166991233826,   print_iou: 0.32228928804397583
5663 Epoch 92/499: 100%|███████████| 33/33 [03:44<00:00,  6.49s/it]print_dice: 0.4268539845943451
     ,    print_iou: 0.2713378071784973
5664   [32/33]  eta: 0:00:06   time: 6.6460  data: 0.0027
5665  Total time: 0:03:45 (6.8293 s / it)
5666 Averaged stats: training_loss: 112.9436 (112.9436)  loss_mask: 112.4200 (112.4200)
     loss_dice: 0.5236 (0.5236)
5667 Epoch 92/499: 100%|███████████| 33/33 [03:45<00:00,  6.83s/it]
5668 Net parameter norm: 1054.8383401412284
5669 Validating...
5670 Valid_dataloader len: 12
5671   8%|█       | 1/12 [00:09<01:39,  9.05s/it]print_dice: 0.5141597390174866,  print_iou: 0.
     34603971242904663
5672  [ 0/12]  eta: 0:01:48    time: 9.0518  data: 4.9360
5673 print_dice: 0.5481089949607849,  print_iou: 0.3775138854980469
5674  25%|██      | 3/12 [00:17<00:48,  5.38s/it]print_dice: 0.5066571831703186,  print_iou: 0.
     3392772078514099
5675 print_dice: 0.4800645411014557,  print_iou: 0.3158453404903412
5676  42%|███▍    | 5/12 [00:26<00:34,  4.90s/it]print_dice: 0.5433558821678162,  print_iou: 0.
     3730189800262451
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5677  50%|███      | 6/12 [00:31<00:28,  4.74s/it]print_dice: 0.4662444591522217,  print_iou: 0.
    3039887845516205
5678  58%|████     | 7/12 [00:35<00:23,  4.70s/it]print_dice: 0.426639586687088,  print_iou: 0.
    27116456627845764
5679 print_dice: 0.5166020393371582,  print_iou: 0.3482559025287628
5680  75%|██████   | 9/12 [00:44<00:13,  4.53s/it]print_dice: 0.5243604779243469,  print_iou: 0.
    3553445637226105
5681  83%|███████  | 10/12 [00:48<00:08,  4.48s/it]print_dice: 0.5384726524353027,  print_iou: 0
    .3684314787387848
5682 print_dice: 0.5795926451683044,  print_iou: 0.40804681181907654
5683 100%|█████████| 12/12 [00:57<00:00,  4.39s/it]print_dice: 0.5552083849906921,  print_iou: 0
    .3842826783657074
5684  [11/12]  eta: 0:00:04   time: 4.8007  data: 0.4118
5685 100%|█████████| 12/12 [00:58<00:00,  4.84s/it]
5686  Total time: 0:00:58 (4.8406 s / it)
5687 =============================
5688 Averaged stats:
5689 Epoch 93/499:   0%|         | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
5690 epoch:   93   learning rate:   1.0000000000000002e-10
5691 Epoch 93/499:   3%|▏        | 1/33 [00:10<05:32, 10.40s/it]print_dice: 0.5945896506309509
    ,  print_iou: 0.4230719208717346
5692  [ 0/33]  eta: 0:05:43   time: 10.3977  data: 3.9526
5693 Epoch 93/499:   6%|▎        | 2/33 [00:16<04:05,  7.91s/it]print_dice: 0.5153882503509521
    ,  print_iou: 0.34715354442596436
5694 Epoch 93/499:   9%|▌        | 3/33 [00:23<03:42,  7.40s/it]print_dice: 0.5206290483474731
    ,  print_iou: 0.35192596912384033
5695 Epoch 93/499:  12%|▋        | 4/33 [00:29<03:24,  7.05s/it]print_dice: 0.4550887942314148
    ,  print_iou: 0.29457277059555054
5696 print_dice: 0.5407395362854004,  print_iou: 0.3705572187900543
5697 Epoch 93/499:  18%|█▏       | 6/33 [00:43<03:03,  6.80s/it]print_dice: 0.5204170346260071
    ,  print_iou: 0.3517322540283203
5698 Epoch 93/499:  21%|█▎       | 7/33 [00:49<02:56,  6.78s/it]print_dice: 0.4286448359489441
    ,  print_iou: 0.2727867364883423
5699 Epoch 93/499:  24%|██▏      | 8/33 [00:56<02:47,  6.69s/it]print_dice: 0.4868107736110687
    ,  print_iou: 0.3217117488384247
5700 Epoch 93/499:  27%|██▍      | 9/33 [01:02<02:39,  6.65s/it]print_dice: 0.5412561297416687
    ,  print_iou: 0.3710425794124603
5701 Epoch 93/499:  30%|██▋      | 10/33 [01:09<02:32,  6.62s/it]print_dice: 0.5134276747703552
    ,  print_iou: 0.3453768491744995
5702 Epoch 93/499:  33%|██▉      | 11/33 [01:16<02:25,  6.62s/it]print_dice: 0.5708887577056885
    ,  print_iou: 0.3994711637496948
5703 print_dice: 0.5225746035575867,  print_iou: 0.3537062406539917
5704 Epoch 93/499:  39%|███▌     | 13/33 [01:29<02:12,  6.60s/it]print_dice: 0.42613711953163147
    ,  print_iou: 0.270758718252182
5705 print_dice: 0.4802592098712921,  print_iou: 0.316013902425766
5706 Epoch 93/499:  45%|████     | 15/33 [01:42<01:57,  6.54s/it]print_dice: 0.5374472737312317
    ,  print_iou: 0.3674720823764801
5707 Epoch 93/499:  48%|████▎    | 16/33 [01:48<01:51,  6.55s/it]print_dice: 0.44117769598960876
    ,  print_iou: 0.28301987051963806
5708 print_dice: 0.4291257858276367,  print_iou: 0.2731764316558838
5709 Epoch 93/499:  55%|████▉    | 18/33 [02:01<01:38,  6.56s/it]print_dice: 0.5428553819656372
    ,  print_iou: 0.3725473880767822
5710 Epoch 93/499:  58%|█████▏   | 19/33 [02:08<01:32,  6.59s/it]print_dice: 0.5156826376914978
    ,  print_iou: 0.3474207818508148
5711 Epoch 93/499:  61%|█████▍   | 20/33 [02:15<01:25,  6.58s/it]print_dice: 0.5267475247383118
    ,  print_iou: 0.3575405478477478
5712 Epoch 93/499:  64%|█████▋   | 21/33 [02:21<01:19,  6.61s/it]print_dice: 0.5470206141471863
    ,  print_iou: 0.376820098876953
5713 Epoch 93/499:  67%|█████▉   | 22/33 [02:28<01:12,  6.55s/it]print_dice: 0.47201478481292725
    ,  print_iou: 0.3089131712913513
5714 Epoch 93/499:  70%|██████▏  | 23/33 [02:34<01:05,  6.59s/it]print_dice: 0.541993260383606
    ,  print_iou: 0.3717358112335205
5715 Epoch 93/499:  73%|██████▍  | 24/33 [02:41<00:59,  6.61s/it]print_dice: 0.5546651482582092
    ,  print_iou: 0.3837624192237854
5716 Epoch 93/499:  76%|██████▋  | 25/33 [02:48<00:52,  6.59s/it]print_dice: 0.48174166679382324
    ,  print_iou: 0.31729888916015625
5717 Epoch 93/499:  79%|██████▉  | 26/33 [02:54<00:45,  6.55s/it]print_dice: 0.4852086901664734
    ,  print_iou: 0.32031387090682983
5718 print_dice: 0.4601514935493469,  print_iou: 0.298290786743164
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5719 Epoch 93/499:  85%|████████▌ | 28/33 [03:07<00:32,  6.53s/it]print_dice: 0.5010084509849548
     ,  print_iou: 0.33423033356666565
5720 Epoch 93/499:  88%|████████▊ | 29/33 [03:14<00:26,  6.54s/it]print_dice: 0.5201602578163147
     ,  print_iou: 0.35149770975112915
5721 print_dice: 0.4917013347148895,  print_iou: 0.32599732279777527
5722 Epoch 93/499:  94%|█████████▍| 31/33 [03:27<00:13,  6.52s/it]print_dice: 0.6194124221801758
     ,  print_iou: 0.4486585855484009
5723 print_dice: 0.5160796046257019,  print_iou: 0.3477812111377716
5724 Epoch 93/499: 100%|██████████| 33/33 [03:40<00:00,  6.48s/it]print_dice: 0.5004540085792542
     ,  print_iou: 0.33373698592185974
5725  [32/33]  eta: 0:00:06   time: 6.5417  data: 0.0006
5726 Epoch 93/499: 100%|██████████| 33/33 [03:40<00:00,  6.68s/it]
5727  Total time: 0:03:40 (6.6831 s / it)
5728 Averaged stats: training_loss: 63.8030 (63.8030)  loss_mask: 63.3761 (63.3761)  loss_dice: 0
     .4269 (0.4269)
5729    0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.838340160437
5730 Validating...
5731 Valid_dataloader len: 12
5732 print_dice: 0.5013802647590637,  print_iou: 0.3345613479614258
5733  [ 0/12]  eta: 0:01:36   time: 8.0685  data: 3.9259
5734   17%|██        | 2/12 [00:12<00:58,  5.87s/it]print_dice: 0.5496900081634521,  print_iou: 0.
     3790155053138733
5735 print_dice: 0.5066092014312744,  print_iou: 0.33923420310020447
5736   33%|███       | 4/12 [00:21<00:40,  5.01s/it]print_dice: 0.48994413018226624,  print_iou: 0
     .32445430755615234
5737 print_dice: 0.5433019995689392,  print_iou: 0.3729681670665741
5738   50%|█████     | 6/12 [00:30<00:28,  4.70s/it]print_dice: 0.4835731089115143,  print_iou: 0.
     3188898265361786
5739   58%|█████▊    | 7/12 [00:35<00:23,  4.68s/it]print_dice: 0.42508214712142944,  print_iou: 0
     .26990750432014465
5740 print_dice: 0.5214543342590332,  print_iou: 0.3526805639266968
5741   75%|███████▌  | 9/12 [00:44<00:13,  4.56s/it]print_dice: 0.5265694260597229,  print_iou: 0.
     35737648606300354
5742   83%|████████▎ | 10/12 [00:48<00:08,  4.48s/it]print_dice: 0.5383972525596619,  print_iou: 0
     .36836084723472595
5743   92%|█████████▏| 11/12 [00:52<00:04,  4.43s/it]print_dice: 0.5816927552223206,  print_iou: 0
     .41013166308403015
5744 print_dice: 0.5511811971664429,  print_iou: 0.38043487071990967
5745  [11/12]  eta: 0:00:04   time: 4.7326  data: 0.3276
5746 100%|██████████| 12/12 [00:57<00:00,  4.78s/it]
5747  Total time: 0:00:57 (4.7813 s / it)
5748 =============================
5749 Averaged stats:
5750 Epoch 94/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
5751 epoch:    94   learning rate:   1.0000000000000002e-10
5752 print_dice: 0.5269699096679688,  print_iou: 0.357745498418808
5753  [ 0/33]  eta: 0:05:54   time: 10.7457  data: 4.3403
5754 Epoch 94/499:   6%|▌         | 2/33 [00:16<04:09,  8.05s/it]print_dice: 0.5435699224472046
     ,  print_iou: 0.3732207715511322
5755 Epoch 94/499:   9%|▉         | 3/33 [00:23<03:37,  7.26s/it]print_dice: 0.4265296161174774
     ,  print_iou: 0.2710757255554199
5756 Epoch 94/499:  12%|█▏        | 4/33 [00:29<03:21,  6.93s/it]print_dice: 0.42890796065330505
     ,  print_iou: 0.2729998826980591
5757 print_dice: 0.5428545475006104,  print_iou: 0.37254658341407776
5758 Epoch 94/499:  18%|█▊        | 6/33 [00:42<03:01,  6.71s/it]print_dice: 0.547057569026947
     ,  print_iou: 0.37651699781417847
5759 print_dice: 0.4490172564983368,  print_iou: 0.2895050048828125
5760 Epoch 94/499:  24%|██▍       | 8/33 [00:55<02:46,  6.64s/it]print_dice: 0.5112276077270508
     ,  print_iou: 0.34338870644569397
5761 Epoch 94/499:  27%|██▋       | 9/33 [01:02<02:38,  6.59s/it]print_dice: 0.5210075378417969
     ,  print_iou: 0.3522719144821167
5762 Epoch 94/499:  30%|███       | 10/33 [01:09<02:32,  6.62s/it]print_dice: 0.4597768187522888
     ,  print_iou: 0.29851311445236206
5763 print_dice: 0.4720143675804138,  print_iou: 0.30891284346580505
5764 Epoch 94/499:  36%|███▋      | 12/33 [01:22<02:19,  6.66s/it]print_dice: 0.5158200860023499
     ,  print_iou: 0.3475455343723297
5765 Epoch 94/499:  39%|███▉      | 13/33 [01:29<02:13,  6.66s/it]print_dice: 0.4298992455005646
     ,  print_iou: 0.27380362153053284
5766 Epoch 94/499:  42%|████▏     | 14/33 [01:35<02:07,  6.69s/it]print_dice: 0.45519185066223145
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5766 ,    print_iou: 0.2946591377258301
5767 Epoch 94/499:  45%|███        | 15/33 [01:42<01:59,  6.64s/it]print_dice: 0.4867590069770813
     ,    print_iou: 0.32166653871536255
5768 print_dice: 0.5377560257911682,   print_iou: 0.3677608370780945
5769 Epoch 94/499:  52%|████|        | 17/33 [01:55<01:44,  6.55s/it]print_dice: 0.48328897356987
     ,    print_iou: 0.3186427652835846
5770 Epoch 94/499:  55%|████         | 18/33 [02:01<01:38,  6.57s/it]print_dice: 0.5139403343200684
     ,    print_iou: 0.3458409905433655
5771 Epoch 94/499:  58%|████▊        | 19/33 [02:08<01:31,  6.55s/it]print_dice: 0.5394474267959595
     ,    print_iou: 0.3693447411060333
5772 print_dice: 0.500714898109436,   print_iou: 0.3339690864086151
5773 Epoch 94/499:  64%|█████▊       | 21/33 [02:21<01:18,  6.54s/it]print_dice: 0.5708962082862854
     ,    print_iou: 0.3994784951210022
5774 print_dice: 0.4852078855037689,   print_iou: 0.3203131854534149
5775 Epoch 94/499:  70%|██████▌      | 23/33 [02:34<01:05,  6.56s/it]print_dice: 0.619381308555603
     ,    print_iou: 0.4486258924007416
5776 Epoch 94/499:  73%|██████▊      | 24/33 [02:41<00:58,  6.55s/it]print_dice: 0.4913438856601715
     ,    print_iou: 0.3256831765174866
5777 Epoch 94/499:  76%|███████      | 25/33 [02:47<00:52,  6.51s/it]print_dice: 0.5540655255317688
     ,    print_iou: 0.38318854570388794
5778 Epoch 94/499:  79%|███████▊     | 26/33 [02:54<00:45,  6.51s/it]print_dice: 0.5227871537208557
     ,    print_iou: 0.3539010286331177
5779 Epoch 94/499:  82%|████████     | 27/33 [03:00<00:39,  6.52s/it]print_dice: 0.50266432762146
     ,    print_iou: 0.33570584654808044
5780 print_dice: 0.5209649801254272,   print_iou: 0.35223302245140076
5781 Epoch 94/499:  88%|████████▊    | 29/33 [03:13<00:26,  6.52s/it]print_dice: 0.5412598848342896
     ,    print_iou: 0.37104612588882446
5782 print_dice: 0.515749990940094,   print_iou: 0.3474818766117096
5783 Epoch 94/499:  94%|█████████▍   | 31/33 [03:26<00:12,  6.49s/it]print_dice: 0.5171165466308594
     ,    print_iou: 0.348723649978637
5784 print_dice: 0.4798641204833984,   print_iou: 0.3156718611717224
5785 Epoch 94/499: 100%|█████████████| 33/33 [03:39<00:00,  6.46s/it]print_dice: 0.5946548581123352
     ,    print_iou: 0.42313793301582336
5786   [32/33]  eta: 0:00:06   time: 6.5234  data: 0.0004
5787 Epoch 94/499: 100%|█████████████| 33/33 [03:40<00:00,  6.67s/it]
5788  Total time: 0:03:40 (6.6674 s / it)
5789 Averaged stats: training_loss: -131.2501 (-131.2501)  loss_mask: -131.2863 (-131.2863)
     loss_dice: 0.0362 (0.0362)
5790   0%|             | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383401766187
5791 Validating...
5792 Valid_dataloader len: 12
5793 print_dice: 0.5322367548942566,  print_iou: 0.3626175820827484
5794   [ 0/12]  eta: 0:01:35   time: 7.9581  data: 3.8927
5795  17%|██         | 2/12 [00:12<00:58,  5.82s/it]print_dice: 0.549682080745697,  print_iou: 0.
     3790079951286316
5796  25%|██         | 3/12 [00:16<00:46,  5.13s/it]print_dice: 0.5066810250282288,  print_iou: 0.
     3392986059188843
5797  33%|██▊        | 4/12 [00:21<00:38,  4.85s/it]print_dice: 0.4899258315563202,  print_iou: 0.
     3244382441043854
5798  42%|███▊       | 5/12 [00:25<00:32,  4.69s/it]print_dice: 0.5494126677513123,  print_iou: 0.
     37875184416770935
5799 print_dice: 0.476427286863327,  print_iou: 0.3127039968967438
5800  58%|█████▊     | 7/12 [00:34<00:23,  4.69s/it]print_dice: 0.4253315329551697,  print_iou: 0.
     2701086103916168
5801  67%|██████▊    | 8/12 [00:39<00:18,  4.60s/it]print_dice: 0.5245853066444397,  print_iou: 0.
     3555511236190796
5802 print_dice: 0.5191264152526855,  print_iou: 0.3505541682243347
5803  83%|████████▊  | 10/12 [00:48<00:09,  4.52s/it]print_dice: 0.5214482545852661,  print_iou: 0
     .35267502069473267
5804  92%|█████████▊ | 11/12 [00:52<00:04,  4.48s/it]print_dice: 0.5773695111274719,  print_iou: 0
     .4058464467525482
5805 100%|███████████| 12/12 [00:56<00:00,  4.42s/it]print_dice: 0.550413191318512,  print_iou: 0.
     3797035217285156
5806   [11/12]  eta: 0:00:04   time: 4.7283  data: 0.3250
5807  Total time: 0:00:57 (4.7708 s / it)
5808 ============================
5809 Averaged stats:
5810 100%|███████████| 12/12 [00:57<00:00,  4.77s/it]
5811 come here save at work_dirs/DrSAM_b
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5812 epoch:     95   learning rate:   1.000000000000002e-10
5813 Epoch 95/499:    3%|▌           | 1/33 [00:10<05:36, 10.51s/it]print_dice: 0.48028168082237244
     ,    print_iou: 0.31603336334228516
5814  [ 0/33] eta: 0:05:46   time: 10.5050  data: 3.9010
5815 print_dice: 0.48551517724990845,   print_iou: 0.3205810785293579
5816 Epoch 95/499:    9%|█           | 3/33 [00:23<03:42,  7.43s/it]print_dice: 0.5209863185882568
     ,    print_iou: 0.3522525131702423
5817 print_dice: 0.5414882898330688,   print_iou: 0.3712608516216278
5818 Epoch 95/499:   15%|█▌          | 5/33 [00:36<03:14,  6.95s/it]print_dice: 0.48159998655319214
     ,    print_iou: 0.317175954580307
5819 print_dice: 0.5134430527687073,   print_iou: 0.34539076685905457
5820 Epoch 95/499:   21%|██          | 7/33 [00:49<02:55,  6.75s/it]print_dice: 0.44097208976745605
     ,    print_iou: 0.2828506827354431
5821 print_dice: 0.48867806792259216,   print_iou: 0.32334479689598083
5822 Epoch 95/499:   27%|██▌         | 9/33 [01:03<02:40,  6.67s/it]print_dice: 0.5363568067550659
     ,    print_iou: 0.36645323038101196
5823 Epoch 95/499:   30%|███         | 10/33 [01:09<02:32,  6.62s/it]print_dice: 0.4286530613899231
     ,    print_iou: 0.27279338240623474
5824 Epoch 95/499:   33%|███▌        | 11/33 [01:16<02:25,  6.61s/it]print_dice: 0.45973172783851624
     ,    print_iou: 0.29847511649131775
5825 Epoch 95/499:   36%|███▌        | 12/33 [01:22<02:18,  6.59s/it]print_dice: 0.42880678176879883
     ,    print_iou: 0.2729179263114929
5826 print_dice: 0.5377674698829651,   print_iou: 0.3677715063095093
5827 Epoch 95/499:   42%|████        | 14/33 [01:35<02:04,  6.54s/it]print_dice: 0.5204682946205139
     ,    print_iou: 0.351779043674469
5828 Epoch 95/499:   45%|████▌       | 15/33 [01:42<01:57,  6.53s/it]print_dice: 0.4950234591960907
     ,    print_iou: 0.32892438769340515
5829 print_dice: 0.6195216178894043,   print_iou: 0.4487731456756592
5830 Epoch 95/499:   52%|█████       | 17/33 [01:55<01:43,  6.50s/it]print_dice: 0.5140939950942993
     ,    print_iou: 0.345980167388916
5831 print_dice: 0.42612722516059875,   print_iou: 0.2707507312297821
5832 Epoch 95/499:   58%|█████▌      | 19/33 [02:08<01:31,  6.50s/it]print_dice: 0.5419432520866394
     ,    print_iou: 0.37168872356414795
5833 Epoch 95/499:   61%|██████      | 20/33 [02:14<01:24,  6.49s/it]print_dice: 0.5153321623802185
     ,    print_iou: 0.34710267186164856
5834 Epoch 95/499:   64%|██████▌     | 21/33 [02:21<01:18,  6.51s/it]print_dice: 0.5154540538787842
     ,    print_iou: 0.3472132980823517
5835 Epoch 95/499:   67%|██████▌     | 22/33 [02:27<01:11,  6.48s/it]print_dice: 0.5471219420433044
     ,    print_iou: 0.37657803297042847
5836 Epoch 95/499:   70%|███████     | 23/33 [02:34<01:05,  6.51s/it]print_dice: 0.5026790499687195
     ,    print_iou: 0.3357189893722534
5837 Epoch 95/499:   73%|███████▌    | 24/33 [02:40<00:58,  6.49s/it]print_dice: 0.5206285715103149
     ,    print_iou: 0.3519255220890045
5838 Epoch 95/499:   76%|███████▌    | 25/33 [02:47<00:51,  6.50s/it]print_dice: 0.5269687175750732
     ,    print_iou: 0.357744425535202
5839 print_dice: 0.5708888173103333,   print_iou: 0.399471253156662
5840 Epoch 95/499:   82%|████████    | 27/33 [03:00<00:39,  6.60s/it]print_dice: 0.5947932600975037
     ,    print_iou: 0.4232781231403351
5841 Epoch 95/499:   85%|████████▌   | 28/33 [03:07<00:32,  6.58s/it]print_dice: 0.4697384536266327
     ,    print_iou: 0.3069661259651184
5842 print_dice: 0.45517340302467346,   print_iou: 0.29464367032051086
5843 Epoch 95/499:   91%|█████████   | 30/33 [03:20<00:19,  6.56s/it]print_dice: 0.5546613931655884
     ,    print_iou: 0.3837587833404541
5844 print_dice: 0.49811241030693054,   print_iou: 0.3316575586795807
5845 Epoch 95/499:   97%|█████████▌  | 32/33 [03:33<00:06,  6.51s/it]print_dice: 0.5402341485023499
     ,    print_iou: 0.3700827658176422
5846 Epoch 95/499:  100%|██████████| 33/33 [03:39<00:00,  6.53s/it]print_dice: 0.5227558612823486
     ,    print_iou: 0.3538723289966583
5847  [32/33] eta: 0:00:06   time: 6.5166  data: 0.0005
5848 Epoch 95/499:  100%|██████████| 33/33 [03:40<00:00,  6.67s/it]
5849  Total time: 0:03:40 (6.6713 s / it)
5850 Averaged stats: training_loss: -122.7651 (-122.7651)  loss_mask: -122.7793 (-122.7793)
     loss_dice: 0.0142 (0.0142)
5851 Net parameter norm: 1054.8383401981555
5852 Validating...
5853 Valid_dataloader len: 12
5854   8%|█        | 1/12 [00:08<01:29,  8.16s/it]print_dice: 0.5322079658508301,  print_iou: 0.
     36259084939956665
5855  [ 0/12] eta: 0:01:37   time: 8.1563  data: 3.9366
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5856 print_dice: 0.547793447971344,  print_iou: 0.37721458077430725
5857  25%|██         | 3/12 [00:16<00:47,  5.27s/it]print_dice: 0.5066543817520142,  print_iou: 0.
     33927467465400696
5858  33%|███        | 4/12 [00:21<00:39,  4.95s/it]print_dice: 0.488997220993042,  print_iou: 0.
     32362431287765503
5859  42%|████       | 5/12 [00:25<00:33,  4.76s/it]print_dice: 0.5357348918914795,  print_iou: 0.
     36587288975715637
5860 print_dice: 0.48361384868621826,  print_iou: 0.31892526149749756
5861  58%|█████▌     | 7/12 [00:35<00:23,  4.66s/it]print_dice: 0.4254438281059265,  print_iou: 0.
     27019920945116754
5862  67%|██████▋    | 8/12 [00:39<00:18,  4.58s/it]print_dice: 0.5176116824150085,  print_iou: 0.
     3491741418838501
5863  75%|███████▌   | 9/12 [00:44<00:13,  4.59s/it]print_dice: 0.5248401165008545,  print_iou: 0.
     3557852506637573
5864  83%|████████▎  | 10/12 [00:48<00:09,  4.50s/it]print_dice: 0.5330706238746643,  print_iou: 0
     .3633921444416046
5865 print_dice: 0.5799176096916199,  print_iou: 0.4083690047264099
5866 100%|██████████| 12/12 [00:57<00:00,  4.42s/it]print_dice: 0.5552168488502502,  print_iou: 0
     .38429075479507446
5867  [11/12]  eta: 0:00:04   time: 4.7527  data: 0.3283
5868 100%|██████████| 12/12 [00:57<00:00,  4.80s/it]
5869  Total time: 0:00:57 (4.7952 s / it)
5870 ==============================
5871 Averaged stats:
5872 Epoch 96/499:   0%|           | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
5873 epoch:   96   learning rate:   1.0000000000000002e-10
5874 print_dice: 0.5161211490631104,  print_iou: 0.34781891107559204
5875  [ 0/33] eta: 0:05:54   time: 10.7502  data: 4.1938
5876 Epoch 96/499:   6%|▏          | 2/33 [00:17<04:11,  8.12s/it]print_dice: 0.5268871188163757
     ,  print_iou: 0.35766923427581787
5877 print_dice: 0.520589411258675,  print_iou: 0.3518897294998169
5878 Epoch 96/499:  12%|█▏         | 4/33 [00:30<03:25,  7.10s/it]print_dice: 0.4268946051597595
     ,  print_iou: 0.27137061953544617
5879 print_dice: 0.520136296749115,  print_iou: 0.3514758348464966
5880 Epoch 96/499:  18%|█▊         | 6/33 [00:43<03:04,  6.84s/it]print_dice: 0.428426593542099
     ,  print_iou: 0.27260997891426086
5881 print_dice: 0.4286441504955292,  print_iou: 0.2727861702442169
5882 Epoch 96/499:  24%|██▍        | 8/33 [00:56<02:47,  6.70s/it]print_dice: 0.48510387539863586
     ,  print_iou: 0.32022252678871155
5883 print_dice: 0.5136005282402039,  print_iou: 0.3455333113670349
5884 Epoch 96/499:  30%|███        | 10/33 [01:09<02:32,  6.62s/it]print_dice: 0.45768991112709045
     ,  print_iou: 0.2967560887336731
5885 Epoch 96/499:  33%|███▎       | 11/33 [01:16<02:25,  6.62s/it]print_dice: 0.5945318341255188
     ,  print_iou: 0.4230133593082428
5886 Epoch 96/499:  36%|███▋       | 12/33 [01:22<02:18,  6.60s/it]print_dice: 0.4825097918510437
     ,  print_iou: 0.31796565651893616
5887 print_dice: 0.5010086297988892,  print_iou: 0.3342304825782776
5888 Epoch 96/499:  42%|████▏      | 14/33 [01:36<02:05,  6.59s/it]print_dice: 0.5425304174423218
     ,  print_iou: 0.372241348028183
5889 Epoch 96/499:  45%|████▌      | 15/33 [01:42<01:58,  6.56s/it]print_dice: 0.572259247303009
     ,  print_iou: 0.40081456303596497
5890 print_dice: 0.48182934522628784,  print_iou: 0.31737494468688965
5891 Epoch 96/499:  52%|█████▏     | 17/33 [01:55<01:45,  6.57s/it]print_dice: 0.45517322421073914
     ,  print_iou: 0.2946435213088989
5892 print_dice: 0.4867590367794037,  print_iou: 0.3216665983200073
5893 Epoch 96/499:  58%|█████▊     | 19/33 [02:08<01:32,  6.58s/it]print_dice: 0.5145349502563477
     ,  print_iou: 0.34637969732284546
5894 Epoch 96/499:  61%|██████     | 20/33 [02:15<01:25,  6.55s/it]print_dice: 0.5153884291648865
     ,  print_iou: 0.3471537232398987
5895 Epoch 96/499:  64%|██████▍    | 21/33 [02:21<01:18,  6.52s/it]print_dice: 0.494358092546463
     ,  print_iou: 0.3283371031284332
5896 Epoch 96/499:  67%|██████▋    | 22/33 [02:28<01:12,  6.56s/it]print_dice: 0.44117724895477295
     ,  print_iou: 0.2830195128917694
5897 print_dice: 0.5413669943809509,  print_iou: 0.3711468279361725
5898 Epoch 96/499:  73%|███████▎   | 24/33 [02:41<00:58,  6.51s/it]print_dice: 0.4720205068588257
     ,  print_iou: 0.3089180886745453
5899 print_dice: 0.5032979846000671,  print_iou: 0.33627134561538696
5900 Epoch 96/499:  79%|███████▉   | 26/33 [02:54<00:45,  6.52s/it]print_dice: 0.5362590551376343
     ,  print_iou: 0.3663620054721832
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5901 Epoch 96/499:  82%|███████▌ | | 27/33 [03:00<00:38,  6.49s/it]print_dice: 0.5204198360443115
     ,   print_iou: 0.35173481702804565
5902 print_dice: 0.5225719213485718,   print_iou: 0.3537037670612335
5903 Epoch 96/499:  88%|███████▋█ | 29/33 [03:14<00:26,  6.53s/it]print_dice: 0.548751711845398
     ,   print_iou: 0.378123939037323
5904 print_dice: 0.5541176497756958,   print_iou: 0.38329464197158813
5905 Epoch 96/499:  94%|████████▎| 31/33 [03:26<00:12,  6.48s/it]print_dice: 0.5419858694076538
     ,   print_iou: 0.3717288076877594
5906 Epoch 96/499:  97%|████████▋| 32/33 [03:33<00:06,  6.45s/it]print_dice: 0.6165185570716858
     ,   print_iou: 0.4456283748149872
5907 Epoch 96/499: 100%|█████████| 33/33 [03:39<00:00,  6.44s/it]print_dice: 0.5377672910690308
     ,   print_iou: 0.36777132749557495
5908  [32/33] eta: 0:00:06   time: 6.5179  data: 0.0002
5909 Epoch 96/499: 100%|█████████| 33/33 [03:40<00:00,  6.67s/it]
5910  Total time: 0:03:40 (6.6686 s / it)
5911 Averaged stats: training_loss: 91.7426 (91.7426)  loss_mask: 91.2469 (91.2469)  loss_dice: 0
     .4957 (0.4957)
5912   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.838340219343
5913 Validating...
5914 Valid_dataloader len: 12
5915   8%|█        | 1/12 [00:08<01:28,  8.02s/it]print_dice: 0.518947958946228,   print_iou: 0.
     3503914177417755
5916  [ 0/12] eta: 0:01:36   time: 8.0195  data: 3.9638
5917  17%|██       | 2/12 [00:12<00:58,  5.86s/it]print_dice: 0.548136830329895,   print_iou: 0.
     3775402903556824
5918  25%|██       | 3/12 [00:16<00:46,  5.13s/it]print_dice: 0.4920247495174408,   print_iou: 0.
     32628172636032104
5919  33%|███      | 4/12 [00:21<00:39,  4.90s/it]print_dice: 0.5008254051208496,   print_iou: 0.
     3340674340724945
5920  42%|███      | 5/12 [00:25<00:33,  4.78s/it]print_dice: 0.5433902740478516,   print_iou: 0.
     373051375150680 54
5921 print_dice: 0.4688989818096161,   print_iou: 0.3062495291233063
5922  58%|█████    | 7/12 [00:34<00:23,  4.63s/it]print_dice: 0.43619292974472046,   print_iou: 0
     .2789301574230194
5923 print_dice: 0.521499752998352,   print_iou: 0.3527221381664276
5924  75%|██████   | 9/12 [00:43<00:13,  4.53s/it]print_dice: 0.5296481847763062,   print_iou: 0.
     36021867394447327
5925  83%|███████  | 10/12 [00:47<00:08,  4.48s/it]print_dice: 0.5296168923377991,   print_iou: 0
     .3601897656917572
5926 print_dice: 0.5881635546684265,   print_iou: 0.41659465432167053
5927 100%|█████████| 12/12 [00:56<00:00,  4.39s/it]print_dice: 0.549395740032196,   print_iou: 0.
     37873581051826477
5928  [11/12] eta: 0:00:04   time: 4.7139  data: 0.3308
5929  Total time: 0:00:57 (4.7569 s / it)
5930 =============================
5931 Averaged stats:
5932 100%|█████████| 12/12 [00:57<00:00,  4.76s/it]
5933 Epoch 97/499:   0%|         | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
5934 epoch:    97   learning rate:   1.0000000000000002e-10
5935 print_dice: 0.500812292098999,   print_iou: 0.3340557813644409
5936  [ 0/33] eta: 0:05:42   time: 10.3788  data: 3.9622
5937 Epoch 97/499:   6%|▌        | 2/33 [00:16<04:05,  7.93s/it]print_dice: 0.5723342895507812
     ,   print_iou: 0.4008881747722626
5938 Epoch 97/499:   9%|▊        | 3/33 [00:23<03:39,  7.31s/it]print_dice: 0.5927115678787231
     ,   print_iou: 0.42117276787757874
5939 print_dice: 0.4490508735179901,   print_iou: 0.28953295946121216
5940 Epoch 97/499:  15%|█▎       | 5/33 [00:36<03:12,  6.86s/it]print_dice: 0.51601243019104,
     print_iou: 0.3477201759815216
5941 print_dice: 0.4577619433403015,   print_iou: 0.2968166470527649
5942 Epoch 97/499:  21%|█▊       | 7/33 [00:49<02:53,  6.66s/it]print_dice: 0.5388026833534241
     ,   print_iou: 0.3687404990196228
5943 print_dice: 0.4264403283596039,   print_iou: 0.2710035741329193
5944 Epoch 97/499:  27%|██▎      | 9/33 [01:02<02:37,  6.55s/it]print_dice: 0.5226965546607971
     ,   print_iou: 0.35381796956062317
5945 Epoch 97/499:  30%|██▌      | 10/33 [01:09<02:33,  6.66s/it]print_dice: 0.5362046360969543
     ,   print_iou: 0.3663111925125122
5946 Epoch 97/499:  33%|██▊      | 11/33 [01:15<02:26,  6.64s/it]print_dice: 0.5154401659965515
     ,   print_iou: 0.3472006618976593
5947 print_dice: 0.522570788860321,   print_iou: 0.35370275378227234
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5948 Epoch 97/499:  39%|███▋       | 13/33 [01:28<02:11,  6.58s/it]print_dice: 0.5210932493209839
     ,   print_iou: 0.35235029458999634
5949 Epoch 97/499:  42%|███▊       | 14/33 [01:35<02:04,  6.55s/it]print_dice: 0.48512837290763855
     ,   print_iou: 0.3202438950538635
5950 print_dice: 0.5156627893447876,   print_iou: 0.3474027216434479
5951 Epoch 97/499:  48%|████▊      | 16/33 [01:48<01:50,  6.51s/it]print_dice: 0.5165611505508423
     ,   print_iou: 0.348218709230423
5952 Epoch 97/499:  52%|█████▏     | 17/33 [01:54<01:43,  6.50s/it]print_dice: 0.5026634931564331
     ,   print_iou: 0.33570510149002075
5953 Epoch 97/499:  55%|█████▌     | 18/33 [02:01<01:37,  6.48s/it]print_dice: 0.4819408357143402
     ,   print_iou: 0.3174717128276825
5954 print_dice: 0.6194031834602356,   print_iou: 0.4486488401889801
5955 Epoch 97/499:  61%|██████     | 20/33 [02:14<01:24,  6.54s/it]print_dice: 0.5491652488708496
     ,   print_iou: 0.3785167634487152
5956 Epoch 97/499:  64%|██████▍    | 21/33 [02:20<01:18,  6.57s/it]print_dice: 0.4875468909740448
     ,   print_iou: 0.3223550617694855
5957 print_dice: 0.42862212657928467,   print_iou: 0.2727683484554291
5958 Epoch 97/499:  70%|███████    | 23/33 [02:33<01:05,  6.55s/it]print_dice: 0.5112947225570679
     ,   print_iou: 0.3434492349624634
5959 print_dice: 0.537755012512207,   print_iou: 0.3677598834037781
5960 Epoch 97/499:  76%|███████▌   | 25/33 [02:47<00:52,  6.54s/it]print_dice: 0.542619526386261
     ,   print_iou: 0.37232524156570435
5961 Epoch 97/499:  79%|███████▉   | 26/33 [02:53<00:45,  6.51s/it]print_dice: 0.480619877576828
     ,   print_iou: 0.3163262903690338
5962 Epoch 97/499:  82%|████████▏  | 27/33 [02:59<00:38,  6.50s/it]print_dice: 0.4696754217147827
     ,   print_iou: 0.30691227316856384
5963 Epoch 97/499:  85%|████████▍  | 28/33 [03:06<00:32,  6.55s/it]print_dice: 0.5410814881324768
     ,   print_iou: 0.3708784878253937
5964 Epoch 97/499:  88%|████████▊  | 29/33 [03:13<00:26,  6.57s/it]print_dice: 0.45478323101997375
     ,   print_iou: 0.29431676864624023
5965 Epoch 97/499:  91%|█████████  | 30/33 [03:19<00:19,  6.56s/it]print_dice: 0.4945240616798401
     ,   print_iou: 0.328483521938324
5966 Epoch 97/499:  94%|█████████▍ | 31/33 [03:26<00:13,  6.58s/it]print_dice: 0.5541768670082092
     ,   print_iou: 0.38329505920410156
5967 print_dice: 0.428907573223114,   print_iou: 0.2729995846748352
5968 Epoch 97/499: 100%|██████████ | 33/33 [03:39<00:00,  6.53s/it]print_dice: 0.5240259766578674
     ,   print_iou: 0.3550374209880829
5969   [32/33]  eta: 0:00:06    time: 6.5296  data: 0.0003
5970 Epoch 97/499: 100%|██████████| 33/33 [03:39<00:00,  6.66s/it]
5971  Total time: 0:03:39 (6.6585 s / it)
5972 Averaged stats: training_loss: 17.8769 (17.8769)  loss_mask: 17.6389 (17.6389)  loss_dice: 0
     .2380 (0.2380)
5973   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402363397
5974 Validating...
5975 Valid_dataloader len: 12
5976   8%|▊         | 1/12 [00:08<01:29,  8.11s/it]print_dice: 0.5100486874580383,   print_iou: 0.
     34232571721076965
5977   [ 0/12]  eta: 0:01:37    time: 8.1053  data: 4.0583
5978 print_dice: 0.5459772944450378,   print_iou: 0.3754943311214447
5979  25%|██▌       | 3/12 [00:16<00:46,  5.11s/it]print_dice: 0.4863394796848297,   print_iou: 0.
     321300208568573
5980  33%|███▎      | 4/12 [00:21<00:38,  4.85s/it]print_dice: 0.48975861072540283,   print_iou: 0
     .3242916166782379
5981 print_dice: 0.5432901978492737,   print_iou: 0.3729570806026459
5982  50%|█████     | 6/12 [00:30<00:27,  4.66s/it]print_dice: 0.4807386100292206,   print_iou: 0.
     31642916798591614
5983  58%|█████▊    | 7/12 [00:34<00:23,  4.64s/it]print_dice: 0.43615293502807617,   print_iou: 0
     .2788974344730377
5984 print_dice: 0.517917811870575,   print_iou: 0.34945282340049744
5985  75%|███████▌  | 9/12 [00:43<00:13,  4.50s/it]print_dice: 0.5295722484588623,   print_iou: 0.
     36014845967292786
5986  83%|████████▎ | 10/12 [00:47<00:08,  4.47s/it]print_dice: 0.5329840183258057,   print_iou: 0
     .36331164836883545
5987  92%|█████████▏| 11/12 [00:52<00:04,  4.42s/it]print_dice: 0.5880995988845825,   print_iou: 0
     .4165305197238922
5988 100%|██████████| 12/12 [00:56<00:00,  4.40s/it]print_dice: 0.5349575281143188,   print_iou: 0
     .36514812707901
5989   [11/12]  eta: 0:00:04    time: 4.7084  data: 0.3389
5990  Total time: 0:00:56 (4.7441 s / it)
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5991 ============================
5992 Averaged stats:
5993 100%|████████| 12/12 [00:56<00:00,  4.74s/it]
5994 come here save at work_dirs/DrSAM_b
5995 epoch:    98   learning rate:   1.0000000000000002e-10
5996 Epoch 98/499:   3%|▌        | 1/33 [00:10<05:32, 10.40s/it]print_dice: 0.5199868679046631
      ,   print_iou: 0.3513393700122833
5997   [ 0/33] eta: 0:05:43   time: 10.4044  data: 3.9728
5998 Epoch 98/499:   6%|█        | 2/33 [00:16<04:05,  7.93s/it]print_dice: 0.501279354095459
      ,   print_iou: 0.3344714939594269
5999 Epoch 98/499:   9%|█▌       | 3/33 [00:23<03:41,  7.38s/it]print_dice: 0.5268966555595398
      ,   print_iou: 0.35767799615859985
6000 Epoch 98/499:  12%|██       | 4/33 [00:29<03:24,  7.05s/it]print_dice: 0.45804521441459656
      ,   print_iou: 0.29705488681793213
6001 print_dice: 0.482422411441803,   print_iou: 0.3178897798061371
6002 Epoch 98/499:  18%|██▌      | 6/33 [00:42<03:01,  6.74s/it]print_dice: 0.5175378322601318
      ,   print_iou: 0.34910693764686584
6003 print_dice: 0.4285006821155548,   print_iou: 0.2726700007915497
6004 Epoch 98/499:  24%|███      | 8/33 [00:56<02:46,  6.67s/it]print_dice: 0.5546094179153442
      ,   print_iou: 0.38370904326438904
6005 print_dice: 0.5006489753723145,   print_iou: 0.33391043543815613
6006 Epoch 98/499:  30%|███▌     | 10/33 [01:09<02:32,  6.62s/it]print_dice: 0.428426593542099
      ,   print_iou: 0.27260997891426086
6007 print_dice: 0.4489721655845642,   print_iou: 0.2894675135612488
6008 Epoch 98/499:  36%|████     | 12/33 [01:22<02:17,  6.56s/it]print_dice: 0.5157396197319031
      ,   print_iou: 0.34747248888015747
6009 Epoch 98/499:  39%|████▌    | 13/33 [01:28<02:11,  6.55s/it]print_dice: 0.48184913396835327
      ,   print_iou: 0.31739214062690735
6010 Epoch 98/499:  42%|█████    | 14/33 [01:35<02:05,  6.58s/it]print_dice: 0.5113093256950378
      ,   print_iou: 0.34346240758895874
6011 print_dice: 0.5216076374053955,   print_iou: 0.35282084345817566
6012 Epoch 98/499:  48%|█████▌   | 16/33 [01:48<01:52,  6.61s/it]print_dice: 0.5157763957977295
      ,   print_iou: 0.3475058376789093
6013 Epoch 98/499:  52%|██████   | 17/33 [01:55<01:45,  6.62s/it]print_dice: 0.5386126637458801
      ,   print_iou: 0.3685625493526459
6014 Epoch 98/499:  55%|██████▌  | 18/33 [02:01<01:39,  6.60s/it]print_dice: 0.5363484621047974
      ,   print_iou: 0.36644548177719116
6015 print_dice: 0.4946022927761078,   print_iou: 0.32855257391929626
6016 Epoch 98/499:  61%|███████  | 20/33 [02:14<01:25,  6.57s/it]print_dice: 0.5947412848472595
      ,   print_iou: 0.4232254922389984
6017 Epoch 98/499:  64%|███████▌ | 21/33 [02:21<01:18,  6.58s/it]print_dice: 0.5407416820526123
      ,   print_iou: 0.3705592453479767
6018 print_dice: 0.5370165109634399,   print_iou: 0.36706942319869995
6019 Epoch 98/499:  70%|████████ | 23/33 [02:34<01:05,  6.52s/it]print_dice: 0.46972018480300903
      ,   print_iou: 0.30695053935050964
6020 print_dice: 0.48867759108543396,   print_iou: 0.3233443796634674
6021 Epoch 98/499:  76%|████████▌ | 25/33 [02:47<00:52,  6.53s/it]print_dice: 0.5210502743721008
      ,   print_iou: 0.35231101512908936
6022 print_dice: 0.6165240406990051,   print_iou: 0.4456340968608856
6023 Epoch 98/499:  82%|█████████ | 27/33 [03:00<00:39,  6.53s/it]print_dice: 0.44929713010787964
      ,   print_iou: 0.289737731218338
6024 print_dice: 0.42652979493141174,   print_iou: 0.2710758447647095
6025 Epoch 98/499:  88%|█████████▌ | 29/33 [03:13<00:26,  6.55s/it]print_dice: 0.5492746829986572
      ,   print_iou: 0.3786207437515259
6026 print_dice: 0.48551955819129944,   print_iou: 0.3205849230289459
6027 Epoch 98/499:  94%|██████████ | 31/33 [03:27<00:13,  6.61s/it]print_dice: 0.5415474772453308
      ,   print_iou: 0.37131649255752563
6028 print_dice: 0.5701899528503418,   print_iou: 0.3987872004508972
6029 Epoch 98/499: 100%|██████████| 33/33 [03:40<00:00,  6.56s/it]print_dice: 0.5153829455375671
      ,   print_iou: 0.34714874625205994
6030   [32/33] eta: 0:00:06   time: 6.5657  data: 0.0003
6031 Epoch 98/499: 100%|██████████| 33/33 [03:40<00:00,  6.68s/it]
6032  Total time: 0:03:40 (6.6847 s / it)
6033 Averaged stats: training_loss: -38.1848 (-38.1848)  loss_mask: -38.3595 (-38.3595)
      loss_dice: 0.1747 (0.1747)
6034   0%|         | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402545005
6035 Validating...
6036 Valid_dataloader len: 12
6037   8%|█        | 1/12 [00:08<01:29,  8.11s/it]print_dice: 0.5321519374847412,   print_iou: 0.
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6037 3625388741493225
6038  [ 0/12]  eta: 0:01:37    time: 8.1144  data: 3.9686
6039 print_dice: 0.548123300075531,  print_iou: 0.3775274157524109
6040  25%|██        | 3/12 [00:16<00:46,  5.16s/it]print_dice: 0.4946477711200714,  print_iou: 0.
     3285927176475525
6041 print_dice: 0.5007850527763367,  print_iou: 0.33403152227401733
6042  42%|████      | 5/12 [00:25<00:33,  4.74s/it]print_dice: 0.5493443012237549,  print_iou: 0.
     3786868751049042
6043  50%|████      | 6/12 [00:30<00:27,  4.66s/it]print_dice: 0.4742487370967865,  print_iou: 0.
     31082966923713684
6044  58%|█████     | 7/12 [00:34<00:23,  4.62s/it]print_dice: 0.4266257584095001,  print_iou: 0.
     27115339040756226
6045 print_dice: 0.5143887400627136,  print_iou: 0.34624719619750977
6046  75%|███████   | 9/12 [00:43<00:13,  4.58s/it]print_dice: 0.5265804529190063,  print_iou: 0.
     35738664865493774
6047 print_dice: 0.5295891761779785,  print_iou: 0.360164076089859
6048  92%|████████  | 11/12 [00:52<00:04,  4.47s/it]print_dice: 0.576042115688324,  print_iou: 0.
     4045359492301941
6049 100%|██████████| 12/12 [00:56<00:00,  4.43s/it]print_dice: 0.5503631234169006,  print_iou: 0
     .3796558380126953
6050  [11/12]  eta: 0:00:04    time: 4.7441  data: 0.3312
6051 100%|██████████| 12/12 [00:57<00:00,  4.79s/it]
6052  Total time: 0:00:57 (4.7850 s / it)
6053 ============================
6054 Averaged stats:
6055 Epoch 99/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
6056 epoch:    99   learning rate:   1.0000000000000002e-10
6057 print_dice: 0.428562194108963,   print_iou: 0.2727198004722595
6058  [ 0/33]  eta: 0:05:38    time: 10.2642  data: 3.9182
6059 Epoch 99/499:   6%|          | 2/33 [00:16<04:06,  7.96s/it]print_dice: 0.5935307741165161
     ,   print_iou: 0.422000527381897
6060 Epoch 99/499:   9%|          | 3/33 [00:23<03:37,  7.24s/it]print_dice: 0.5362876653671265
     ,   print_iou: 0.3663886785507202
6061 print_dice: 0.5412862300872803,   print_iou: 0.37107089161872864
6062 Epoch 99/499:  15%|          | 5/33 [00:36<03:13,  6.91s/it]print_dice: 0.48772215843200684
     ,   print_iou: 0.322508305311203
6063 print_dice: 0.42615729570388794,   print_iou: 0.2707750201225281
6064 Epoch 99/499:  21%|          | 7/33 [00:49<02:54,  6.70s/it]print_dice: 0.6194024085998535
     ,   print_iou: 0.44864803552627563
6065 Epoch 99/499:  24%|          | 8/33 [00:55<02:45,  6.63s/it]print_dice: 0.5225940942764282
     ,   print_iou: 0.3537241220474243
6066 Epoch 99/499:  27%|          | 9/33 [01:02<02:38,  6.59s/it]print_dice: 0.5376374125480652
     ,   print_iou: 0.3676498532295227
6067 Epoch 99/499:  30%|          | 10/33 [01:08<02:30,  6.55s/it]print_dice: 0.49065762758255005
     ,   print_iou: 0.32508039474487305
6068 print_dice: 0.5211265683174133,   print_iou: 0.35238078236579895
6069 Epoch 99/499:  36%|          | 12/33 [01:21<02:16,  6.52s/it]print_dice: 0.4987451732158661
     ,   print_iou: 0.33221885561943054
6070 print_dice: 0.44905105233192444,   print_iou: 0.2895331084728241
6071 Epoch 99/499:  42%|          | 14/33 [01:35<02:05,  6.59s/it]print_dice: 0.5412279367446899
     ,   print_iou: 0.37101611495018005
6072 Epoch 99/499:  45%|          | 15/33 [01:41<01:58,  6.58s/it]print_dice: 0.45992720127105713
     ,   print_iou: 0.2986398935317993
6073 print_dice: 0.48506617546081543,   print_iou: 0.3201896846294403
6074 Epoch 99/499:  52%|          | 17/33 [01:54<01:44,  6.56s/it]print_dice: 0.5541068315505981
     ,   print_iou: 0.3832280933856964
6075 Epoch 99/499:  55%|          | 18/33 [02:01<01:38,  6.56s/it]print_dice: 0.549165666103363
     ,   print_iou: 0.37851715087890625
6076 print_dice: 0.4720044136047363,   print_iou: 0.3089042901992798
6077 Epoch 99/499:  61%|          | 20/33 [02:14<01:25,  6.59s/it]print_dice: 0.5156658291816711
     ,   print_iou: 0.34740546345710754
6078 print_dice: 0.5153874754905701,   print_iou: 0.34715282917022705
6079 Epoch 99/499:  67%|          | 22/33 [02:27<01:12,  6.59s/it]print_dice: 0.5161219835281372
     ,   print_iou: 0.3478196561336173
6080 print_dice: 0.5113087296485901,   print_iou: 0.34346187114715576
6081 Epoch 99/499:  73%|          | 24/33 [02:40<00:59,  6.58s/it]print_dice: 0.5726298689842224
     ,   print_iou: 0.401178240776062
6082 print_dice: 0.5420630574226379,   print_iou: 0.3718014359474182
6083 Epoch 99/499:  79%|          | 26/33 [02:54<00:46,  6.59s/it]print_dice: 0.44929730892181396
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6083 ,     print_iou: 0.28973788022994995
6084 print_dice: 0.5209929347038269,    print_iou: 0.3522586226463318
6085 Epoch 99/499:  85%|███████▌   | 28/33 [03:07<00:32,  6.54s/it]print_dice: 0.4289003610610962
     ,    print_iou: 0.2729937434196472
6086 print_dice: 0.521880030632019,    print_iou: 0.3530701696872711
6087 Epoch 99/499:  91%|███████▌   | 30/33 [03:20<00:19,  6.58s/it]print_dice: 0.4822394549846649
     ,    print_iou: 0.3177309334278107
6088 print_dice: 0.5268864035606384,    print_iou: 0.35766851902008057
6089 Epoch 99/499:  97%|███████▊  | 32/33 [03:33<00:06,  6.54s/it]print_dice: 0.5002985596656799
     ,    print_iou: 0.333598792552948
6090 print_dice: 0.48060017824172974,    print_iou: 0.31630921363830566
6091  [32/33]  eta: 0:00:06    time: 6.5702  data: 0.0006
6092 Epoch 99/499: 100%|████████| 33/33 [03:40<00:00,  6.68s/it]
6093  Total time: 0:03:40 (6.6818 s / it)
6094 Averaged stats: training_loss: -30.7529 (-30.7529)  loss_mask: -30.9484 (-30.9484)
     loss_dice: 0.1955 (0.1955)
6095   0%|         | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402767358
6096 Validating...
6097 Valid_dataloader len: 12
6098   8%|█        | 1/12 [00:08<01:28,  8.04s/it]print_dice: 0.512919545173645,  print_iou: 0.
     3449171781539917
6099  [ 0/12]  eta: 0:01:36    time: 8.0441  data: 3.9442
6100 print_dice: 0.5496730208396912,  print_iou: 0.37899938225746155
6101  25%|██       | 3/12 [00:16<00:46,  5.14s/it]print_dice: 0.5065925717353821,  print_iou: 0.
     33921927213668823
6102 print_dice: 0.4898954927921295,  print_iou: 0.32441166043281555
6103  42%|███▌     | 5/12 [00:26<00:33,  4.85s/it]print_dice: 0.5493292212486267,  print_iou: 0.
     3786725699901581
6104  50%|████     | 6/12 [00:30<00:28,  4.70s/it]print_dice: 0.4747409522533417,  print_iou: 0.
     3112526535987854
6105 print_dice: 0.4361470341682434,  print_iou: 0.2788926064968109
6106  67%|██████▌  | 8/12 [00:39<00:18,  4.68s/it]print_dice: 0.5214345455169678,  print_iou: 0.
     35266250371932983
6107  75%|███████  | 9/12 [00:44<00:14,  4.73s/it]print_dice: 0.5265717506408691,  print_iou: 0.
     35737863183021545
6108  83%|███████▊ | 10/12 [00:49<00:09,  4.67s/it]print_dice: 0.5384030938148499,  print_iou: 0
     .3683663010597229
6109 print_dice: 0.588121235370636,  print_iou: 0.41655224561691284
6110 100%|████████| 12/12 [00:58<00:00,  4.54s/it]print_dice: 0.5440444350242615,  print_iou: 0
     .37366828322410583
6111  [11/12]  eta: 0:00:04    time: 4.8346  data: 0.3293
6112 100%|████████| 12/12 [00:58<00:00,  4.88s/it]
6113  Total time: 0:00:58 (4.8794 s / it)
6114 ============================
6115 Averaged stats:
6116 Epoch 100/499:   0%|         | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
6117 epoch:    100   learning rate:   1.0000000000000003e-11
6118 Epoch 100/499:   3%|▏        | 1/33 [00:10<05:40, 10.63s/it]print_dice: 0.5948049426078796
     ,    print_iou: 0.423289954662323
6119  [ 0/33]  eta: 0:05:50    time: 10.6289  data: 4.0791
6120 Epoch 100/499:   6%|▌        | 2/33 [00:17<04:12,  8.13s/it]print_dice: 0.520698070526123
     ,    print_iou: 0.3519890308380127
6121 print_dice: 0.5424920320510864,    print_iou: 0.3722051680088043
6122 Epoch 100/499:  12%|█▏       | 4/33 [00:30<03:26,  7.12s/it]print_dice: 0.5269133448600769
     ,    print_iou: 0.3576934039592743
6123 print_dice: 0.547075629234314,    print_iou: 0.3765341639518738
6124 Epoch 100/499:  18%|█▊       | 6/33 [00:43<03:06,  6.91s/it]print_dice: 0.5546747446060181
     ,    print_iou: 0.38377153873443604
6125 print_dice: 0.5162911415100098,    print_iou: 0.3479733467102051
6126 Epoch 100/499:  24%|██▍      | 8/33 [00:57<02:49,  6.77s/it]print_dice: 0.44900840520858765
     ,    print_iou: 0.28949764370918274
6127 Epoch 100/499:  27%|██▋      | 9/33 [01:03<02:40,  6.70s/it]print_dice: 0.457859605550766
     ,    print_iou: 0.2968987822532654
6128 Epoch 100/499:  30%|██▉      | 10/33 [01:10<02:33,  6.69s/it]print_dice: 0.5204692482948303
     ,    print_iou: 0.351779967546463
6129 Epoch 100/499:  33%|███▏     | 11/33 [01:16<02:25,  6.63s/it]print_dice: 0.
     42839324474334717,    print_iou: 0.2725829780101776
6130 print_dice: 0.5363143682479858,    print_iou: 0.3664136230945587
6131 Epoch 100/499:  39%|███▊     | 13/33 [01:30<02:13,  6.65s/it]print_dice: 0.5409029126167297
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6131 ,    print_iou: 0.37071070075035095
6132 Epoch 100/499:  42%|██████      | 14/33 [01:36<02:06,  6.65s/it]print_dice: 0.5134263038635254
     ,    print_iou: 0.34537559747695923
6133 Epoch 100/499:  45%|███         | 15/33 [01:43<02:00,  6.67s/it]print_dice: 0.5202999114990234
     ,    print_iou: 0.351625238886261
6134 print_dice: 0.6165767908096313,    print_iou: 0.44568923115730286
6135 Epoch 100/499:  52%|███▊        | 17/33 [01:56<01:46,  6.63s/it]print_dice: 0.5420266389846802
     ,    print_iou: 0.37176719307899475
6136 Epoch 100/499:  55%|████▏       | 18/33 [02:03<01:40,  6.68s/it]print_dice: 0.5224077105522156
     ,    print_iou: 0.3535533845424652
6137 print_dice: 0.48512139916419983,    print_iou: 0.32023778557777405
6138 Epoch 100/499:  61%|████▋       | 20/33 [02:17<01:27,  6.75s/it]print_dice: 0.
     49451935291290283,    print_iou: 0.3284793794155121
6139 Epoch 100/499:  64%|████▊       | 21/33 [02:23<01:20,  6.67s/it]print_dice: 0.481650173664093
     ,    print_iou: 0.3172195255756378
6140 print_dice: 0.572740912437439,    print_iou: 0.401287317276001
6141 Epoch 100/499:  70%|█████▎      | 23/33 [02:36<01:06,  6.62s/it]print_dice: 0.5150151252746582
     ,    print_iou: 0.3468150794506073
6142 Epoch 100/499:  73%|█████▌      | 24/33 [02:43<00:59,  6.58s/it]print_dice: 0.
     426415473222773254,    print_iou: 0.2709835171699524
6143 Epoch 100/499:  76%|█████▊      | 25/33 [02:49<00:52,  6.55s/it]print_dice: 0.4721572697162628
     ,    print_iou: 0.3090352714061737
6144 Epoch 100/499:  79%|██████      | 26/33 [02:56<00:45,  6.54s/it]print_dice: 0.5161440968513489
     ,    print_iou: 0.3478397727012634
6145 Epoch 100/499:  82%|██████▎     | 27/33 [03:02<00:39,  6.53s/it]print_dice: 0.
     48182815313339233,    print_iou: 0.31737393140792847
6146 Epoch 100/499:  85%|██████▌     | 28/33 [03:10<00:33,  6.78s/it]print_dice: 0.4875410497188568
     ,    print_iou: 0.3223499357700348
6147 print_dice: 0.4284945192337036,    print_iou: 0.2726284861564636
6148 Epoch 100/499:  91%|███████     | 30/33 [03:23<00:20,  6.82s/it]print_dice: 0.5031574964523315
     ,    print_iou: 0.33614593744277954
6149 Epoch 100/499:  94%|███████▎    | 31/33 [03:30<00:13,  6.73s/it]print_dice: 0.
     45530515909194946,    print_iou: 0.29475411772727966
6150 Epoch 100/499:  97%|███████▌    | 32/33 [03:36<00:06,  6.67s/it]print_dice: 0.5010098814964294
     ,    print_iou: 0.3342316150665283
6151 Epoch 100/499: 100%|███████████ | 33/33 [03:43<00:00,  6.65s/it]print_dice: 0.5365991592407227
     ,    print_iou: 0.36667951941490173
6152  [32/33]  eta: 0:00:06    time: 6.6716  data: 0.0007
6153 Epoch 100/499: 100%|███████████ | 33/33 [03:44<00:00,  6.81s/it]
6154  Total time: 0:03:44 (6.8083 s / it)
6155 Averaged stats: training_loss: 16.1801 (16.1801)  loss_mask: 15.9207 (15.9207)  loss_dice: 0
     .2593 (0.2593)
6156   0%|           | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402769687
6157 Validating...
6158 Valid_dataloader len: 12
6159   8%|█         | 1/12 [00:09<01:49,  9.92s/it]print_dice: 0.516787588596344,  print_iou: 0.
     3484245240688324
6160  [ 0/12]  eta: 0:01:59    time: 9.9240  data: 5.7361
6161 print_dice: 0.5496927499771118,  print_iou: 0.3790181577205658
6162  25%|██        | 3/12 [00:18<00:49,  5.53s/it]print_dice: 0.5066879987716675,  print_iou: 0.
     3393048346042633
6163 print_dice: 0.50081866979599,  print_iou: 0.3340614438056946
6164  42%|███▏      | 5/12 [00:27<00:34,  4.88s/it]print_dice: 0.5494256615638733,  print_iou: 0.
     37876421213150024
6165  50%|████      | 6/12 [00:31<00:28,  4.75s/it]print_dice: 0.48365065455436707,  print_iou: 0
     .31895726919174194
6166  58%|████▋     | 7/12 [00:36<00:23,  4.71s/it]print_dice: 0.42664834856987,  print_iou: 0.
     2711716294288635
6167 print_dice: 0.5215022563934326,  print_iou: 0.3527244031429291
6168  75%|██████    | 9/12 [00:45<00:13,  4.61s/it]print_dice: 0.529640793800354,  print_iou: 0.
     3602118492126465
6169  83%|██████▋   | 10/12 [00:49<00:09,  4.52s/it]print_dice: 0.5222803950309753,  print_iou: 0
     .35343673825263977
6170  92%|███████▍  | 11/12 [00:54<00:04,  4.52s/it]print_dice: 0.5793398022651672,  print_iou: 0
     .4077962040901184
6171 100%|██████████| 12/12 [00:58<00:00,  4.49s/it]print_dice: 0.5504042506217957,  print_iou: 0
     .37969502806663513
6172  [11/12]  eta: 0:00:04    time: 4.8987  data: 0.4784
6173 100%|██████████| 12/12 [00:59<00:00,  4.93s/it]
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6174  Total time: 0:00:59 (4.9326 s / it)
6175 =============================
6176 Averaged stats:
6177 Epoch 101/499:   0%|            | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
6178 epoch:    101   learning rate:   1.0000000000000003e-11
6179 Epoch 101/499:   3%|▌           | 1/33 [00:10<05:29, 10.30s/it]print_dice: 0.4286303222179413
     ,   print_iou: 0.27277496457099915
6180   [ 0/33] eta: 0:05:40   time: 10.3038  data: 3.9251
6181 Epoch 101/499:   6%|▌           | 2/33 [00:16<04:05,  7.93s/it]print_dice: 0.4551909267902374
     ,   print_iou: 0.294658362865448
6182 print_dice: 0.5412312746047974,   print_iou: 0.37101927399635315
6183 Epoch 101/499:  12%|█▌          | 4/33 [00:29<03:23,  7.02s/it]print_dice: 0.4867335259914398
     ,   print_iou: 0.32164427638053894
6184 Epoch 101/499:  15%|█▌          | 5/33 [00:36<03:12,  6.86s/it]print_dice: 0.48061588406562805
     ,   print_iou: 0.31632283329963684
6185 print_dice: 0.5546690821647644,   print_iou: 0.3837661147117615
6186 Epoch 101/499:  21%|██          | 7/33 [00:49<02:53,  6.69s/it]print_dice: 0.4986875355243683
     ,   print_iou: 0.33216771483421326
6187 Epoch 101/499:  24%|██▌         | 8/33 [00:55<02:45,  6.64s/it]print_dice: 0.523449182510376
     ,   print_iou: 0.35450807213783264
6188 Epoch 101/499:  27%|██▌         | 9/33 [01:02<02:39,  6.63s/it]print_dice: 0.5210520625114441
     ,   print_iou: 0.3523126542568207
6189 print_dice: 0.536358654499054,   print_iou: 0.36645498871803284
6190 Epoch 101/499:  33%|███         | 11/33 [01:15<02:25,  6.63s/it]print_dice: 0.5725308060646057
     ,   print_iou: 0.40108099579811096
6191 Epoch 101/499:  36%|███▌        | 12/33 [01:22<02:19,  6.63s/it]print_dice: 0.6166523098945618
     ,   print_iou: 0.4457681179046631
6192 Epoch 101/499:  39%|███▌        | 13/33 [01:29<02:12,  6.63s/it]print_dice: 0.
     45751693844795227,   print_iou: 0.29661068320274353
6193 Epoch 101/499:  42%|████        | 14/33 [01:35<02:06,  6.65s/it]print_dice: 0.4720142185688019
     ,   print_iou: 0.3089127242565155
6194 print_dice: 0.5390160083770752,   print_iou: 0.36894041299819946
6195 Epoch 101/499:  48%|████▌       | 16/33 [01:48<01:52,  6.61s/it]print_dice: 0.5149659514427185
     ,   print_iou: 0.34677043557167053
6196 print_dice: 0.48172643780708313,   print_iou: 0.3172856569290161
6197 Epoch 101/499:  55%|█████▌      | 18/33 [02:02<01:38,  6.58s/it]print_dice: 0.5106588006019592
     ,   print_iou: 0.3428756296634674
6198 Epoch 101/499:  58%|█████▌      | 19/33 [02:08<01:32,  6.61s/it]print_dice: 0.5935327410697937
     ,   print_iou: 0.42200252413749695
6199 print_dice: 0.5491654872894287,   print_iou: 0.37851694226264954
6200 Epoch 101/499:  64%|██████▌     | 21/33 [02:21<01:19,  6.61s/it]print_dice: 0.
     49968191981315613,   print_iou: 0.3330506682395935
6201 print_dice: 0.4267866313457489,   print_iou: 0.2712833881378174
6202 Epoch 101/499:  70%|███████     | 23/33 [02:35<01:06,  6.61s/it]print_dice: 0.
     48477280139923096,   print_iou: 0.31993407011032104
6203 print_dice: 0.49174898862838745,   print_iou: 0.32603922486305237
6204 Epoch 101/499:  76%|███████▌    | 25/33 [02:48<00:52,  6.62s/it]print_dice: 0.515076756477356
     ,   print_iou: 0.34687095880508423
6205 Epoch 101/499:  79%|████████    | 26/33 [02:54<00:46,  6.61s/it]print_dice: 0.5228114128112793
     ,   print_iou: 0.3539232909679413
6206 print_dice: 0.42813292145729065,   print_iou: 0.27237221598625183
6207 Epoch 101/499:  85%|████████▌   | 28/33 [03:08<00:32,  6.60s/it]print_dice: 0.5158193111419678
     ,   print_iou: 0.3475448191165924
6208 print_dice: 0.5174461007118225,   print_iou: 0.3490234613418579
6209 Epoch 101/499:  91%|█████████   | 30/33 [03:21<00:19,  6.57s/it]print_dice: 0.5209985971450806
     ,   print_iou: 0.35226374864578247
6210 Epoch 101/499:  94%|█████████▌  | 31/33 [03:27<00:13,  6.59s/it]print_dice: 0.540640652179718
     ,   print_iou: 0.37046438455581665
6211 Epoch 101/499:  97%|█████████▌  | 32/33 [03:34<00:06,  6.54s/it]print_dice: 0.4490506052970886
     ,   print_iou: 0.28953272104263306
6212 print_dice: 0.5372512936592102,   print_iou: 0.36728885769844055
6213   [32/33] eta: 0:00:06   time: 6.5788  data: 0.0003
6214 Epoch 101/499: 100%|██████████| 33/33 [03:41<00:00,  6.70s/it]
6215  Total time: 0:03:41 (6.7025 s / it)
6216 Averaged stats: training_loss: -80.2803 (-80.2803)  loss_mask: -80.3973 (-80.3973)
     loss_dice: 0.1171 (0.1171)
6217   0%|            | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402769687
6218 Validating...
6219 Valid_dataloader len: 12
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6220 print_dice: 0.5182314515113831,  print_iou: 0.3497384488582611
6221  [ 0/12]  eta: 0:01:36    time: 8.0440  data: 3.9870
6222  17%|██       | 2/12 [00:12<00:58,  5.85s/it]print_dice: 0.5496821999549866,  print_iou: 0.
     37900811433792114
6223  25%|██       | 3/12 [00:16<00:46,  5.18s/it]print_dice: 0.4880143105983734,  print_iou: 0.
     3227638304233551
6224  33%|███      | 4/12 [00:21<00:39,  4.93s/it]print_dice: 0.5007938742637634,  print_iou: 0.
     3340393602848053
6225  42%|███      | 5/12 [00:25<00:33,  4.75s/it]print_dice: 0.5356099605560303,  print_iou: 0.
     3657563328742981
6226 print_dice: 0.48077958822250366,  print_iou: 0.3164646625518799
6227  58%|████     | 7/12 [00:34<00:23,  4.66s/it]print_dice: 0.4225074350833893,  print_iou: 0.
     2678348124027252
6228  67%|█████    | 8/12 [00:39<00:18,  4.57s/it]print_dice: 0.5245255827903748,  print_iou: 0.
     35549622774124146
6229 print_dice: 0.5233997106552124,  print_iou: 0.35446271300315857
6230  83%|██████   | 10/12 [00:48<00:08,  4.48s/it]print_dice: 0.5383992791175842,  print_iou: 0
     .36836275458335876
6231  92%|███████  | 11/12 [00:52<00:04,  4.44s/it]print_dice: 0.5817179083824158,  print_iou: 0
     .4101567268371582
6232 100%|████████ | 12/12 [00:56<00:00,  4.39s/it]print_dice: 0.5503261089324951,  print_iou: 0
     .37962064146995544
6233  [11/12]  eta: 0:00:04    time: 4.7237  data: 0.3326
6234 100%|████████ | 12/12 [00:57<00:00,  4.76s/it]
6235  Total time: 0:00:57 (4.7630 s / it)
6236 =============================
6237 Averaged stats:
6238 Epoch 102/499:   0%|         | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
6239 epoch:    102   learning rate:   1.0000000000000003e-11
6240 Epoch 102/499:   3%|▏        | 1/33 [00:10<05:46, 10.81s/it]print_dice: 0.542550265789032
     ,  print_iou: 0.37226003408432007
6241  [ 0/33]  eta: 0:05:56    time: 10.8139  data: 4.4391
6242 print_dice: 0.5154584050178528,  print_iou: 0.34721723198890686
6243 Epoch 102/499:   9%|▊        | 3/33 [00:23<03:45,  7.50s/it]print_dice: 0.537757396697998
     ,  print_iou: 0.36776211857795715
6244 Epoch 102/499:  12%|█        | 4/33 [00:30<03:26,  7.13s/it]print_dice: 0.4817214608192444
     ,  print_iou: 0.3172813355922699
6245 Epoch 102/499:  15%|█▎       | 5/33 [00:36<03:13,  6.91s/it]print_dice: 0.45517247915267944
     ,  print_iou: 0.2946428954601288
6246 Epoch 102/499:  18%|█▋       | 6/33 [00:43<03:03,  6.79s/it]print_dice: 0.514331042766571
     ,  print_iou: 0.34619495272636414
6247 Epoch 102/499:  21%|█▊       | 7/33 [00:50<02:54,  6.73s/it]print_dice: 0.5723510384559631
     ,  print_iou: 0.4009046256542206
6248 Epoch 102/499:  24%|██▏      | 8/33 [00:56<02:47,  6.68s/it]print_dice: 0.4286172091960907
     ,  print_iou: 0.2727643549442291
6249 print_dice: 0.5541771650314331,  print_iou: 0.3832953870296478
6250 Epoch 102/499:  30%|██▋      | 10/33 [01:09<02:32,  6.63s/it]print_dice: 0.517333984375,
     print_iou: 0.3489214777946472
6251 print_dice: 0.48510468006134033,  print_iou: 0.32022324204444885
6252 Epoch 102/499:  36%|███▏     | 12/33 [01:23<02:18,  6.61s/it]print_dice: 0.5241743922233582
     ,  print_iou: 0.35517367720603943
6253 Epoch 102/499:  39%|███▌     | 13/33 [01:29<02:12,  6.62s/it]print_dice: 0.5936256647109985
     ,  print_iou: 0.42209646105766296
6254 Epoch 102/499:  42%|███▋     | 14/33 [01:36<02:05,  6.60s/it]print_dice: 0.4599243402481079
     ,  print_iou: 0.2986375093460083
6255 Epoch 102/499:  45%|████     | 15/33 [01:42<01:57,  6.55s/it]print_dice: 0.5420680642127991
     ,  print_iou: 0.37180614471435547
6256 print_dice: 0.4806378185749054,  print_iou: 0.3163418471813202
6257 Epoch 102/499:  52%|████▋    | 17/33 [01:55<01:44,  6.53s/it]print_dice: 0.4943406283855438
     ,  print_iou: 0.3283216953277588
6258 print_dice: 0.5003512501716614,  print_iou: 0.33364564180374146
6259 Epoch 102/499:  58%|█████▏   | 19/33 [02:08<01:31,  6.56s/it]print_dice: 0.5361197590827942
     ,  print_iou: 0.3662319481372833
6260 print_dice: 0.5010473728179932,  print_iou: 0.33426496386528015
6261 Epoch 102/499:  64%|█████▊   | 21/33 [02:21<01:18,  6.53s/it]print_dice: 0.4283798038959503
     ,  print_iou: 0.2725721001625061
6262 Epoch 102/499:  67%|██████   | 22/33 [02:28<01:12,  6.57s/it]print_dice: 0.5228236317634583
     ,  print_iou: 0.35393446683883667
6263 print_dice: 0.5206973552703857,  print_iou: 0.35198840498924255
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6264 Epoch 102/499:  73%|███████▌   | 24/33 [02:41<00:58,  6.54s/it]print_dice: 0.
     48676013946533203,  print_iou: 0.32166752219200134
6265 Epoch 102/499:  76%|███████▋   | 25/33 [02:47<00:52,  6.50s/it]print_dice: 0.
     46972039341926575,  print_iou: 0.3069506883621216
6266 Epoch 102/499:  79%|███████▉   | 26/33 [02:54<00:45,  6.53s/it]print_dice: 0.5210061073303223
     ,  print_iou: 0.3522706627845764
6267 Epoch 102/499:  82%|████████▏  | 27/33 [03:01<00:39,  6.51s/it]print_dice: 0.4264937937259674
     ,  print_iou: 0.27104678750038147
6268 Epoch 102/499:  85%|████████▌  | 28/33 [03:07<00:32,  6.52s/it]print_dice: 0.5471784472465515
     ,  print_iou: 0.3766315281391144
6269 print_dice: 0.5407409071922302,  print_iou: 0.3705585300922394
6270 Epoch 102/499:  91%|█████████  | 30/33 [03:20<00:19,  6.51s/it]print_dice: 0.
     44074252247810364,  print_iou: 0.2826617956161499
6271 print_dice: 0.5155808329582214,  print_iou: 0.3473283052444458
6272 Epoch 102/499:  97%|█████████▋ | 32/33 [03:33<00:06,  6.44s/it]print_dice: 0.6165767908096313
     ,  print_iou: 0.44568923115730286
6273 print_dice: 0.5135601758956909,  print_iou: 0.3454967737197876
6274  [32/33] eta: 0:00:06   time: 6.5008  data: 0.0004
6275 Epoch 102/499: 100%|██████████| 33/33 [03:40<00:00,  6.67s/it]
6276  Total time: 0:03:40 (6.6731 s / it)
6277 Averaged stats: training_loss: -14.3570 (-14.3570)  loss_mask: -14.5963 (-14.5963)
     loss_dice: 0.2393 (0.2393)
6278   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402775507
6279 Validating...
6280 Valid_dataloader len: 12
6281   8%|▊         | 1/12 [00:07<01:26,  7.87s/it]print_dice: 0.5188471078872681,  print_iou: 0.
     35029950737953186
6282  [ 0/12] eta: 0:01:34   time: 7.8737  data: 3.8456
6283 print_dice: 0.5465731620788574,  print_iou: 0.3760582506656647
6284  25%|██▌       | 3/12 [00:16<00:46,  5.15s/it]print_dice: 0.49325796961784363,  print_iou: 0
     .32736721634864807
6285 print_dice: 0.5008047223091125,  print_iou: 0.3340490162372589
6286  42%|████▏     | 5/12 [00:25<00:33,  4.77s/it]print_dice: 0.5493278503417969,  print_iou: 0.
     378671258687973
6287  50%|█████     | 6/12 [00:30<00:28,  4.71s/it]print_dice: 0.4807748794555664,  print_iou: 0.
     316460579633371277
6288  58%|█████▊    | 7/12 [00:34<00:23,  4.64s/it]print_dice: 0.42662203311920166,  print_iou: 0
     .2711503803730011
6289  67%|██████▋   | 8/12 [00:39<00:18,  4.57s/it]print_dice: 0.517471432685852,  print_iou: 0.
     349046528339386
6290  75%|███████▌  | 9/12 [00:43<00:13,  4.54s/it]print_dice: 0.5295966863632202,  print_iou: 0.
     36017104983329773
6291 print_dice: 0.5384083390235901,  print_iou: 0.36837121844291687
6292  92%|█████████▏| 11/12 [00:52<00:04,  4.43s/it]print_dice: 0.5881118178367615,  print_iou: 0
     .41654276847839355
6293 100%|██████████| 12/12 [00:56<00:00,  4.39s/it]print_dice: 0.5456679463386536,  print_iou: 0
     .3752017617225647
6294  [11/12] eta: 0:00:04   time: 4.7185  data: 0.3211
6295  Total time: 0:00:57 (4.7591 s / it)
6296 ==============================
6297 Averaged stats:
6298 100%|██████████| 12/12 [00:57<00:00,  4.76s/it]
6299 Epoch 103/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
6300 epoch:   103   learning rate:   1.0000000000000003e-11
6301 Epoch 103/499:   3%|▎         | 1/33 [00:10<05:32, 10.39s/it]print_dice: 0.5008357763290405
     ,  print_iou: 0.3340766727924347
6302  [ 0/33] eta: 0:05:42   time: 10.3894  data: 3.9831
6303 print_dice: 0.5154082775115967,  print_iou: 0.34717172384262085
6304 Epoch 103/499:   9%|▉         | 3/33 [00:23<03:39,  7.32s/it]print_dice: 0.521640419960022
     ,  print_iou: 0.3528508245944977
6305 Epoch 103/499:  12%|█▏        | 4/33 [00:29<03:23,  7.02s/it]print_dice: 0.5223411917686462
     ,  print_iou: 0.3534924387931824
6306 print_dice: 0.5429325103759766,  print_iou: 0.37262001633644104
6307 Epoch 103/499:  18%|█▊        | 6/33 [00:42<03:02,  6.77s/it]print_dice: 0.5173138380050659
     ,  print_iou: 0.348903149363788
6308 Epoch 103/499:  21%|██        | 7/33 [00:49<02:53,  6.68s/it]print_dice: 0.5412371158599854
     ,  print_iou: 0.3710247278213501
6309 Epoch 103/499:  24%|██▍       | 8/33 [00:55<02:46,  6.64s/it]print_dice: 0.42887991666793823
     ,  print_iou: 0.27297717332839966
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6310 print_dice: 0.5268962979316711,   print_iou: 0.3576776683330536
6311 Epoch 103/499:  30%|██        | 10/33 [01:09<02:31,  6.58s/it]print_dice: 0.5113089084625244
     ,   print_iou: 0.343620499610901
6312 Epoch 103/499:  33%|██▍       | 11/33 [01:15<02:24,  6.56s/it]print_dice: 0.5372471213340759
     ,   print_iou: 0.36728498339653015
6313 Epoch 103/499:  36%|██▌       | 12/33 [01:22<02:17,  6.53s/it]print_dice: 0.
     48250189423561096,   print_iou: 0.317958801984787
6314 Epoch 103/499:  39%|██▊       | 13/33 [01:28<02:11,  6.55s/it]print_dice: 0.
     494978785514831,   print_iou: 0.32888489961624146
6315 print_dice: 0.457809716463089,   print_iou: 0.2968568503856659
6316 Epoch 103/499:  45%|███       | 15/33 [01:41<01:57,  6.53s/it]print_dice: 0.4490506052970886
     ,   print_iou: 0.28953272104263306
6317 Epoch 103/499:  48%|███▎      | 16/33 [01:48<01:50,  6.50s/it]print_dice: 0.5224227905273438
     ,   print_iou: 0.3535671830177307
6318 Epoch 103/499:  52%|███▌      | 17/33 [01:54<01:43,  6.49s/it]print_dice: 0.471910685300827
     ,   print_iou: 0.3088240325450897
6319 Epoch 103/499:  55%|███▊      | 18/33 [02:01<01:37,  6.51s/it]print_dice: 0.
     426714807748794556,   print_iou: 0.27122533321380615
6320 print_dice: 0.5946747660636902,   print_iou: 0.4231581389904022
6321 Epoch 103/499:  61%|████      | 20/33 [02:14<01:24,  6.53s/it]print_dice: 0.5394479632377625
     ,   print_iou: 0.3693452477455139
6322 Epoch 103/499:  64%|████▎     | 21/33 [02:20<01:18,  6.57s/it]print_dice: 0.
     48520806431770325,   print_iou: 0.32031336426734924
6323 print_dice: 0.5158998370170593,   print_iou: 0.3476179242134094
6324 Epoch 103/499:  70%|████▋     | 23/33 [02:33<01:05,  6.51s/it]print_dice: 0.5140911936759949
     ,   print_iou: 0.34597763419151306
6325 print_dice: 0.5410351753234863,   print_iou: 0.37083497643470764
6326 Epoch 103/499:  76%|█████     | 25/33 [02:46<00:52,  6.54s/it]print_dice: 0.5545974373817444
     ,   print_iou: 0.3836975395679474
6327 print_dice: 0.5493143200874329,   print_iou: 0.3786584138870239
6328 Epoch 103/499:  82%|█████▌    | 27/33 [02:59<00:39,  6.52s/it]print_dice: 0.5026634931564331
     ,   print_iou: 0.33570510149002075
6329 Epoch 103/499:  85%|█████▊    | 28/33 [03:06<00:32,  6.57s/it]print_dice: 0.4876771867275238
     ,   print_iou: 0.32246896624565125
6330 print_dice: 0.5708712935447693,   print_iou: 0.3994540870189667
6331 Epoch 103/499:  91%|██████    | 30/33 [03:19<00:19,  6.55s/it]print_dice: 0.6194028258323669
     ,   print_iou: 0.44864851236343384
6332 Epoch 103/499:  94%|██████▎   | 31/33 [03:26<00:13,  6.58s/it]print_dice: 0.
     48184895515441895,   print_iou: 0.317391961812973
6333 Epoch 103/499:  97%|██████▌   | 32/33 [03:32<00:06,  6.50s/it]print_dice: 0.4551581144332886
     ,   print_iou: 0.29463085532188416
6334 print_dice: 0.4283638000488281,   print_iou: 0.27255913615226746
6335   [32/33]  eta: 0:00:06    time: 6.5174  data: 0.0002
6336 Epoch 103/499: 100%|██████████| 33/33 [03:39<00:00,  6.65s/it]
6337  Total time: 0:03:39 (6.6469 s / it)
6338 Averaged stats: training_loss: 62.9506 (62.9506)  loss_mask: 62.5178 (62.5178)  loss_dice: 0
     .4327 (0.4327)
6339   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402775507
6340 Validating...
6341 Valid_dataloader len: 12
6342 print_dice: 0.5092066526412964,  print_iou: 0.3415675759315491
6343  [ 0/12]  eta: 0:01:35    time: 7.9777  data: 3.8880
6344  17%|██        | 2/12 [00:12<00:58,  5.82s/it]print_dice: 0.544539213180542,  print_iou: 0.
     374135285615921
6345 print_dice: 0.4946366548538208,  print_iou: 0.32858291268348694
6346  33%|███       | 4/12 [00:21<00:39,  4.90s/it]print_dice: 0.47914502024650574,  print_iou: 0
     .31504976749420166
6347 print_dice: 0.54935622215271,  print_iou: 0.3786981999874115
6348  50%|█████     | 6/12 [00:30<00:27,  4.63s/it]print_dice: 0.4835856556892395,  print_iou: 0.
     3189007639884949
6349  58%|█████▊    | 7/12 [00:34<00:22,  4.59s/it]print_dice: 0.42038169503211975,  print_iou: 0
     .26612865924835205
6350  67%|██████▋   | 8/12 [00:38<00:18,  4.53s/it]print_dice: 0.5169070363044739,  print_iou: 0.
     34853312373161316
6351 print_dice: 0.5296063423156738,  print_iou: 0.36017999053001404
6352  83%|████████▎ | 10/12 [00:47<00:08,  4.46s/it]print_dice: 0.538424551486969,  print_iou: 0.
     368386447429657
6353 print_dice: 0.5881121754646301,  print_iou: 0.4165431261062622
6354 100%|██████████| 12/12 [00:56<00:00,  4.47s/it]print_dice: 0.5479493141174316,   print_iou: 0
```

```
6354  .3773624002933502
6355   [11/12]  eta: 0:00:04    time: 4.7243  data: 0.3244
6356 100%|████████| 12/12 [00:57<00:00,  4.77s/it]
6357  Total time: 0:00:57 (4.7669 s / it)
6358 =============================
6359 Averaged stats:
6360 Epoch 104/499:    0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
6361 epoch:    104   learning rate:   1.0000000000000003e-11
6362 print_dice: 0.5231019258499146,   print_iou: 0.35418960452079773
6363  [ 0/33]  eta: 0:05:42    time: 10.3938  data: 4.0687
6364 Epoch 104/499:    6%|▌         | 2/33 [00:16<04:08,  8.01s/it]print_dice: 0.4806438386440277
     ,   print_iou: 0.31634703278541565
6365 Epoch 104/499:    9%|▉         | 3/33 [00:23<03:39,  7.31s/it]print_dice: 0.5206342935562134
     ,   print_iou: 0.35193076729774475
6366 print_dice: 0.4491100609302521,   print_iou: 0.28958216309547424
6367 Epoch 104/499:   15%|█▌        | 5/33 [00:36<03:12,  6.88s/it]print_dice: 0.6197258830070496
     ,   print_iou: 0.44898754358291626
6368 Epoch 104/499:   18%|█▊        | 6/33 [00:43<03:04,  6.82s/it]print_dice: 0.5541291236877441
     ,   print_iou: 0.38324934244155884
6369 Epoch 104/499:   21%|██        | 7/33 [00:49<02:55,  6.77s/it]print_dice: 0.5372514724731445
     ,   print_iou: 0.3672890365123749
6370 print_dice: 0.5158388614654541,   print_iou: 0.3475625514984131
6371 Epoch 104/499:   27%|██▋       | 9/33 [01:03<02:41,  6.74s/it]print_dice: 0.4830969274044037
     ,   print_iou: 0.3184758126735687
6372 Epoch 104/499:   30%|███       | 10/33 [01:09<02:34,  6.70s/it]print_dice: 0.5419849753379822
     ,   print_iou: 0.37172794342041016
6373 Epoch 104/499:   33%|███▎      | 11/33 [01:16<02:25,  6.63s/it]print_dice: 0.4917157292366028
     ,   print_iou: 0.32600998878479004
6374 print_dice: 0.5407412648200989,   print_iou: 0.37055885791778564
6375 Epoch 104/499:   39%|███▉      | 13/33 [01:29<02:11,  6.56s/it]print_dice: 0.4869809150695801
     ,   print_iou: 0.3218604028224945
6376 Epoch 104/499:   42%|████▏     | 14/33 [01:35<02:04,  6.56s/it]print_dice: 0.5425389409065247
     ,   print_iou: 0.3722493648529053
6377 Epoch 104/499:   45%|████▌     | 15/33 [01:42<01:57,  6.54s/it]print_dice: 0.5111755728721619
     ,   print_iou: 0.34334173798561096
6378 Epoch 104/499:   48%|████▊     | 16/33 [01:48<01:51,  6.54s/it]print_dice: 0.5204212069511414
     ,   print_iou: 0.35173606872558594
6379 Epoch 104/499:   52%|█████▏    | 17/33 [01:55<01:44,  6.50s/it]print_dice: 0.5153874754905701
     ,   print_iou: 0.34715282917022705
6380 print_dice: 0.5947861671447754,   print_iou: 0.42327094078063965
6381 Epoch 104/499:   58%|█████▊    | 19/33 [02:08<01:30,  6.48s/it]print_dice: 0.516122579574585
     ,   print_iou: 0.3478202521800995
6382 print_dice: 0.5361574292182922,   print_iou: 0.3662671148777008
6383 Epoch 104/499:   64%|██████▍   | 21/33 [02:21<01:17,  6.48s/it]print_dice: 0.4265114963054657
     ,   print_iou: 0.27106109261512756
6384 print_dice: 0.5269700884819031,   print_iou: 0.3577456772327423
6385 Epoch 104/499:   70%|███████   | 23/33 [02:34<01:04,  6.49s/it]print_dice: 0.5008843541145325
     ,   print_iou: 0.33411991596221924
6386 Epoch 104/499:   73%|███████▎  | 24/33 [02:40<00:58,  6.50s/it]print_dice: 0.5212768912315369
     ,   print_iou: 0.3525182604789734
6387 print_dice: 0.5469310879707336,   print_iou: 0.3763972222805023
6388 Epoch 104/499:   79%|███████▉  | 26/33 [02:53<00:45,  6.50s/it]print_dice: 0.4698518216609955
     ,   print_iou: 0.30706295371055603
6389 Epoch 104/499:   82%|████████▏ | 27/33 [03:00<00:39,  6.50s/it]print_dice: 0.4580524265766144
     ,   print_iou: 0.2970609664916992
6390 print_dice: 0.4851046800613403,   print_iou: 0.32022324204444885
6391 Epoch 104/499:   88%|████████▊ | 29/33 [03:13<00:26,  6.53s/it]print_dice: 0.5708895325660706
     ,   print_iou: 0.3994719684123993
6392 Epoch 104/499:   91%|█████████ | 30/33 [03:20<00:19,  6.55s/it]print_dice: 0.5001971125602722
     ,   print_iou: 0.33350855112075806
6393 Epoch 104/499:   94%|█████████▍| 31/33 [03:26<00:13,  6.54s/it]print_dice: 0.
     45517247915267944,   print_iou: 0.2946428954601288
6394 Epoch 104/499:   97%|█████████▋| 32/33 [03:32<00:06,  6.47s/it]print_dice: 0.4289081394672394
     ,   print_iou: 0.273000031709671
6395 print_dice: 0.4299370050430298,   print_iou: 0.2738342583179474
6396  [32/33]  eta: 0:00:06    time: 6.5020  data: 0.0004
6397 Epoch 104/499: 100%|██████████| 33/33 [03:39<00:00,  6.66s/it]
6398  Total time: 0:03:39 (6.6634 s / it)
6399 Averaged stats: training_loss: -12.1380 (-12.1380)  loss_mask: -12.3397 (-12.3397)
```

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6399 loss_dice: 0.2017 (0.2017)
6400   0%|            | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402777836
6401 Validating...
6402 Valid_dataloader len: 12
6403   8%|█           | 1/12 [00:08<01:29,  8.15s/it]print_dice: 0.5321632027626038,  print_iou: 0.
     3625493049621582
6404  [ 0/12] eta: 0:01:37   time: 8.1459  data: 3.9158
6405 print_dice: 0.549683690071106,  print_iou: 0.37900951504707336
6406  25%|██          | 3/12 [00:16<00:47,  5.23s/it]print_dice: 0.5066130757331848,  print_iou: 0.
     33923766016960144
6407 print_dice: 0.4899228811264038,  print_iou: 0.32443565130233765
6408  42%|████        | 5/12 [00:25<00:33,  4.77s/it]print_dice: 0.543302595615387,  print_iou: 0.
     37296873331069946
6409  50%|█████       | 6/12 [00:30<00:27,  4.66s/it]print_dice: 0.4835723340511322,  print_iou: 0.
     31888917088508606
6410 print_dice: 0.4361599385738373,  print_iou: 0.27890315651893616
6411  67%|███████     | 8/12 [00:39<00:18,  4.51s/it]print_dice: 0.5214511752128601,  print_iou: 0.
     35267767310142517
6412  75%|████████    | 9/12 [00:43<00:13,  4.48s/it]print_dice: 0.5264015197753906,  print_iou: 0.
     3572218120098114
6413  83%|█████████   | 10/12 [00:47<00:08,  4.45s/it]print_dice: 0.5261040329933167,  print_iou: 0
     .3569478690624237
6414  92%|██████████  | 11/12 [00:52<00:04,  4.43s/it]print_dice: 0.5881166458129883,  print_iou: 0
     .41654765605926514
6415 100%|███████████| 12/12 [00:56<00:00,  4.37s/it]print_dice: 0.5503552556037903,  print_iou: 0
     .3796483874320984
6416  [11/12] eta: 0:00:04   time: 4.7110  data: 0.3266
6417  Total time: 0:00:56 (4.7451 s / it)
6418 ============================
6419 Averaged stats:
6420 100%|███████████| 12/12 [00:56<00:00,  4.75s/it]
6421 come here save at work_dirs/DrSAM_b
6422 epoch:    105   learning rate:   1.0000000000000003e-11
6423 Epoch 105/499:   3%|█          | 1/33 [00:10<05:36, 10.51s/it]print_dice: 0.5414683222770691
     ,   print_iou: 0.37124204635620117
6424  [ 0/33] eta: 0:05:46   time: 10.5062  data: 4.0216
6425 Epoch 105/499:   6%|█          | 2/33 [00:16<04:05,  7.93s/it]print_dice: 0.48767736554145813
     ,   print_iou: 0.3224691152572632
6426 print_dice: 0.5936293005943298,   print_iou: 0.4221001863479614
6427 Epoch 105/499:  12%|█▌         | 4/33 [00:29<03:24,  7.05s/it]print_dice: 0.5386760830879211
     ,   print_iou: 0.36862194538116455
6428 Epoch 105/499:  15%|█▊         | 5/33 [00:36<03:11,  6.85s/it]print_dice: 0.5471784472465515
     ,   print_iou: 0.3766315281391144
6429 print_dice: 0.511320173740387,   print_iou: 0.3434722423553467
6430 Epoch 105/499:  21%|██▌        | 7/33 [00:49<02:52,  6.65s/it]print_dice: 0.48186421394348145
     ,   print_iou: 0.31740519404411316
6431 Epoch 105/499:  24%|██▊        | 8/33 [00:55<02:44,  6.60s/it]print_dice: 0.6165767908096313
     ,   print_iou: 0.44568923115730286
6432 Epoch 105/499:  27%|███▎       | 9/33 [01:02<02:38,  6.60s/it]print_dice: 0.4949270784854889
     ,   print_iou: 0.3288392722606659
6433 Epoch 105/499:  30%|███▌       | 10/33 [01:08<02:31,  6.57s/it]print_dice: 0.
     469724714756011196,   print_iou: 0.30695438385009766
6434 print_dice: 0.5428507328033447,   print_iou: 0.37254297733306885
6435 Epoch 105/499:  36%|████▎      | 12/33 [01:22<02:17,  6.56s/it]print_dice: 0.5157889723777771
     ,   print_iou: 0.3475172519683838
6436 Epoch 105/499:  39%|████▌      | 13/33 [01:28<02:11,  6.56s/it]print_dice: 0.
     457794937014579773,   print_iou: 0.2969742715358734
6437 Epoch 105/499:  42%|████▊      | 14/33 [01:35<02:04,  6.56s/it]print_dice: 0.4826945960521698
     ,   print_iou: 0.3181261718273163
6438 Epoch 105/499:  45%|█████▍     | 15/33 [01:41<01:57,  6.53s/it]print_dice: 0.5223707556724548
     ,   print_iou: 0.3535194993019104
6439 print_dice: 0.5372512936592102,   print_iou: 0.36728885769844055
6440 Epoch 105/499:  52%|██████▏    | 17/33 [01:55<01:46,  6.65s/it]print_dice: 0.5407412648200989
     ,   print_iou: 0.37055885791778564
6441 Epoch 105/499:  55%|██████▌    | 18/33 [02:01<01:39,  6.63s/it]print_dice: 0.5211256146430969
     ,   print_iou: 0.3523799180984497
6442 Epoch 105/499:  58%|██████▊    | 19/33 [02:08<01:32,  6.59s/it]print_dice: 0.5153874754905701
     ,   print_iou: 0.34715282917022705
6443 Epoch 105/499:  61%|███████▎   | 20/33 [02:14<01:25,  6.60s/it]print_dice: 0.5201441049575806
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6443  ,    print_iou: 0.35148292779922485
6444 Epoch 105/499:  64%|██████▌     | 21/33 [02:21<01:19,  6.66s/it]print_dice: 0.5234694480895996
     ,    print_iou: 0.35452669858932495
6445 Epoch 105/499:  67%|██████▊     | 22/33 [02:28<01:13,  6.65s/it]print_dice: 0.4287640154361725
     ,    print_iou: 0.27288326621055603
6446 print_dice: 0.4288455545902252,   print_iou: 0.27294933795928955
6447 Epoch 105/499:  73%|███████▎    | 24/33 [02:41<00:59,  6.58s/it]print_dice: 0.
     48510637879371643,   print_iou: 0.32022473216056824
6448 Epoch 105/499:  76%|███████▌    | 25/33 [02:47<00:52,  6.58s/it]print_dice: 0.5175648331642151
     ,    print_iou: 0.3491314947605133
6449 Epoch 105/499:  79%|███████▉    | 26/33 [02:54<00:46,  6.60s/it]print_dice: 0.
     49776169657707214,   print_iou: 0.33134669065475464
6450 Epoch 105/499:  82%|████████▏   | 27/33 [03:01<00:39,  6.59s/it]print_dice: 0.5548509955406189
     ,    print_iou: 0.38394033908843994
6451 print_dice: 0.42643651366233826,   print_iou: 0.2710005044937134
6452 Epoch 105/499:  88%|████████▊   | 29/33 [03:14<00:26,  6.60s/it]print_dice: 0.4488992691040039
     ,    print_iou: 0.2894068956375122
6453 print_dice: 0.5026788711547852,   print_iou: 0.3357187807559967
6454 Epoch 105/499:  94%|█████████▍  | 31/33 [03:27<00:13,  6.61s/it]print_dice: 0.4411771595478058
     ,    print_iou: 0.28301942348480225
6455 Epoch 105/499:  97%|█████████▋  | 32/33 [03:33<00:06,  6.54s/it]print_dice: 0.5140975713729858
     ,    print_iou: 0.3459833860397339
6456 Epoch 105/499: 100%|██████████| 33/33 [03:40<00:00,  6.46s/it]print_dice: 0.5725338459014893
     ,    print_iou: 0.4010840058326721
6457   [32/33]  eta: 0:00:06   time: 6.5760  data: 0.0005
6458 Epoch 105/499: 100%|██████████| 33/33 [03:40<00:00,  6.69s/it]
6459  Total time: 0:03:40 (6.6896 s / it)
6460 Averaged stats: training_loss: -113.2375 (-113.2375)  loss_mask: -113.3209 (-113.3209)
     loss_dice: 0.0834 (0.0834)
6461 Net parameter norm: 1054.8383402779
6462 Validating...
6463 Valid_dataloader len: 12
6464    8%|█         | 1/12 [00:08<01:37,  8.83s/it]print_dice: 0.5145679116249084,  print_iou: 0.
     3464095890522003
6465   [ 0/12]  eta: 0:01:45   time: 8.8259  data: 4.7442
6466   17%|██        | 2/12 [00:13<01:02,  6.20s/it]print_dice: 0.5496835112571716,  print_iou: 0.
     3790093660354614
6467   25%|██        | 3/12 [00:17<00:47,  5.32s/it]print_dice: 0.5065920948982239,  print_iou: 0.
     3392188549041748
6468   33%|███       | 4/12 [00:21<00:39,  4.99s/it]print_dice: 0.4899238348007202,  print_iou: 0.
     3244365155696869
6469   42%|████      | 5/12 [00:26<00:33,  4.80s/it]print_dice: 0.5493268370628357,  print_iou: 0.
     3786703050136566
6470 print_dice: 0.4807747006416321,  print_iou: 0.31646043062210083
6471   58%|█████     | 7/12 [00:35<00:23,  4.61s/it]print_dice: 0.4266263246536255,  print_iou: 0.
     27115383744239807
6472 print_dice: 0.5245311260223389,  print_iou: 0.35550132393836975
6473   75%|███████   | 9/12 [00:44<00:13,  4.55s/it]print_dice: 0.526559591293335,  print_iou: 0.
     3573674261569977
6474   83%|████████  | 10/12 [00:48<00:08,  4.49s/it]print_dice: 0.538404643535614,  print_iou: 0.
     3683677613735199
6475   92%|█████████ | 11/12 [00:52<00:04,  4.46s/it]print_dice: 0.5816765427589417,  print_iou: 0
     .4101155996322632
6476 print_dice: 0.5503544211387634,  print_iou: 0.3796475827693939
6477   [11/12]  eta: 0:00:04   time: 4.7717  data: 0.3960
6478 100%|██████████| 12/12 [00:57<00:00,  4.81s/it]
6479  Total time: 0:00:57 (4.8052 s / it)
6480 ============================
6481 Averaged stats:
6482 Epoch 106/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
6483 epoch:    106   learning rate:   1.0000000000000003e-11
6484 Epoch 106/499:   3%|▎         | 1/33 [00:10<05:33, 10.43s/it]print_dice: 0.52253258228302
     ,    print_iou: 0.3536677360534668
6485   [ 0/33]  eta: 0:05:44   time: 10.4309  data: 4.1205
6486 print_dice: 0.5394479632377625,   print_iou: 0.369345247455139
6487 Epoch 106/499:   9%|▉         | 3/33 [00:23<03:39,  7.31s/it]print_dice: 0.6169620156288147
     ,    print_iou: 0.4460918605327606
6488 Epoch 106/499:  12%|█▏        | 4/33 [00:29<03:24,  7.07s/it]print_dice: 0.516122579574585
     ,    print_iou: 0.3478202521800995
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6489 print_dice: 0.5706807971000671,   print_iou: 0.3992675840854645
6490 Epoch 106/499:  18%|██        | 6/33 [00:42<03:02,  6.77s/it]print_dice: 0.5241188406944275
     ,   print_iou: 0.3551226556301117
6491 print_dice: 0.5432822108268738,   print_iou: 0.3729495108127594
6492 Epoch 106/499:  24%|██        | 8/33 [00:56<02:46,  6.67s/it]print_dice: 0.4981515109539032
     ,   print_iou: 0.33169224858283997
6493 print_dice: 0.4817957878112793,   print_iou: 0.31734582781791687
6494 Epoch 106/499:  30%|███       | 10/33 [01:09<02:32,  6.61s/it]print_dice: 0.4261367619037628
     ,   print_iou: 0.2707584500312805
6495 Epoch 106/499:  33%|███       | 11/33 [01:15<02:24,  6.59s/it]print_dice: 0.4950334429740906
     ,   print_iou: 0.3289331793785095
6496 Epoch 106/499:  36%|███       | 12/33 [01:22<02:18,  6.59s/it]print_dice: 0.5377367734909058
     ,   print_iou: 0.3677428066730499
6497 Epoch 106/499:  39%|███       | 13/33 [01:28<02:11,  6.56s/it]print_dice: 0.554664671421051
     ,   print_iou: 0.3837619423866272
6498 Epoch 106/499:  42%|███       | 14/33 [01:35<02:04,  6.56s/it]print_dice: 0.
     48719197511672974,   print_iou: 0.32204481959342957
6499 Epoch 106/499:  45%|███       | 15/33 [01:42<01:57,  6.55s/it]print_dice: 0.59470134973526
     ,   print_iou: 0.4231850206851959
6500 Epoch 106/499:  48%|████      | 16/33 [01:48<01:51,  6.53s/it]print_dice: 0.5141496062278748
     ,   print_iou: 0.3460305333137512
6501 Epoch 106/499:  52%|████      | 17/33 [01:54<01:44,  6.51s/it]print_dice: 0.5204689502716064
     ,   print_iou: 0.35177966952323914
6502 Epoch 106/499:  55%|████      | 18/33 [02:01<01:38,  6.53s/it]print_dice: 0.5470095276832581
     ,   print_iou: 0.37647148966789246
6503 print_dice: 0.5135500431060791,   print_iou: 0.3454875946044922
6504 Epoch 106/499:  61%|████      | 20/33 [02:14<01:24,  6.52s/it]print_dice: 0.5229222774505615
     ,   print_iou: 0.35402488708496094
6505 print_dice: 0.44120246171951294,   print_iou: 0.28304025530815125
6506 Epoch 106/499:  67%|██████    | 22/33 [02:27<01:12,  6.56s/it]print_dice: 0.
     48520806431770325,   print_iou: 0.32031336426734924
6507 Epoch 106/499:  70%|██████    | 23/33 [02:34<01:05,  6.56s/it]print_dice: 0.4283834993839264
     ,   print_iou: 0.2725750803947449
6508 print_dice: 0.45519450306892395,   print_iou: 0.29466137290000916
6509 Epoch 106/499:  76%|██████    | 25/33 [02:47<00:52,  6.56s/it]print_dice: 0.4816100001335144
     ,   print_iou: 0.3171846568584442
6510 print_dice: 0.5002960562705994,   print_iou: 0.3335965573787689
6511 Epoch 106/499:  82%|███████   | 27/33 [03:00<00:39,  6.55s/it]print_dice: 0.5150151252746582
     ,   print_iou: 0.3468150794506073
6512 Epoch 106/499:  85%|███████   | 28/33 [03:07<00:32,  6.56s/it]print_dice: 0.
     46024951338768005,   print_iou: 0.2989117503166199
6513 print_dice: 0.46955907344818115,   print_iou: 0.30681294202804565
6514 Epoch 106/499:  91%|████████  | 30/33 [03:20<00:19,  6.55s/it]print_dice: 0.
     42864659428596497,   print_iou: 0.2727881669998169
6515 Epoch 106/499:  94%|████████  | 31/33 [03:26<00:13,  6.54s/it]print_dice: 0.5210867524147034
     ,   print_iou: 0.3523443639278412
6516 print_dice: 0.5413579344749451,   print_iou: 0.3711383044719696
6517 Epoch 106/499: 100%|████████  | 33/33 [03:39<00:00,  6.46s/it]print_dice: 0.5429710745811462
     ,   print_iou: 0.37265637516975403
6518  [32/33]  eta: 0:00:06   time: 6.5266  data: 0.0005
6519 Epoch 106/499: 100%|████████  | 33/33 [03:39<00:00,  6.66s/it]
6520  Total time: 0:03:39 (6.6608 s / it)
6521 Averaged stats: training_loss: -45.2692 (-45.2692)  loss_mask: -45.4532 (-45.4532)
     loss_dice: 0.1840 (0.1840)
6522   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402781328
6523 Validating...
6524 Valid_dataloader len: 12
6525   8%|█         | 1/12 [00:08<01:29,  8.15s/it]print_dice: 0.5147435069084167,   print_iou: 0.
     346568763256073
6526  [ 0/12]  eta: 0:01:37   time: 8.1541  data: 3.9822
6527  17%|█         | 2/12 [00:12<00:58,  5.86s/it]print_dice: 0.5496794581413269,   print_iou: 0.
     379005461933122864
6528 print_dice: 0.5065911412239075,   print_iou: 0.3392179608345032
6529  33%|███       | 4/12 [00:21<00:39,  4.92s/it]print_dice: 0.48994511365890503,   print_iou: 0
     .3244551718235016
6530  42%|███       | 5/12 [00:25<00:33,  4.73s/it]print_dice: 0.5335015058517456,   print_iou: 0.
     36379274725914
6531  50%|████      | 6/12 [00:30<00:27,  4.60s/it]print_dice: 0.48075607419013977,   print_iou: 0
     .3164443075656891
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6532   58%|██████    | 7/12 [00:34<00:23,  4.66s/it]print_dice: 0.43615713715553284,  print_iou: 0
      .2789008617401123
6533   67%|███████   | 8/12 [00:39<00:18,  4.57s/it]print_dice: 0.5214462280273438,  print_iou: 0.
      35267317295074463
6534   75%|████████  | 9/12 [00:43<00:13,  4.49s/it]print_dice: 0.5295796990394592,  print_iou: 0.
      3601553440093994
6535   83%|████████▌ | 10/12 [00:47<00:08,  4.48s/it]print_dice: 0.5383927822113037,  print_iou: 0
      .3683566749095917
6536   92%|█████████▏| 11/12 [00:52<00:04,  4.42s/it]print_dice: 0.5881133675575256,  print_iou: 0
      .4165443480014801
6537  100%|██████████| 12/12 [00:56<00:00,  4.37s/it]print_dice: 0.5390366315841675,  print_iou: 0
      .3689597249031067
6538   [11/12]  eta: 0:00:04   time: 4.7090  data: 0.3323
6539  100%|██████████| 12/12 [00:56<00:00,  4.75s/it]
6540  Total time: 0:00:56 (4.7451 s / it)
6541  =============================
6542  Averaged stats:
6543  Epoch 107/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
6544  epoch:    107   learning rate:   1.0000000000000003e-11
6545  print_dice: 0.5134276747703552,  print_iou: 0.3453768491744995
6546   [ 0/33]  eta: 0:05:39   time: 10.2963  data: 4.0156
6547  Epoch 107/499:   6%|▌         | 2/33 [00:16<04:05,  7.91s/it]print_dice: 0.4411623477935791
      ,  print_iou: 0.2830072343349457
6548  Epoch 107/499:   9%|▉         | 3/33 [00:23<03:41,  7.38s/it]print_dice: 0.5413126945495605
      ,  print_iou: 0.37109577655792236
6549  print_dice: 0.5377665758132935,  print_iou: 0.3677706718444824
6550  Epoch 107/499:  15%|█▌        | 5/33 [00:36<03:12,  6.89s/it]print_dice: 0.48167189955711365
      ,  print_iou: 0.31723836064338684
6551  print_dice: 0.48676013946533203,  print_iou: 0.32166752219200134
6552  Epoch 107/499:  21%|██▏       | 7/33 [00:49<02:54,  6.71s/it]print_dice: 0.5470758676528931
      ,  print_iou: 0.3765343725681305
6553  Epoch 107/499:  24%|██▍       | 8/33 [00:56<02:46,  6.65s/it]print_dice: 0.5161847472190857
      ,  print_iou: 0.3478766679763794
6554  print_dice: 0.48515763878822327,  print_iou: 0.320269376039505
6555  Epoch 107/499:  30%|███       | 10/33 [01:09<02:32,  6.62s/it]print_dice: 0.5209678411483765
      ,  print_iou: 0.35223567485809326
6556  Epoch 107/499:  33%|███▎      | 11/33 [01:15<02:25,  6.60s/it]print_dice: 0.5203433036804199
      ,  print_iou: 0.3516649007797241
6557  Epoch 107/499:  36%|███▋      | 12/33 [01:22<02:18,  6.58s/it]print_dice: 0.5413579344749451
      ,  print_iou: 0.3711383044719696
6558  print_dice: 0.520632266998291,  print_iou: 0.3519289195537567
6559  Epoch 107/499:  42%|████▏     | 14/33 [01:35<02:04,  6.54s/it]print_dice: 0.
      455542821288108826,  print_iou: 0.2948572635650635
6560  Epoch 107/499:  45%|████▌     | 15/33 [01:41<01:57,  6.52s/it]print_dice: 0.5151296854019165
      ,  print_iou: 0.3469189703464508
6561  print_dice: 0.48060017824172974,  print_iou: 0.31630921363830566
6562  Epoch 107/499:  52%|█████▏    | 17/33 [01:54<01:44,  6.52s/it]print_dice: 0.5390841960906982
      ,  print_iou: 0.3690042793750763
6563  Epoch 107/499:  55%|█████▌    | 18/33 [02:01<01:37,  6.51s/it]print_dice: 0.5542089343070984
      ,  print_iou: 0.3833257555961609
6564  Epoch 107/499:  58%|█████▊    | 19/33 [02:07<01:30,  6.49s/it]print_dice: 0.5268962979316711
      ,  print_iou: 0.3576776683330536
6565  Epoch 107/499:  61%|██████    | 20/33 [02:14<01:24,  6.50s/it]print_dice: 0.
      42648574709892273,  print_iou: 0.27104029059410095
6566  print_dice: 0.4915734827518463,  print_iou: 0.32588493824005127
6567  Epoch 107/499:  67%|██████▋   | 22/33 [02:27<01:11,  6.49s/it]print_dice: 0.5933759212493896
      ,  print_iou: 0.4218439757823944
6568  print_dice: 0.49997034668922424,  print_iou: 0.3333069980144501
6569  Epoch 107/499:  73%|███████▎  | 24/33 [02:40<00:58,  6.50s/it]print_dice: 0.4299275875091553
      ,  print_iou: 0.27382659912109375
6570  Epoch 107/499:  76%|███████▌  | 25/33 [02:46<00:52,  6.52s/it]print_dice: 0.5204198956489563
      ,  print_iou: 0.35173487663269043
6571  Epoch 107/499:  79%|███████▉  | 26/33 [02:53<00:45,  6.49s/it]print_dice: 0.515771210193634
      ,  print_iou: 0.3475011587142943
6572  Epoch 107/499:  82%|████████▏ | 27/33 [02:59<00:39,  6.52s/it]print_dice: 0.
      42842715978622437,  print_iou: 0.2726104557514907
6573  print_dice: 0.6165767908096313,  print_iou: 0.44568923115730286
6574  Epoch 107/499:  88%|████████▊ | 29/33 [03:13<00:26,  6.56s/it]print_dice: 0.5428608655929565
      ,  print_iou: 0.3725525140762329
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6575 print_dice: 0.49875980615615845,   print_iou: 0.3322318494319916
6576 Epoch 107/499:  94%|████████| 31/33 [03:26<00:13,  6.59s/it]print_dice: 0.
     45735904574394226,   print_iou: 0.2964779734611511
6577 Epoch 107/499:  97%|████████| 32/33 [03:32<00:06,  6.53s/it]print_dice: 0.
     46972039341926575,   print_iou: 0.3069506883621216
6578 Epoch 107/499: 100%|████████| 33/33 [03:39<00:00,  6.50s/it]print_dice: 0.570722758769989
     ,   print_iou: 0.3993086814880371
6579  [32/33]  eta: 0:00:06   time: 6.5150  data: 0.0003
6580 Epoch 107/499: 100%|████████| 33/33 [03:39<00:00,  6.65s/it]
6581  Total time: 0:03:39 (6.6520 s / it)
6582 Averaged stats: training_loss: -75.3419 (-75.3419)  loss_mask: -75.4105 (-75.4105)
     loss_dice: 0.0685 (0.0685)
6583   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402781328
6584 Validating...
6585 Valid_dataloader len: 12
6586   8%|█        | 1/12 [00:08<01:28,  8.06s/it]print_dice: 0.5322168469429016,  print_iou: 0.
     36259910464286804
6587  [ 0/12]  eta: 0:01:36   time: 8.0555  data: 3.9061
6588 print_dice: 0.548165500164032,  print_iou: 0.37756747007369995
6589  25%|██       | 3/12 [00:16<00:47,  5.25s/it]print_dice: 0.49467742443084717,  print_iou: 0
     .3286188840866089
6590  33%|███      | 4/12 [00:21<00:39,  4.96s/it]print_dice: 0.5008253455162048,  print_iou: 0.
     3340674042701721
6591  42%|███      | 5/12 [00:26<00:33,  4.84s/it]print_dice: 0.5433741807937622,  print_iou: 0.
     3730362057685852
6592  50%|████     | 6/12 [00:30<00:28,  4.68s/it]print_dice: 0.48362424969673157,  print_iou: 0
     .31893429160118103
6593 print_dice: 0.42086488008499146,  print_iou: 0.2665160596370697
6594  67%|█████    | 8/12 [00:39<00:18,  4.57s/it]print_dice: 0.5214927196502686,  print_iou: 0.
     35271570086479187
6595 print_dice: 0.5296480059623718,  print_iou: 0.36021849513053894
6596  83%|███████  | 10/12 [00:48<00:09,  4.57s/it]print_dice: 0.5184445381164551,  print_iou: 0
     .34993261098861694
6597  92%|████████ | 11/12 [00:52<00:04,  4.51s/it]print_dice: 0.5881608128547668,  print_iou: 0
     .41659191250801086
6598 100%|████████| 12/12 [00:57<00:00,  4.50s/it]print_dice: 0.5504105687141418,  print_iou: 0
     .37970101833343506
6599  [11/12]  eta: 0:00:04   time: 4.7794  data: 0.3261
6600 100%|████████| 12/12 [00:57<00:00,  4.82s/it]
6601  Total time: 0:00:57 (4.8154 s / it)
6602 ============================
6603 Averaged stats:
6604 come here save at work_dirs/DrSAM_b
6605 epoch:    108   learning rate:   1.0000000000000003e-11
6606 Epoch 108/499:   3%|█        | 1/33 [00:10<05:34, 10.47s/it]print_dice: 0.4819481074810028
     ,   print_iou: 0.3174780011177063
6607  [ 0/33]  eta: 0:05:45   time: 10.4662  data: 4.1838
6608 print_dice: 0.540835976600647,   print_iou: 0.3706478178501129
6609 Epoch 108/499:   9%|█        | 3/33 [00:23<03:41,  7.37s/it]print_dice: 0.4818044602870941
     ,   print_iou: 0.31735336780548096
6610 print_dice: 0.5419849753379822,   print_iou: 0.37172794342041016
6611 Epoch 108/499:  15%|█        | 5/33 [00:36<03:13,  6.90s/it]print_dice: 0.536358654499054
     ,   print_iou: 0.36645498871803284
6612 Epoch 108/499:  18%|██       | 6/33 [00:43<03:02,  6.77s/it]print_dice: 0.4265059530735016
     ,   print_iou: 0.2710566222667694
6613 print_dice: 0.521089494228363,   print_iou: 0.35234689712524414
6614 Epoch 108/499:  24%|██       | 8/33 [00:56<02:46,  6.64s/it]print_dice: 0.5721107721328735
     ,   print_iou: 0.4006688594818115
6615 Epoch 108/499:  27%|██       | 9/33 [01:02<02:38,  6.60s/it]print_dice: 0.5232440829277039
     ,   print_iou: 0.3543199300765991
6616 print_dice: 0.5203894376754761,   print_iou: 0.3517070412635803
6617 Epoch 108/499:  33%|███      | 11/33 [01:15<02:24,  6.55s/it]print_dice: 0.5157442092895508
     ,   print_iou: 0.34747666120529175
6618 Epoch 108/499:  36%|███      | 12/33 [01:22<02:18,  6.60s/it]print_dice: 0.5493143200874329
     ,   print_iou: 0.3786584138870239
6619 Epoch 108/499:  39%|███      | 13/33 [01:28<02:11,  6.57s/it]print_dice: 0.
     48538222908973694,   print_iou: 0.32046517729759216
6620 print_dice: 0.4299088764190674,   print_iou: 0.2738779485225675
6621 Epoch 108/499:  45%|███      | 15/33 [01:42<01:58,  6.60s/it]print_dice: 0.536553144454956
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6621 ,     print_iou: 0.36663657426834106
6622 Epoch 108/499:   48%|███▊       | 16/33 [01:48<01:52,  6.59s/it]print_dice: 0.5947861671447754
     ,     print_iou: 0.42327094078063965
6623 Epoch 108/499:   52%|████       | 17/33 [01:55<01:45,  6.58s/it]print_dice: 0.5210818648338318
     ,     print_iou: 0.35233989357948303
6624 Epoch 108/499:   55%|████▏      | 18/33 [02:01<01:38,  6.56s/it]print_dice: 0.5412576198577881
     ,     print_iou: 0.37104398012161255
6625 print_dice: 0.616538405418396,   print_iou: 0.44564908742904663
6626 Epoch 108/499:   61%|████▌      | 20/33 [02:14<01:25,  6.56s/it]print_dice: 0.5149754285812378
     ,     print_iou: 0.34677907824516296
6627 Epoch 108/499:   64%|████▊      | 21/33 [02:21<01:18,  6.52s/it]print_dice: 0.
     44929713010787964,   print_iou: 0.289737731218338
6628 print_dice: 0.49591580033302307,   print_iou: 0.32971277832984924
6629 Epoch 108/499:   70%|█████▏     | 23/33 [02:34<01:05,  6.53s/it]print_dice: 0.5230395197868347
     ,     print_iou: 0.35413238406181335
6630 print_dice: 0.44107770919799805,   print_iou: 0.28293758630752563
6631 Epoch 108/499:   76%|█████▋     | 25/33 [02:47<00:52,  6.60s/it]print_dice: 0.
     45737746357917786,   print_iou: 0.29649344086647034
6632 Epoch 108/499:   79%|█████▉     | 26/33 [02:54<00:46,  6.60s/it]print_dice: 0.5546642541885376
     ,     print_iou: 0.38376152515411377
6633 print_dice: 0.42842715978622437,   print_iou: 0.27261045575141907
6634 Epoch 108/499:   85%|██████▎    | 28/33 [03:07<00:32,  6.58s/it]print_dice: 0.502678632736206
     ,     print_iou: 0.3357186019420624
6635 Epoch 108/499:   88%|██████▌    | 29/33 [03:13<00:26,  6.53s/it]print_dice: 0.5160536766052246
     ,     print_iou: 0.3477576673030853
6636 Epoch 108/499:   91%|██████▊    | 30/33 [03:20<00:19,  6.51s/it]print_dice: 0.4877226948738098
     ,     print_iou: 0.3225087821483612
6637 Epoch 108/499:   94%|███████    | 31/33 [03:27<00:13,  6.59s/it]print_dice: 0.
     49823394417762756,   print_iou: 0.331765353679657
6638 Epoch 108/499:   97%|███████▎   | 32/33 [03:33<00:06,  6.56s/it]print_dice: 0.5105152130126953
     ,     print_iou: 0.34274616837501526
6639 print_dice: 0.47195151448249817,   print_iou: 0.3088589906692505
6640  [32/33]  eta: 0:00:06    time: 6.5580  data: 0.0006
6641 Epoch 108/499: 100%|███████████| 33/33 [03:40<00:00,  6.68s/it]
6642  Total time: 0:03:40 (6.6809 s / it)
6643 Averaged stats: training_loss: -171.9836 (-171.9836)  loss_mask: -171.9724 (-171.9724)
     loss_dice: -0.0112 (-0.0112)
6644   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402783656
6645 Validating...
6646 Valid_dataloader len: 12
6647   8%|▊         | 1/12 [00:07<01:27,  7.99s/it]print_dice: 0.5188663601875305,   print_iou: 0.
     3503170311450958
6648  [ 0/12]  eta: 0:01:35    time: 7.9927  data: 3.8546
6649  17%|█▋        | 2/12 [00:12<00:58,  5.87s/it]print_dice: 0.5481300950050354,   print_iou: 0.
     377533882856369
6650  25%|██▌       | 3/12 [00:16<00:46,  5.17s/it]print_dice: 0.5066332817077637,   print_iou: 0.
     33925575017929077
6651  33%|███▎      | 4/12 [00:21<00:39,  4.96s/it]print_dice: 0.48994848132133484,   print_iou: 0
     .32445812225341797
6652  42%|████▏     | 5/12 [00:25<00:33,  4.75s/it]print_dice: 0.5433313846588135,   print_iou: 0.
     37299585342407227
6653 print_dice: 0.4807855784893036,   print_iou: 0.31646987795829773
6654  58%|█████▊    | 7/12 [00:34<00:23,  4.62s/it]print_dice: 0.4361870288848877,   print_iou: 0.
     2789253294467926
6655  67%|██████▋   | 8/12 [00:39<00:18,  4.54s/it]print_dice: 0.522986888885498,   print_iou: 0.
     3540841341018677
6656  75%|███████▌  | 9/12 [00:43<00:13,  4.54s/it]print_dice: 0.5296132564544678,   print_iou: 0.
     360186368227005
6657  83%|████████▎ | 10/12 [00:48<00:08,  4.48s/it]print_dice: 0.53843092918396,   print_iou: 0.
     3683924078941345
6658 print_dice: 0.5614666938781738,   print_iou: 0.39030495285987854
6659 100%|██████████| 12/12 [00:56<00:00,  4.42s/it]print_dice: 0.5551978349685669,   print_iou: 0
     .38427257537841797
6660  [11/12]  eta: 0:00:04    time: 4.7304  data: 0.3217
6661 100%|██████████| 12/12 [00:57<00:00,  4.77s/it]
6662  Total time: 0:00:57 (4.7715 s / it)
6663 =============================
6664 Averaged stats:
6665 Epoch 109/499:    0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
```

```
6666 epoch:    109    learning rate:   1.000000000000003e-11
6667 Epoch 109/499:   3%|█          | 1/33 [00:10<05:27, 10.24s/it]print_dice: 0.4885857403278351
     , print_iou: 0.323263943195343
6668  [ 0/33] eta: 0:05:37    time: 10.2368  data: 3.8896
6669 Epoch 109/499:   6%|█          | 2/33 [00:16<04:03,  7.86s/it]print_dice: 0.5228170156478882
     , print_iou: 0.3539283871650696
6670 print_dice: 0.49854928255081177,   print_iou: 0.3320450484752655
6671 Epoch 109/499:  12%|██         | 4/33 [00:29<03:22,  6.98s/it]print_dice: 0.5134263038635254
     , print_iou: 0.34537559747695923
6672 Epoch 109/499:  15%|██         | 5/33 [00:36<03:10,  6.80s/it]print_dice: 0.4947463870048523
     , print_iou: 0.32867974042892456
6673 Epoch 109/499:  18%|██         | 6/33 [00:42<03:01,  6.72s/it]print_dice: 0.5372477769851685
     , print_iou: 0.3672855794429779
6674 print_dice: 0.553719162940979,   print_iou: 0.3828572928905487
6675 Epoch 109/499:  24%|███        | 8/33 [00:55<02:45,  6.62s/it]print_dice: 0.5174466371536255
     , print_iou: 0.3490239679813385
6676 Epoch 109/499:  27%|███        | 9/33 [01:02<02:38,  6.61s/it]print_dice: 0.4720146358013153
     , print_iou: 0.30891305208206177
6677 print_dice: 0.5225697159767151,   print_iou: 0.35370177030563354
6678 Epoch 109/499:  33%|████       | 11/33 [01:15<02:24,  6.55s/it]print_dice: 0.
     42842715978622437,   print_iou: 0.27261045575141907
6679 print_dice: 0.5394479632377625,   print_iou: 0.3693452477455139
6680 Epoch 109/499:  39%|████       | 13/33 [01:28<02:11,  6.57s/it]print_dice: 0.4492901861667633
     , print_iou: 0.2897319495677948
6681 Epoch 109/499:  42%|█████      | 14/33 [01:34<02:04,  6.54s/it]print_dice: 0.5725353956222534
     , print_iou: 0.4010854959487915
6682 Epoch 109/499:  45%|█████      | 15/33 [01:41<01:58,  6.57s/it]print_dice: 0.5150151252746582
     , print_iou: 0.3468150794506073
6683 print_dice: 0.48184043169021606,   print_iou: 0.31738460063934326
6684 Epoch 109/499:  52%|██████     | 17/33 [01:54<01:45,  6.57s/it]print_dice: 0.516122579574585
     , print_iou: 0.3478202521800995
6685 print_dice: 0.5268846750259399,   print_iou: 0.357666939496994
6686 Epoch 109/499:  58%|███████    | 19/33 [02:07<01:31,  6.57s/it]print_dice: 0.
     44120246171951294,   print_iou: 0.28304025530815125
6687 print_dice: 0.541314423084259,   print_iou: 0.3710974156856537
6688 Epoch 109/499:  64%|███████    | 21/33 [02:20<01:18,  6.57s/it]print_dice: 0.6195753812789917
     , print_iou: 0.4488295316696167
6689 print_dice: 0.5158107876777649,   print_iou: 0.3475370705127716
6690 Epoch 109/499:  70%|████████   | 23/33 [02:33<01:05,  6.55s/it]print_dice: 0.5936473608016968
     , print_iou: 0.4221184253692627
6691 Epoch 109/499:  73%|████████   | 24/33 [02:40<00:58,  6.51s/it]print_dice: 0.5412999987602234
     , print_iou: 0.3710838556289673
6692 Epoch 109/499:  76%|████████   | 25/33 [02:46<00:52,  6.53s/it]print_dice: 0.5428507328033447
     , print_iou: 0.37254297733306885
6693 Epoch 109/499:  79%|█████████  | 26/33 [02:53<00:45,  6.54s/it]print_dice: 0.5027719140052795
     , print_iou: 0.33580178022384644
6694 print_dice: 0.4261367619037628,   print_iou: 0.2707584500312805
6695 Epoch 109/499:  85%|█████████  | 28/33 [03:06<00:32,  6.51s/it]print_dice: 0.521051824092865
     , print_iou: 0.35231244564056396
6696 print_dice: 0.4299370050430298,   print_iou: 0.2738342583179474
6697 Epoch 109/499:  91%|██████████ | 30/33 [03:19<00:19,  6.51s/it]print_dice: 0.
     45963090658187866,   print_iou: 0.29839012026786804
6698 print_dice: 0.48487135767936707,   print_iou: 0.32001993060112
6699 Epoch 109/499:  97%|██████████ | 32/33 [03:32<00:06,  6.48s/it]print_dice: 0.5471784472465515
     , print_iou: 0.3766315281391144
6700 Epoch 109/499: 100%|███████████| 33/33 [03:38<00:00,  6.48s/it]print_dice: 0.4801780581474304
     , print_iou: 0.3159436285495758
6701  [32/33] eta: 0:00:06    time: 6.5269  data: 0.0004
6702 Epoch 109/499: 100%|███████████| 33/33 [03:39<00:00,  6.65s/it]
6703  Total time: 0:03:39 (6.6452 s / it)
6704 Averaged stats: training_loss: 97.7681 (97.7681)  loss_mask: 97.2468 (97.2468)  loss_dice: 0
     .5214 (0.5214)
6705   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.838340278482
6706 Validating...
6707 Valid_dataloader len: 12
6708 print_dice: 0.5321438312530518,  print_iou: 0.36253130435943604
6709  [ 0/12] eta: 0:01:34    time: 7.8985  data: 3.9151
6710  17%|██        | 2/12 [00:12<00:57,  5.77s/it]print_dice: 0.5481032133102417,  print_iou: 0.
     37750840187072754
```

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6711   25%|██          | 3/12 [00:16<00:46,  5.16s/it]print_dice: 0.49462172389030457,  print_iou: 0
       .3285697102546692
6712 print_dice: 0.4798645079135895,  print_iou: 0.3156721889972687
6713   42%|███         | 5/12 [00:25<00:33,  4.72s/it]print_dice: 0.5493251085281372,  print_iou: 0.
       3786686360836029
6714   50%|████        | 6/12 [00:29<00:27,  4.64s/it]print_dice: 0.48092785477638245,  print_iou: 0
       .31659314036369324
6715 print_dice: 0.436140239238739,  print_iou: 0.2788870334625244
6716   67%|██████      | 8/12 [00:38<00:18,  4.54s/it]print_dice: 0.521925151348114,  print_iou: 0.
       3531114161014557
6717 print_dice: 0.5265859961509705,  print_iou: 0.35739174485206604
6718   83%|████████    | 10/12 [00:47<00:09,  4.51s/it]print_dice: 0.5330178737640381,  print_iou: 0
       .36334314942359924
6719   92%|█████████   | 11/12 [00:52<00:04,  4.48s/it]print_dice: 0.581676185131073,  print_iou: 0.
       41011521220207214
6720 print_dice: 0.5458443760871887,  print_iou: 0.3753686249256134
6721   [11/12]  eta: 0:00:04   time: 4.7146  data: 0.3267
6722 100%|██████████| 12/12 [00:57<00:00,  4.75s/it]
6723  Total time: 0:00:57 (4.7518 s / it)
6724 ============================
6725 Averaged stats:
6726 Epoch 110/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
6727 epoch:    110   learning rate:   1.0000000000000003e-11
6728 Epoch 110/499:   3%|          | 1/33 [00:10<05:29, 10.30s/it]print_dice: 0.5541112422943115
       ,  print_iou: 0.3832322657108307
6729  [ 0/33]  eta: 0:05:39   time: 10.2963  data: 4.0228
6730 Epoch 110/499:   6%|          | 2/33 [00:16<04:04,  7.90s/it]print_dice: 0.44919484853744507
       ,  print_iou: 0.28965264558792114
6731 Epoch 110/499:   9%|          | 3/33 [00:23<03:38,  7.30s/it]print_dice: 0.5726010799407959
       ,  print_iou: 0.4011499881744385
6732 Epoch 110/499:  12%|█         | 4/33 [00:29<03:24,  7.04s/it]print_dice: 0.514899492263794
       ,  print_iou: 0.346710205078125
6733 Epoch 110/499:  15%|█         | 5/33 [00:36<03:10,  6.82s/it]print_dice: 0.4288736581802368
       ,  print_iou: 0.27297210693359375
6734 print_dice: 0.5494267344474792,  print_iou: 0.3787652254104614
6735 Epoch 110/499:  21%|██        | 7/33 [00:49<02:54,  6.72s/it]print_dice: 0.44120246171951294
       ,  print_iou: 0.28304025530815125
6736 print_dice: 0.43002793192863464,  print_iou: 0.27390801906585693
6737 Epoch 110/499:  27%|██        | 9/33 [01:02<02:38,  6.61s/it]print_dice: 0.5413126945495605
       ,  print_iou: 0.37109577655792236
6738 print_dice: 0.5208912491798401,  print_iou: 0.3521656095981598
6739 Epoch 110/499:  33%|███       | 11/33 [01:15<02:25,  6.61s/it]print_dice: 0.5406404733657837
       ,  print_iou: 0.37046417593955994
6740 print_dice: 0.6165835857391357,  print_iou: 0.44569629430770874
6741 Epoch 110/499:  39%|███       | 13/33 [01:28<02:12,  6.61s/it]print_dice: 0.4806160628795624
       ,  print_iou: 0.3163229823112488
6742 print_dice: 0.5225962996482849,  print_iou: 0.3537261188030243
6743 Epoch 110/499:  45%|████      | 15/33 [01:42<01:58,  6.57s/it]print_dice: 0.4825190603733063
       ,  print_iou: 0.3179737329483032
6744 Epoch 110/499:  48%|████      | 16/33 [01:48<01:52,  6.59s/it]print_dice: 0.484939843416214
       ,  print_iou: 0.32007959485054016
6745 Epoch 110/499:  52%|█████     | 17/33 [01:55<01:44,  6.56s/it]print_dice: 0.4262809455394745
       ,  print_iou: 0.27087485790252686
6746 print_dice: 0.49167442321777344,  print_iou: 0.32597365975379944
6747 Epoch 110/499:  58%|█████     | 19/33 [02:08<01:31,  6.53s/it]print_dice: 0.5134263038635254
       ,  print_iou: 0.34537559747695923
6748 print_dice: 0.542850911617279,  print_iou: 0.3725431561470032
6749 Epoch 110/499:  64%|██████    | 21/33 [02:21<01:18,  6.52s/it]print_dice: 0.5205225944519043
       ,  print_iou: 0.3518287241458893
6750 Epoch 110/499:  67%|██████    | 22/33 [02:27<01:11,  6.53s/it]print_dice: 0.4596344828605652
       ,  print_iou: 0.2983931303024292
6751 Epoch 110/499:  70%|███████   | 23/33 [02:34<01:05,  6.57s/it]print_dice: 0.5936256647109985
       ,  print_iou: 0.4220964610576629
6752 print_dice: 0.5156622529029846,  print_iou: 0.3474022150039673
6753 Epoch 110/499:  76%|███████   | 25/33 [02:47<00:51,  6.50s/it]print_dice: 0.
       48673465847969055,  print_iou: 0.32164525985717773
6754 print_dice: 0.5032132267951965,  print_iou: 0.3361956775188446
6755 Epoch 110/499:  82%|████████  | 27/33 [03:00<00:39,  6.51s/it]print_dice: 0.5010098814964294
       ,  print_iou: 0.3342316150665283
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6756 Epoch 110/499:   85%|██████████▌    | 28/33 [03:06<00:32,  6.51s/it]print_dice: 0.5160884261131287
     ,   print_iou: 0.3477891981601715
6757 Epoch 110/499:   88%|███████████    | 29/33 [03:13<00:26,  6.51s/it]print_dice: 0.469516396522522
     ,   print_iou: 0.3067764937877655
6758 Epoch 110/499:   91%|███████████▌   | 30/33 [03:19<00:19,  6.54s/it]print_dice: 0.5240445137023926
     ,   print_iou: 0.35505443811416626
6759 Epoch 110/499:   94%|████████████   | 31/33 [03:26<00:12,  6.50s/it]print_dice: 0.5366269946098328
     ,   print_iou: 0.3667055368423462
6760 print_dice: 0.5228270292282104,   print_iou: 0.3539375960826874
6761 Epoch 110/499:  100%|████████████▌  | 33/33 [03:39<00:00,  6.43s/it]print_dice: 0.5419849753379822
     ,   print_iou: 0.37172794342041016
6762   [32/33]  eta: 0:00:06    time: 6.5087  data: 0.0005
6763 Epoch 110/499:  100%|█████████████  | 33/33 [03:39<00:00,  6.65s/it]
6764  Total time: 0:03:39 (6.6515 s / it)
6765 Averaged stats: training_loss: -76.5113 (-76.5113)  loss_mask: -76.6053 (-76.6053)
     loss_dice: 0.0940 (0.0940)
6766   0%|            | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402785985
6767 Validating...
6768 Valid_dataloader len: 12
6769   8%|█          | 1/12 [00:08<01:28,  8.01s/it]print_dice: 0.5126078724861145,   print_iou: 0.
     34463533759117126
6770  [ 0/12]  eta: 0:01:36    time: 8.0087  data: 3.9556
6771 print_dice: 0.5419955849647522,   print_iou: 0.3717379570007324
6772  25%|██         | 3/12 [00:16<00:46,  5.15s/it]print_dice: 0.48577970266342163,   print_iou: 0
     .32081177830696106
6773 print_dice: 0.4899628460407257,   print_iou: 0.32447072863578796
6774  42%|████       | 5/12 [00:25<00:33,  4.80s/it]print_dice: 0.5494168996810913,   print_iou: 0.
     3787558972835541
6775 print_dice: 0.48084113001823425,   print_iou: 0.31651800870895386
6776  58%|██████     | 7/12 [00:34<00:23,  4.64s/it]print_dice: 0.42438915371894836,   print_iou: 0
     .26934897899627686
6777  67%|███████    | 8/12 [00:39<00:18,  4.53s/it]print_dice: 0.5230749845504761,   print_iou: 0.
     35416489839553833
6778 print_dice: 0.5296518206596375,   print_iou: 0.3602220118045807
6779  83%|█████████  | 10/12 [00:47<00:08,  4.45s/it]print_dice: 0.5200661420822144,   print_iou: 0
     .35141173005104065
6780 print_dice: 0.5817599296569824,   print_iou: 0.41019850969314575
6781 100%|███████████| 12/12 [00:56<00:00,  4.40s/it]print_dice: 0.5504356026649475,   print_iou: 0
     .37972480058670044
6782  [11/12]  eta: 0:00:04    time: 4.7178  data: 0.3301
6783  Total time: 0:00:57 (4.7527 s / it)
6784 =============================
6785 Averaged stats:
6786 100%|███████████| 12/12 [00:57<00:00,  4.75s/it]
6787 Epoch 111/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
6788 epoch:    111   learning rate:   1.0000000000000003e-11
6789 Epoch 111/499:   3%|▌         | 1/33 [00:10<05:37, 10.56s/it]print_dice: 0.5160937309265137
     ,   print_iou: 0.3477939963340759
6790  [ 0/33]  eta: 0:05:48    time: 10.5634  data: 4.0293
6791 print_dice: 0.522912859916687,   print_iou: 0.3540162444114685
6792 Epoch 111/499:   9%|█▌        | 3/33 [00:23<03:40,  7.35s/it]print_dice: 0.5363129377365112
     ,   print_iou: 0.36641228199005127
6793 Epoch 111/499:  12%|██        | 4/33 [00:29<03:23,  7.01s/it]print_dice: 0.554664671421051
     ,   print_iou: 0.3837619423866272
6794 print_dice: 0.5112383961677551,   print_iou: 0.34339845180511475
6795 Epoch 111/499:  18%|██▌       | 6/33 [00:42<03:01,  6.72s/it]print_dice: 0.42593953013420105
     ,   print_iou: 0.27059921622276306
6796 Epoch 111/499:  21%|███       | 7/33 [00:49<02:52,  6.63s/it]print_dice: 0.5477417707443237
     ,   print_iou: 0.3771655261516571
6797 Epoch 111/499:  24%|███▌      | 8/33 [00:55<02:44,  6.57s/it]print_dice: 0.5207250714302063
     ,   print_iou: 0.3520137369632721
6798 Epoch 111/499:  27%|████      | 9/33 [01:02<02:37,  6.55s/it]print_dice: 0.4950862526893616
     ,   print_iou: 0.32897982001304626
6799 Epoch 111/499:  30%|████▌     | 10/33 [01:08<02:29,  6.49s/it]print_dice: 0.5393158197402954
     ,   print_iou: 0.36922135949134827
6800 Epoch 111/499:  33%|█████     | 11/33 [01:15<02:23,  6.52s/it]print_dice: 0.
     48510468006134033,   print_iou: 0.32022324204444885
6801 Epoch 111/499:  36%|█████▌    | 12/33 [01:21<02:16,  6.50s/it]print_dice: 0.5010098814964294
     ,   print_iou: 0.3342316150665283
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6802 Epoch 111/499:  39%|██▏        | 13/33 [01:28<02:10,  6.53s/it]print_dice: 0.542597770690918
     ,  print_iou: 0.3723047375679016
6803 print_dice: 0.4292841851711273,  print_iou: 0.27330482006073
6804 Epoch 111/499:  45%|███        | 15/33 [01:41<01:57,  6.55s/it]print_dice: 0.4697577655315399
     ,  print_iou: 0.3069826066493988
6805 print_dice: 0.44869738817214966,  print_iou: 0.2892391085624695
6806 Epoch 111/499:  52%|███▍       | 17/33 [01:54<01:45,  6.57s/it]print_dice: 0.5209985971450806
     ,  print_iou: 0.35226374864578247
6807 Epoch 111/499:  55%|███▋       | 18/33 [02:01<01:38,  6.59s/it]print_dice: 0.
     48676031827926636,  print_iou: 0.3216676712036133
6808 Epoch 111/499:  58%|███▊       | 19/33 [02:07<01:32,  6.58s/it]print_dice: 0.
     449297130107879964,  print_iou: 0.289737731218338
6809 Epoch 111/499:  61%|████       | 20/33 [02:14<01:25,  6.56s/it]print_dice: 0.6165909171104431
     ,  print_iou: 0.4457039535045624
6810 Epoch 111/499:  64%|████▏      | 21/33 [02:20<01:18,  6.55s/it]print_dice: 0.459696501493454
     ,  print_iou: 0.2984454035758972
6811 Epoch 111/499:  67%|████▍      | 22/33 [02:27<01:11,  6.52s/it]print_dice: 0.5002830028533936
     ,  print_iou: 0.3335849344730377
6812 Epoch 111/499:  70%|████▋      | 23/33 [02:33<01:05,  6.57s/it]print_dice: 0.
     48181670904159546,  print_iou: 0.317363977432251
6813 Epoch 111/499:  73%|████▊      | 24/33 [02:40<00:58,  6.51s/it]print_dice: 0.5239814519882202
     ,  print_iou: 0.3549965023994446
6814 print_dice: 0.5153827667236328,  print_iou: 0.3471485674381256
6815 Epoch 111/499:  79%|█████▏     | 26/33 [02:53<00:45,  6.50s/it]print_dice: 0.4806547462940216
     ,  print_iou: 0.31635650992393494
6816 print_dice: 0.540641188621521,  print_iou: 0.37046489119529724
6817 Epoch 111/499:  85%|█████▌     | 28/33 [03:06<00:32,  6.50s/it]print_dice: 0.4287286698818207
     ,  print_iou: 0.27285462617874146
6818 Epoch 111/499:  88%|█████▊     | 29/33 [03:12<00:25,  6.49s/it]print_dice: 0.5946404337882996
     ,  print_iou: 0.4231233596801758
6819 Epoch 111/499:  91%|██████     | 30/33 [03:19<00:19,  6.47s/it]print_dice: 0.5707813501358032
     ,  print_iou: 0.39936602115631104
6820 print_dice: 0.5372514724731445,  print_iou: 0.3672890365123749
6821 Epoch 111/499:  97%|██████▋    | 32/33 [03:31<00:06,  6.45s/it]print_dice: 0.5141496062278748
     ,  print_iou: 0.3460305333137512
6822 Epoch 111/499: 100%|███████████| 33/33 [03:38<00:00,  6.46s/it]print_dice: 0.517112672328949
     ,  print_iou: 0.34872016310691833
6823  [32/33]  eta: 0:00:06   time: 6.5110  data: 0.0003
6824 Epoch 111/499: 100%|███████████| 33/33 [03:38<00:00,  6.63s/it]
6825  Total time: 0:03:38 (6.6317 s / it)
6826 Averaged stats: training_loss: -148.6557 (-148.6557)  loss_mask: -148.6985 (-148.6985)
     loss_dice: 0.0428 (0.0428)
6827   0%|           | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402788313
6828 Validating...
6829 Valid_dataloader len: 12
6830   8%|█          | 1/12 [00:08<01:28,  8.05s/it]print_dice: 0.5138750076293945,  print_iou: 0.
     3457818031311035
6831  [ 0/12]  eta: 0:01:36   time: 8.0536  data: 3.9659
6832 print_dice: 0.5496806502342224,  print_iou: 0.37900659441947937
6833  25%|██▋        | 3/12 [00:16<00:46,  5.20s/it]print_dice: 0.4973846971988678,  print_iou: 0.
     33101266622543335
6834  33%|███▋       | 4/12 [00:21<00:39,  4.89s/it]print_dice: 0.5007824897766113,  print_iou: 0.
     33402925729751587
6835 print_dice: 0.5493762493133545,  print_iou: 0.37871724367141724
6836  50%|█████      | 6/12 [00:30<00:27,  4.64s/it]print_dice: 0.4836266338825226,  print_iou: 0.
     31893637776374817
6837 print_dice: 0.42662379145622253,  print_iou: 0.2711517810821533
6838  67%|███████▍   | 8/12 [00:39<00:18,  4.55s/it]print_dice: 0.5245797634124756,  print_iou: 0.
     3555459976196289
6839 print_dice: 0.5266054272651672,  print_iou: 0.35740965604782104
6840  83%|█████████▏ | 10/12 [00:47<00:08,  4.46s/it]print_dice: 0.5330783724784851,  print_iou: 0
     .36339935660362244
6841 print_dice: 0.5881510376930237,  print_iou: 0.4165821373462677
6842 100%|███████████| 12/12 [00:56<00:00,  4.39s/it]print_dice: 0.5552080273628235,  print_iou: 0
     .38428235054016113
6843  [11/12]  eta: 0:00:04   time: 4.7089  data: 0.3312
6844  Total time: 0:00:56 (4.7446 s / it)
6845 =============================
6846 Averaged stats:
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6847 100%|████████| 12/12 [00:56<00:00,  4.74s/it]
6848 Epoch 112/499:    0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
6849 epoch:    112   learning rate:   1.000000000000003e-11
6850 Epoch 112/499:    3%|▏         | 1/33 [00:10<05:36, 10.51s/it]print_dice: 0.5936473608016968
     ,  print_iou: 0.4221184253692627
6851  [ 0/33] eta: 0:05:46   time: 10.5151  data: 4.1444
6852 print_dice: 0.4947654604911804,  print_iou: 0.328696608543396
6853 Epoch 112/499:    9%|█         | 3/33 [00:23<03:41,  7.37s/it]print_dice: 0.5412864685058594
     ,  print_iou: 0.37107110023498535
6854 print_dice: 0.5547581911087036,  print_iou: 0.3838514983654022
6855 Epoch 112/499:   15%|█         | 5/33 [00:36<03:11,  6.84s/it]print_dice: 0.4493487477302551
     ,  print_iou: 0.2897806465625763
6856 Epoch 112/499:   18%|█▋        | 6/33 [00:43<03:04,  6.84s/it]print_dice: 0.5236389636993408
     ,  print_iou: 0.35468217730522156
6857 Epoch 112/499:   21%|██        | 7/33 [00:49<02:55,  6.73s/it]print_dice: 0.5202066898345947
     ,  print_iou: 0.35154008865356445
6858 Epoch 112/499:   24%|██▍       | 8/33 [00:56<02:46,  6.66s/it]print_dice: 0.5144530534744263
     ,  print_iou: 0.3463054895401001
6859 Epoch 112/499:   27%|██▋       | 9/33 [01:02<02:38,  6.60s/it]print_dice: 0.4596354067325592
     ,  print_iou: 0.2983939051628113
6860 print_dice: 0.5112449526786804,  print_iou: 0.3434043824672699
6861 Epoch 112/499:   33%|███▎      | 11/33 [01:15<02:25,  6.60s/it]print_dice: 0.5377665758132935
     ,  print_iou: 0.3677706718444824
6862 Epoch 112/499:   36%|███▋      | 12/33 [01:22<02:19,  6.62s/it]print_dice: 0.5210346579551697
     ,  print_iou: 0.35229676961898804
6863 Epoch 112/499:   39%|███▉      | 13/33 [01:29<02:12,  6.61s/it]print_dice: 0.5413577556610107
     ,  print_iou: 0.3711381256580353
6864 print_dice: 0.4806545674800873,  print_iou: 0.3163563311100006
6865 Epoch 112/499:   45%|████▌     | 15/33 [01:42<01:58,  6.57s/it]print_dice: 0.
     498759806156158445,   print_iou: 0.3322318494319916
6866 Epoch 112/499:   48%|████▊     | 16/33 [01:48<01:51,  6.58s/it]print_dice: 0.5207734704017639
     ,  print_iou: 0.35205796360969543
6867 Epoch 112/499:   52%|█████▏    | 17/33 [01:55<01:44,  6.53s/it]print_dice: 0.5156695246696472
     ,  print_iou: 0.34740886092185974
6868 print_dice: 0.5174727439880371,  print_iou: 0.3490477204322815
6869 Epoch 112/499:   58%|█████▊    | 19/33 [02:08<01:31,  6.52s/it]print_dice: 0.5153874754905701
     ,  print_iou: 0.34715282917022705
6870 Epoch 112/499:   61%|██████    | 20/33 [02:14<01:24,  6.53s/it]print_dice: 0.4283798038959503
     ,  print_iou: 0.2725721001625061
6871 Epoch 112/499:   64%|██████▍   | 21/33 [02:21<01:18,  6.54s/it]print_dice: 0.
     48717188835144043,   print_iou: 0.3220272660255432
6872 Epoch 112/499:   67%|██████▋   | 22/33 [02:28<01:12,  6.56s/it]print_dice: 0.6194028258323669
     ,  print_iou: 0.44864851236343384
6873 Epoch 112/499:   70%|███████   | 23/33 [02:34<01:05,  6.52s/it]print_dice: 0.5394059419631958
     ,  print_iou: 0.3693058490753174
6874 Epoch 112/499:   73%|███████▎  | 24/33 [02:40<00:58,  6.52s/it]print_dice: 0.5363457798957825
     ,  print_iou: 0.3664429783821106
6875 print_dice: 0.4286545217037201,  print_iou: 0.27279457449913025
6876 Epoch 112/499:   79%|███████▉  | 26/33 [02:54<00:45,  6.53s/it]print_dice: 0.5725308060646057
     ,  print_iou: 0.40108099579811096
6877 print_dice: 0.4265534281730652,  print_iou: 0.27109494805336
6878 Epoch 112/499:   85%|████████▌ | 28/33 [03:07<00:32,  6.54s/it]print_dice: 0.5491654872894287
     ,  print_iou: 0.37851694226264954
6879 Epoch 112/499:   88%|████████▊ | 29/33 [03:13<00:26,  6.51s/it]print_dice: 0.
     48516884446144104,   print_iou: 0.32027915120124817
6880 Epoch 112/499:   91%|█████████ | 30/33 [03:20<00:19,  6.53s/it]print_dice: 0.4721570909023285
     ,  print_iou: 0.3090350925922394
6881 Epoch 112/499:   94%|█████████▍| 31/33 [03:26<00:13,  6.56s/it]print_dice: 0.4400860071182251
     ,  print_iou: 0.2821219861507416
6882 Epoch 112/499:   97%|█████████▋| 32/33 [03:33<00:06,  6.51s/it]print_dice: 0.5026634931564331
     ,  print_iou: 0.33570510149002075
6883 Epoch 112/499:  100%|██████████| 33/33 [03:39<00:00,  6.46s/it]print_dice: 0.4817979037761688
     ,  print_iou: 0.3173476755619049
6884  [32/33] eta: 0:00:06   time: 6.5161  data: 0.0005
6885 Epoch 112/499:  100%|██████████| 33/33 [03:39<00:00,  6.66s/it]
6886  Total time: 0:03:39 (6.6641 s / it)
6887 Averaged stats: training_loss: 55.6288 (55.6288)  loss_mask: 55.3316 (55.3316)  loss_dice: 0
     .2972 (0.2972)
6888    0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402789477
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6889 Validating...
6890 Valid_dataloader len: 12
6891   8%|█         | 1/12 [00:07<01:27,  7.94s/it]print_dice: 0.532212853417017,  print_iou: 0.
     362595379525696
6892   [ 0/12]  eta: 0:01:35    time: 7.9423  data: 3.8833
6893 print_dice: 0.5430232882499695,  print_iou: 0.3727055490016937
6894  25%|██        | 3/12 [00:16<00:45,  5.09s/it]print_dice: 0.49043795466423035,  print_iou: 0
     .32488757371902466
6895 print_dice: 0.5007985234260559,  print_iou: 0.3340435028076172
6896  42%|████      | 5/12 [00:25<00:33,  4.74s/it]print_dice: 0.549380898475647,  print_iou: 0.
     3787216544151306
6897 print_dice: 0.4836263358592987,  print_iou: 0.31893613934516907
6898  58%|██████    | 7/12 [00:34<00:23,  4.61s/it]print_dice: 0.4222845137119293,  print_iou: 0.
     26765570044517517
6899 print_dice: 0.5214841961860657,  print_iou: 0.3527079224586487
6900  75%|███████   | 9/12 [00:43<00:13,  4.55s/it]print_dice: 0.5296213030815125,  print_iou: 0.
     36019378900527954
6901  83%|████████  | 10/12 [00:47<00:09,  4.51s/it]print_dice: 0.5330684781074524,  print_iou: 0
     .363390177488327
6902  92%|█████████ | 11/12 [00:52<00:04,  4.48s/it]print_dice: 0.5860662460327148,  print_iou: 0
     .4144934415817261
6903 print_dice: 0.5503810048103333,  print_iou: 0.3796728849411011
6904   [11/12]  eta: 0:00:04    time: 4.7199  data: 0.3241
6905 100%|██████████| 12/12 [00:57<00:00,  4.75s/it]
6906  Total time: 0:00:57 (4.7544 s / it)
6907 =============================
6908 Averaged stats:
6909 Epoch 113/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
6910 epoch:    113   learning rate:   1.0000000000000003e-11
6911 Epoch 113/499:   3%|▏         | 1/33 [00:10<05:38, 10.58s/it]print_dice: 0.44900840520858765
     ,  print_iou: 0.28949764370918274
6912   [ 0/33]  eta: 0:05:49    time: 10.5767  data: 4.1900
6913 print_dice: 0.501017153263092,  print_iou: 0.33423811197280884
6914 Epoch 113/499:   9%|█         | 3/33 [00:23<03:41,  7.37s/it]print_dice: 0.49412837624549866
     ,  print_iou: 0.3281344473361969
6915 Epoch 113/499:  12%|█▏        | 4/33 [00:29<03:24,  7.06s/it]print_dice: 0.5227276682853699
     ,  print_iou: 0.3538465201854706
6916 print_dice: 0.5417295098304749,  print_iou: 0.37148767709732056
6917 Epoch 113/499:  18%|█▊        | 6/33 [00:43<03:02,  6.77s/it]print_dice: 0.5424914360046387
     ,  print_iou: 0.37220463156700134
6918 Epoch 113/499:  21%|██        | 7/33 [00:49<02:54,  6.70s/it]print_dice: 0.4261048436164856
     ,  print_iou: 0.27073267102241516
6919 Epoch 113/499:  24%|██▍       | 8/33 [00:56<02:46,  6.65s/it]print_dice: 0.5112449526786804
     ,  print_iou: 0.3434043824672699
6920 print_dice: 0.5377781987190247,  print_iou: 0.36778154969215393
6921 Epoch 113/499:  30%|███       | 10/33 [01:08<02:29,  6.51s/it]print_dice: 0.5210346579551697
     ,  print_iou: 0.35229676961898804
6922 Epoch 113/499:  33%|███▏      | 11/33 [01:15<02:23,  6.52s/it]print_dice: 0.4821169972419739
     ,  print_iou: 0.31762459874153137
6923 Epoch 113/499:  36%|███▋      | 12/33 [01:22<02:16,  6.52s/it]print_dice: 0.5206665396690369
     ,  print_iou: 0.3519602417945862
6924 Epoch 113/499:  39%|███▉      | 13/33 [01:28<02:10,  6.52s/it]print_dice: 0.6165931224822998
     ,  print_iou: 0.44570624828338623
6925 print_dice: 0.48188382387161255,  print_iou: 0.31742221117019653
6926 Epoch 113/499:  45%|████▌     | 15/33 [01:41<01:57,  6.51s/it]print_dice: 0.
     449597209692000134,  print_iou: 0.28998735547065735
6927 Epoch 113/499:  48%|████▊     | 16/33 [01:47<01:49,  6.46s/it]print_dice: 0.5174461007118225
     ,  print_iou: 0.3490234613418579
6928 Epoch 113/499:  52%|█████▏    | 17/33 [01:54<01:44,  6.55s/it]print_dice: 0.5534417033195496
     ,  print_iou: 0.38259202241897583
6929 Epoch 113/499:  55%|█████▌    | 18/33 [02:01<01:37,  6.52s/it]print_dice: 0.594767689704895
     ,  print_iou: 0.4232522249221802
6930 Epoch 113/499:  58%|█████▊    | 19/33 [02:07<01:31,  6.52s/it]print_dice: 0.5408693552017212
     ,  print_iou: 0.37067916989326477
6931 print_dice: 0.458084374666214,  print_iou: 0.2970878481864929
6932 Epoch 113/499:  64%|██████▍   | 21/33 [02:20<01:17,  6.49s/it]print_dice: 0.4299370050430298
     ,  print_iou: 0.2738342583179474
6933 print_dice: 0.4852325618267059,  print_iou: 0.32033467292785645
6934 Epoch 113/499:  70%|███████   | 23/33 [02:33<01:05,  6.52s/it]print_dice: 0.5268873572349548
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6934 ,    print_iou: 0.3576694428920746
6935 print_dice: 0.48676031827926636,    print_iou: 0.3216676712036133
6936 Epoch 113/499:  76%|██████    | 25/33 [02:46<00:52,  6.52s/it]print_dice: 0.5708712935447693
     ,    print_iou: 0.3994540870189667
6937 print_dice: 0.469738245010376,   print_iou: 0.3069659471511841
6938 Epoch 113/499:  82%|███████   | 27/33 [03:01<00:41,  6.88s/it]print_dice: 0.536358654499054
     ,    print_iou: 0.36645498871803284
6939 Epoch 113/499:  85%|███████   | 28/33 [03:07<00:34,  6.83s/it]print_dice: 0.5161224007606506
     ,    print_iou: 0.3478200435638428
6940 Epoch 113/499:  88%|███████   | 29/33 [03:14<00:27,  6.81s/it]print_dice: 0.5491654872894287
     ,    print_iou: 0.37851694226264954
6941 Epoch 113/499:  91%|████████  | 30/33 [03:21<00:20,  6.72s/it]print_dice: 0.
     42820045351982117,    print_iou: 0.27242687344551086
6942 Epoch 113/499:  94%|████████  | 31/33 [03:27<00:13,  6.71s/it]print_dice: 0.5140714049339294
     ,    print_iou: 0.34595969319343567
6943 Epoch 113/499:  97%|████████  | 32/33 [03:34<00:06,  6.65s/it]print_dice: 0.5030377507209778
     ,    print_iou: 0.33603906631469727
6944 Epoch 113/499: 100%|████████  | 33/33 [03:40<00:00,  6.55s/it]print_dice: 0.5153874754905701
     ,    print_iou: 0.34715282917022705
6945  [32/33]  eta: 0:00:06   time: 6.6068  data: 0.0005
6946 Epoch 113/499: 100%|████████  | 33/33 [03:41<00:00,  6.70s/it]
6947  Total time: 0:03:41 (6.7050 s / it)
6948 Averaged stats: training_loss: -108.2744 (-108.2744)  loss_mask: -108.3326 (-108.3326)
     loss_dice: 0.0582 (0.0582)
6949   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402789477
6950 Validating...
6951 Valid_dataloader len: 12
6952   8%|█         | 1/12 [00:08<01:36,  8.81s/it]print_dice: 0.5321307182312012,   print_iou: 0.
     36251914501190186
6953  [ 0/12]  eta: 0:01:45   time: 8.8081  data: 4.6976
6954  17%|██        | 2/12 [00:13<01:01,  6.13s/it]print_dice: 0.5478211641311646,   print_iou: 0.
     3772408664226532
6955 print_dice: 0.4837687611579895,  print_iou: 0.31905999779701233
6956  33%|███       | 4/12 [00:21<00:39,  4.95s/it]print_dice: 0.500813364982605,   print_iou: 0.
     3340567350387573
6957  42%|████      | 5/12 [00:26<00:32,  4.70s/it]print_dice: 0.5492996573448181,   print_iou: 0.
     3786444664001465
6958 print_dice: 0.48356500267982483,  print_iou: 0.3188827633857727
6959  58%|█████     | 7/12 [00:34<00:22,  4.55s/it]print_dice: 0.42550772428512573,   print_iou: 0
     .27025073766708374
6960 print_dice: 0.516880452632904,  print_iou: 0.34850895404815674
6961  75%|███████   | 9/12 [00:43<00:13,  4.46s/it]print_dice: 0.5265711545944214,   print_iou: 0.
     3573780953884125
6962  83%|████████  | 10/12 [00:47<00:08,  4.41s/it]print_dice: 0.5329933166503906,   print_iou: 0
     .36332032084465027
6963  92%|████████  | 11/12 [00:52<00:04,  4.37s/it]print_dice: 0.588097095489502,   print_iou: 0.
     41652798652648926
6964 100%|████████  | 12/12 [00:56<00:00,  4.35s/it]print_dice: 0.555163562297821,   print_iou: 0.
     3842397630214691
6965  [11/12]  eta: 0:00:04   time: 4.7112  data: 0.3919
6966 100%|████████  | 12/12 [00:56<00:00,  4.75s/it]
6967  Total time: 0:00:56 (4.7471 s / it)
6968 ============================
6969 Averaged stats:
6970 come here save at work_dirs/DrSAM_b
6971 epoch:    114    learning rate:   1.0000000000000003e-11
6972 Epoch 114/499:   3%|█         | 1/33 [00:10<05:33, 10.42s/it]print_dice: 0.49874386191368103
     ,    print_iou: 0.3322176933288574
6973  [ 0/33]  eta: 0:05:43   time: 10.4198  data: 3.9852
6974 Epoch 114/499:   6%|█         | 2/33 [00:16<04:07,  7.97s/it]print_dice: 0.5201523303985596
     ,    print_iou: 0.35149043798446655
6975 Epoch 114/499:   9%|█         | 3/33 [00:23<03:38,  7.27s/it]print_dice: 0.4286545217037201
     ,    print_iou: 0.27279457449913025
6976 Epoch 114/499:  12%|█         | 4/33 [00:29<03:22,  6.98s/it]print_dice: 0.5423091053962708
     ,    print_iou: 0.372033029794693
6977 print_dice: 0.4282706081867218,   print_iou: 0.2724836766719818
6978 Epoch 114/499:  18%|██        | 6/33 [00:42<03:03,  6.80s/it]print_dice: 0.5174461007118225
     ,    print_iou: 0.3490234613418579
6979 print_dice: 0.5725355744361877,   print_iou: 0.4010857045650482
```

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6980 Epoch 114/499:  24%|██▋         | 8/33 [00:56<02:47,  6.69s/it]print_dice: 0.5547197461128235
     ,  print_iou: 0.38381463289260864
6981 Epoch 114/499:  27%|██▊         | 9/33 [01:02<02:38,  6.62s/it]print_dice: 0.49151867628097534
     ,  print_iou: 0.32583677768707275
6982 Epoch 114/499:  30%|███         | 10/33 [01:09<02:32,  6.63s/it]print_dice: 0.
     45986172556877136,  print_iou: 0.2985846996307373
6983 Epoch 114/499:  33%|███▎        | 11/33 [01:15<02:24,  6.58s/it]print_dice: 0.
     44897276163101196,  print_iou: 0.28946802020072937
6984 Epoch 114/499:  36%|███▌        | 12/33 [01:22<02:17,  6.56s/it]print_dice: 0.5947861671447754
     ,  print_iou: 0.42327094078063965
6985 Epoch 114/499:  39%|███▉        | 13/33 [01:28<02:10,  6.54s/it]print_dice: 0.4261365830898285
     ,  print_iou: 0.2707583010196686
6986 print_dice: 0.6192681789398193,  print_iou: 0.4485072195529938
6987 Epoch 114/499:  45%|████▌       | 15/33 [01:41<01:57,  6.51s/it]print_dice: 0.511225700378418
     ,  print_iou: 0.3433869481086731
6988 print_dice: 0.521388828754425,  print_iou: 0.3526206314563751
6989 Epoch 114/499:  52%|█████▏      | 17/33 [01:54<01:44,  6.52s/it]print_dice: 0.500018298625946
     ,  print_iou: 0.3333495855331421
6990 Epoch 114/499:  55%|█████▌      | 18/33 [02:01<01:37,  6.52s/it]print_dice: 0.5491821765899658
     ,  print_iou: 0.3785328269004822
6991 Epoch 114/499:  58%|█████▊      | 19/33 [02:07<01:31,  6.51s/it]print_dice: 0.5211166739463806
     ,  print_iou: 0.3523717224597931
6992 Epoch 114/499:  61%|██████      | 20/33 [02:14<01:24,  6.49s/it]print_dice: 0.515960156917572
     ,  print_iou: 0.3476726710796356
6993 print_dice: 0.4878710210323334,  print_iou: 0.32263848185539246
6994 Epoch 114/499:  67%|██████▋     | 22/33 [02:27<01:12,  6.63s/it]print_dice: 0.5428669452667236
     ,  print_iou: 0.37255823612213135
6995 print_dice: 0.5394479632377625,  print_iou: 0.3693452477455139
6996 Epoch 114/499:  73%|███████▎    | 24/33 [02:40<00:59,  6.56s/it]print_dice: 0.5241392254829407
     ,  print_iou: 0.35514137148857117
6997 Epoch 114/499:  76%|███████▌    | 25/33 [02:47<00:52,  6.60s/it]print_dice: 0.
     46971797943115234,  print_iou: 0.30694863200187683
6998 print_dice: 0.515943706035614,  print_iou: 0.3476577699184418
6999 Epoch 114/499:  82%|████████▏   | 27/33 [03:00<00:39,  6.55s/it]print_dice: 0.4806160628795624
     ,  print_iou: 0.3163229823112488
7000 Epoch 114/499:  85%|████████▌   | 28/33 [03:06<00:32,  6.54s/it]print_dice: 0.
     48168811202049255,  print_iou: 0.31725242733955383
7001 Epoch 114/499:  88%|████████▊   | 29/33 [03:13<00:26,  6.55s/it]print_dice: 0.5413685441017151
     ,  print_iou: 0.3711482584476471
7002 Epoch 114/499:  91%|█████████   | 30/33 [03:19<00:19,  6.54s/it]print_dice: 0.
     44929713010787964,  print_iou: 0.289737731218338
7003 print_dice: 0.48420804738998413,  print_iou: 0.3194422721862793
7004 Epoch 114/499:  97%|█████████▋  | 32/33 [03:32<00:06,  6.49s/it]print_dice: 0.5372512936592102
     ,  print_iou: 0.36728885769844055
7005 Epoch 114/499: 100%|██████████  | 33/33 [03:39<00:00,  6.45s/it]print_dice: 0.5153338313102722
     ,  print_iou: 0.34710419178009033
7006  [32/33]  eta: 0:00:06   time: 6.5251  data: 0.0004
7007 Epoch 114/499: 100%|██████████  | 33/33 [03:39<00:00,  6.66s/it]
7008  Total time: 0:03:39 (6.6557 s / it)
7009 Averaged stats: training_loss: -104.2156 (-104.2156)  loss_mask: -104.2598 (-104.2598)
     loss_dice: 0.0442 (0.0442)
7010   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.838340279297
7011 Validating...
7012 Valid_dataloader len: 12
7013 print_dice: 0.5099823474884033,  print_iou: 0.3422659635543823
7014  [ 0/12]  eta: 0:01:35   time: 7.9858  data: 3.9420
7015  17%|██        | 2/12 [00:12<00:58,  5.88s/it]print_dice: 0.5496848821640015,  print_iou: 0.
     3790106475353241
7016  25%|██▌       | 3/12 [00:16<00:46,  5.22s/it]print_dice: 0.5065950155258179,  print_iou: 0.
     3392214775085449
7017  33%|███▎      | 4/12 [00:21<00:39,  4.92s/it]print_dice: 0.5008002519607544,  print_iou: 0.
     33404508233070374
7018 print_dice: 0.5493214130401611,  print_iou: 0.37866511940956116
7019  50%|█████     | 6/12 [00:30<00:27,  4.66s/it]print_dice: 0.4771916568279664,  print_iou: 0
     .313362926244735
7020 print_dice: 0.4188901782035827,  print_iou: 0.2649342715740204
7021  67%|██████▋   | 8/12 [00:39<00:18,  4.56s/it]print_dice: 0.5214671492576599,  print_iou: 0.
     35269230604171753
7022  75%|███████▌  | 9/12 [00:43<00:13,  4.54s/it]print_dice: 0.5295889377593994,  print_iou: 0.
```

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7022 3601638972759247
7023 print_dice: 0.538999347686768,  print_iou: 0.3683633804321289
7024  92%|███████| | 11/12 [00:52<00:04,  4.41s/it]print_dice: 0.581695020198822,  print_iou: 0.
     410133957862854
7025 100%|████████| | 12/12 [00:56<00:00,  4.34s/it]print_dice: 0.550342321395874,  print_iou: 0.
     3376360492706299
7026  [11/12]  eta: 0:00:04    time: 4.7017  data: 0.3289
7027 100%|████████| | 12/12 [00:56<00:00,  4.74s/it]
7028  Total time: 0:00:56 (4.7417 s / it)
7029 ===========================
7030 Averaged stats:
7031 come here save at work_dirs/DrSAM_b
7032 epoch:    115   learning rate:   1.0000000000000003e-11
7033 Epoch 115/499:   3%|█          | 1/33 [00:10<05:32, 10.38s/it]print_dice: 0.49874550104141235
     ,   print_iou: 0.3322191536426544
7034  [ 0/33]  eta: 0:05:42   time: 10.3755  data: 3.9518
7035 Epoch 115/499:   6%|█          | 2/33 [00:16<04:05,  7.91s/it]print_dice: 0.5156814455986023
     ,   print_iou: 0.3474196791648865
7036 print_dice: 0.48311617970466614,   print_iou: 0.3184925317764282
7037 Epoch 115/499:  12%|█          | 4/33 [00:29<03:22,  7.00s/it]print_dice: 0.5025245547294617
     ,   print_iou: 0.3355811834335327
7038 print_dice: 0.4411683678627014,   print_iou: 0.2830122113227844
7039 Epoch 115/499:  18%|██         | 6/33 [00:42<03:01,  6.70s/it]print_dice: 0.49484604597091675
     ,   print_iou: 0.32876771688461304
7040 Epoch 115/499:  21%|██         | 7/33 [00:49<02:52,  6.63s/it]print_dice: 0.541257381439209
     ,   print_iou: 0.3710438013076782
7041 Epoch 115/499:  24%|██         | 8/33 [00:55<02:45,  6.61s/it]print_dice: 0.5406709909439087
     ,   print_iou: 0.3704928755760193
7042 Epoch 115/499:  27%|██         | 9/33 [01:02<02:38,  6.59s/it]print_dice: 0.5240480899810791
     ,   print_iou: 0.3550576865673065
7043 Epoch 115/499:  30%|███        | 10/33 [01:08<02:31,  6.58s/it]print_dice: 0.5708787441253662
     ,   print_iou: 0.39946141839027405
7044 Epoch 115/499:  33%|███        | 11/33 [01:15<02:25,  6.60s/it]print_dice: 0.549165666103363
     ,   print_iou: 0.37851715087890625
7045 print_dice: 0.48620519042015076,   print_iou: 0.3211830258369446
7046 Epoch 115/499:  39%|███        | 13/33 [01:28<02:12,  6.62s/it]print_dice: 0.5149335861206055
     ,   print_iou: 0.34674111008644104
7047 Epoch 115/499:  42%|████       | 14/33 [01:35<02:04,  6.57s/it]print_dice: 0.5209678411483765
     ,   print_iou: 0.35223567485809326
7048 Epoch 115/499:  45%|████       | 15/33 [01:41<01:58,  6.58s/it]print_dice: 0.5947861671447754
     ,   print_iou: 0.42327094078063965
7049 Epoch 115/499:  48%|████       | 16/33 [01:48<01:52,  6.59s/it]print_dice: 0.
     42700621485710144,   print_iou: 0.2714608311653137
7050 Epoch 115/499:  52%|████       | 17/33 [01:54<01:45,  6.57s/it]print_dice: 0.5437368154525757
     ,   print_iou: 0.37337812781333923
7051 Epoch 115/499:  55%|█████      | 18/33 [02:01<01:37,  6.52s/it]print_dice: 0.4288862645626068
     ,   print_iou: 0.27298229932785034
7052 print_dice: 0.5390864014625549,   print_iou: 0.36900636553764343
7053 Epoch 115/499:  61%|█████      | 20/33 [02:14<01:24,  6.52s/it]print_dice: 0.4552265703678131
     ,   print_iou: 0.29468825459480286
7054 print_dice: 0.4806438386440277,   print_iou: 0.31634703278541565
7055 Epoch 115/499:  67%|██████     | 22/33 [02:27<01:11,  6.52s/it]print_dice: 0.6172023415565491
     ,   print_iou: 0.44634321331977844
7056 print_dice: 0.5172341465950012,   print_iou: 0.3488306403160095
7057 Epoch 115/499:  73%|██████     | 24/33 [02:40<00:58,  6.52s/it]print_dice: 0.5538251996040344
     ,   print_iou: 0.38295871019363403
7058 print_dice: 0.4299096763134027,   print_iou: 0.27381205558776855
7059 Epoch 115/499:  79%|███████    | 26/33 [02:53<00:45,  6.48s/it]print_dice: 0.5377367734909058
     ,   print_iou: 0.3677428066730499
7060 Epoch 115/499:  82%|███████    | 27/33 [02:59<00:39,  6.52s/it]print_dice: 0.4720144271850586
     ,   print_iou: 0.30891287326812744
7061 Epoch 115/499:  85%|███████    | 28/33 [03:06<00:32,  6.50s/it]print_dice: 0.5206325054168701
     ,   print_iou: 0.35192909836769104
7062 Epoch 115/499:  88%|████████   | 29/33 [03:12<00:26,  6.51s/it]print_dice: 0.5228270292282104
     ,   print_iou: 0.3539375960826874
7063 Epoch 115/499:  91%|████████   | 30/33 [03:19<00:19,  6.50s/it]print_dice: 0.5153874754905701
     ,   print_iou: 0.34715282917022705
7064 print_dice: 0.45960113406181335,   print_iou: 0.2983650267124176
7065 Epoch 115/499:  97%|████████   | 32/33 [03:32<00:06,  6.45s/it]print_dice: 0.
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7065 48501864075660706,   print_iou: 0.3201482594013214
7066 print_dice: 0.511308908462524,   print_iou: 0.343620499610901
7067   [32/33]  eta: 0:00:06   time: 6.4961  data: 0.0005
7068 Epoch 115/499: 100%|███████| 33/33 [03:38<00:00,  6.64s/it]
7069  Total time: 0:03:38 (6.6363 s / it)
7070 Averaged stats: training_loss: 16.6103 (16.6103)  loss_mask: 16.3357 (16.3357)  loss_dice: 0
     .2746 (0.2746)
7071   0%|           | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402796462
7072 Validating...
7073 Valid_dataloader len: 12
7074   8%|█         | 1/12 [00:08<01:28,  8.01s/it]print_dice: 0.5321749448776245,  print_iou: 0.
     3625601828098297
7075   [ 0/12]  eta: 0:01:36   time: 8.0095  data: 3.9047
7076  17%|██        | 2/12 [00:12<00:58,  5.82s/it]print_dice: 0.5417023301124573,  print_iou: 0.
     3714621067047119
7077 print_dice: 0.48363929986953735,  print_iou: 0.3189474046230316
7078  33%|███       | 4/12 [00:21<00:39,  4.94s/it]print_dice: 0.5008248686790466,  print_iou: 0.
     3340669870376587
7079  42%|████      | 5/12 [00:25<00:33,  4.72s/it]print_dice: 0.549344003200531,  print_iou: 0.
     3786866366863251
7080 print_dice: 0.4835914969444275,  print_iou: 0.3189058303833008
7081  58%|█████     | 7/12 [00:34<00:22,  4.53s/it]print_dice: 0.4361846446990967,  print_iou: 0.
     2789233922958374
7082  67%|██████    | 8/12 [00:38<00:17,  4.48s/it]print_dice: 0.5245432257652283,  print_iou: 0.
     35551244020462036
7083 print_dice: 0.526597797870636,  print_iou: 0.35740259289741516
7084  83%|████████  | 10/12 [00:47<00:08,  4.47s/it]print_dice: 0.533038318157196,  print_iou: 0.
     3633621335029602
7085  92%|█████████ | 11/12 [00:51<00:04,  4.40s/it]print_dice: 0.5881335139274597,  print_iou: 0
     .4165645241737366
7086 print_dice: 0.5404801964759827,  print_iou: 0.37031370401382446
7087   [11/12]  eta: 0:00:04   time: 4.6789  data: 0.3256
7088 100%|██████████| 12/12 [00:56<00:00,  4.72s/it]
7089  Total time: 0:00:56 (4.7153 s / it)
7090 ============================
7091 Averaged stats:
7092 Epoch 116/499:   0%|           | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
7093 epoch:    116   learning rate:   1.0000000000000003e-11
7094 Epoch 116/499:   3%|▏          | 1/33 [00:10<05:36, 10.53s/it]print_dice: 0.48521190881729126
     ,  print_iou: 0.3203166723251343
7095   [ 0/33]  eta: 0:05:47   time: 10.5289  data: 4.0564
7096 Epoch 116/499:   6%|▏          | 2/33 [00:16<04:06,  7.95s/it]print_dice: 0.5204694867134094
     ,  print_iou: 0.35178014636039734
7097 Epoch 116/499:   9%|█         | 3/33 [00:23<03:38,  7.29s/it]print_dice: 0.48059430718421936
     ,  print_iou: 0.31630414724349976
7098 print_dice: 0.536358654499054,  print_iou: 0.36645498871803284
7099 Epoch 116/499:  15%|█         | 5/33 [00:36<03:10,  6.82s/it]print_dice: 0.5240283608436584
     ,  print_iou: 0.3550395667552948
7100 print_dice: 0.48669084906578064,  print_iou: 0.3216070234775543
7101 Epoch 116/499:  21%|██        | 7/33 [00:49<02:52,  6.63s/it]print_dice: 0.554169237613678
     ,  print_iou: 0.3832877576351166
7102 Epoch 116/499:  24%|██        | 8/33 [00:55<02:45,  6.62s/it]print_dice: 0.6194272041320801
     ,  print_iou: 0.4486740529537201
7103 print_dice: 0.5154942870140076,  print_iou: 0.3472498059272766
7104 Epoch 116/499:  30%|██        | 10/33 [01:08<02:31,  6.58s/it]print_dice: 0.4299370050430298
     ,  print_iou: 0.2738342583179474
7105 print_dice: 0.4490506052970886,  print_iou: 0.28953272104263306
7106 Epoch 116/499:  36%|███       | 12/33 [01:21<02:17,  6.56s/it]print_dice: 0.5403439998626709
     ,  print_iou: 0.37018588185310364
7107 print_dice: 0.5031461119651794,  print_iou: 0.33613574504852295
7108 Epoch 116/499:  42%|████      | 14/33 [01:34<02:04,  6.54s/it]print_dice: 0.4289081394672394
     ,  print_iou: 0.273000031709671
7109 Epoch 116/499:  45%|████      | 15/33 [01:41<01:57,  6.53s/it]print_dice: 0.5708718299865723
     ,  print_iou: 0.39945459365844727
7110 Epoch 116/499:  48%|████      | 16/33 [01:48<01:51,  6.54s/it]print_dice: 0.5112451910972595
     ,  print_iou: 0.343045612812042
7111 Epoch 116/499:  52%|█████     | 17/33 [01:54<01:44,  6.51s/it]print_dice: 0.5210522413253784
     ,  print_iou: 0.352312833070755
7112 print_dice: 0.5372475981712341,  print_iou: 0.3672853708267212
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7113 Epoch 116/499:   58%|███████    | 19/33 [02:07<01:31,  6.53s/it]print_dice: 0.
     46966999769210815,   print_iou: 0.30690765380859375
7114 Epoch 116/499:   61%|███████    | 20/33 [02:14<01:25,  6.54s/it]print_dice: 0.5935313701629639
     ,   print_iou: 0.4220011830329895
7115 Epoch 116/499:   64%|███████▏   | 21/33 [02:20<01:18,  6.53s/it]print_dice: 0.
     48241785168647766,   print_iou: 0.3178858160972595
7116 print_dice: 0.5425888895988464,   print_iou: 0.37229636311531067
7117 Epoch 116/499:   70%|███████▌   | 23/33 [02:33<01:05,  6.53s/it]print_dice: 0.5215613842010498
     ,   print_iou: 0.3527785539627075
7118 Epoch 116/499:   73%|███████▊   | 24/33 [02:40<00:58,  6.55s/it]print_dice: 0.4265301525592804
     ,   print_iou: 0.27107614278793335
7119 Epoch 116/499:   76%|███████▉   | 25/33 [02:46<00:52,  6.51s/it]print_dice: 0.
     494436795711517334,   print_iou: 0.32834577560424805
7120 print_dice: 0.44929713010787964,   print_iou: 0.289737731218338
7121 Epoch 116/499:   82%|████████▍  | 27/33 [02:59<00:38,  6.50s/it]print_dice: 0.549165666103363
     ,   print_iou: 0.37851715087890625
7122 print_dice: 0.45960113406181335,   print_iou: 0.2983650267124176
7123 Epoch 116/499:   88%|████████▊  | 29/33 [03:12<00:26,  6.51s/it]print_dice: 0.5158107876777649
     ,   print_iou: 0.3475370705127716
7124 print_dice: 0.5419849753379822,   print_iou: 0.37172794342041016
7125 Epoch 116/499:   94%|█████████▍ | 31/33 [03:25<00:13,  6.53s/it]print_dice: 0.
     49849098920822144,   print_iou: 0.33199334144592285
7126 print_dice: 0.5202842354774475,   print_iou: 0.35161092877388
7127 Epoch 116/499:  100%|██████████ | 33/33 [03:38<00:00,  6.45s/it]print_dice: 0.5150151252746582
     ,   print_iou: 0.3468150794506073
7128  [32/33] eta: 0:00:06   time: 6.5065  data: 0.0003
7129 Epoch 116/499:  100%|██████████ | 33/33 [03:39<00:00,  6.64s/it]
7130  Total time: 0:03:39 (6.6371 s / it)
7131 Averaged stats: training_loss: -86.5490 (-86.5490)  loss_mask: -86.6449 (-86.6449)
     loss_dice: 0.0960 (0.0960)
7132 Net parameter norm: 1054.8383402797626
7133    0%|          | 0/12 [00:00<?, ?it/s]Validating...
7134 Valid_dataloader len: 12
7135    8%|█         | 1/12 [00:07<01:27,  7.92s/it]print_dice: 0.5322023630142212,  print_iou: 0.
     3625856339931488
7136  [ 0/12] eta: 0:01:35   time: 7.9239  data: 3.9009
7137 print_dice: 0.5481361746788025,  print_iou: 0.3775396943092346
7138   25%|██        | 3/12 [00:16<00:46,  5.16s/it]print_dice: 0.5066475868225098,  print_iou: 0.
     33926862478256226
7139 print_dice: 0.48994505405426025,  print_iou: 0.3244551122188568
7140   42%|███▏      | 5/12 [00:25<00:33,  4.73s/it]print_dice: 0.5493811368942261,  print_iou: 0.
     3787218928337097
7141 print_dice: 0.48361891508102417,  print_iou: 0.31892967224121094
7142   58%|████▌     | 7/12 [00:34<00:23,  4.63s/it]print_dice: 0.42664843797683716,  print_iou: 0
     .2711717188358307
7143 print_dice: 0.524562656879425,  print_iou: 0.355530321598053
7144   75%|███████   | 9/12 [00:43<00:13,  4.48s/it]print_dice: 0.5179014801979065,  print_iou: 0.
     349437952041626
7145   83%|███████▊  | 10/12 [00:47<00:08,  4.44s/it]print_dice: 0.5384618639945984,  print_iou: 0
     .368421345949173
7146   92%|████████▊ | 11/12 [00:52<00:04,  4.41s/it]print_dice: 0.5778905749320984,  print_iou: 0
     .40636152029037476
7147  100%|██████████| 12/12 [00:56<00:00,  4.36s/it]print_dice: 0.5552160143852234,  print_iou: 0
     .38429000973701477
7148   [11/12] eta: 0:00:04   time: 4.6910  data: 0.3253
7149  100%|██████████| 12/12 [00:56<00:00,  4.73s/it]
7150  Total time: 0:00:56 (4.7261 s / it)
7151 =============================
7152 Averaged stats:
7153 Epoch 117/499:    0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
7154 epoch:    117   learning rate:   1.0000000000000003e-11
7155 print_dice: 0.6165767908096313,   print_iou: 0.44568923115730286
7156  [ 0/33] eta: 0:05:59   time: 10.8892  data: 4.3562
7157 Epoch 117/499:    6%|▌         | 2/33 [00:17<04:12,  8.14s/it]print_dice: 0.5155459046363831
     ,   print_iou: 0.3472966253757477
7158 print_dice: 0.459558367729187,   print_iou: 0.2983289659023285
7159 Epoch 117/499:   12%|█▏        | 4/33 [00:30<03:23,  7.02s/it]print_dice: 0.5420266389846802
     ,   print_iou: 0.37176719307899475
7160 Epoch 117/499:   15%|█▌        | 5/33 [00:36<03:12,  6.88s/it]print_dice: 0.42648038268089294
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7160  ,     print_iou: 0.27103593945503235
7161  print_dice: 0.5132995843887329,   print_iou: 0.34526094794273376
7162  Epoch 117/499:  21%|█        | 7/33 [00:49<02:53,  6.67s/it]print_dice: 0.5008973479270935
      ,     print_iou: 0.3341314494609833
7163  Epoch 117/499:  24%|██       | 8/33 [00:56<02:46,  6.65s/it]print_dice: 0.5363499522209167
      ,     print_iou: 0.366446852684021
7164  print_dice: 0.5376867055892944,   print_iou: 0.36769595742225647
7165  Epoch 117/499:  30%|██       | 10/33 [01:09<02:31,  6.60s/it]print_dice: 0.5213289260864258
      ,     print_iou: 0.35256585478782654
7166  print_dice: 0.5204696655273438,   print_iou: 0.35178032517433167
7167  Epoch 117/499:  36%|███      | 12/33 [01:22<02:17,  6.57s/it]print_dice: 0.5269139409065247
      ,     print_iou: 0.3576939105987549
7168  Epoch 117/499:  39%|███      | 13/33 [01:29<02:12,  6.60s/it]print_dice: 0.5539237856864929
      ,     print_iou: 0.3830529749393463
7169  Epoch 117/499:  42%|███      | 14/33 [01:35<02:05,  6.59s/it]print_dice: 0.5412866473197937
      ,     print_iou: 0.37107130885124207
7170  print_dice: 0.45519110560417175,   print_iou: 0.29465851187705994
7171  Epoch 117/499:  48%|████     | 16/33 [01:48<01:51,  6.55s/it]print_dice: 0.5493917465209961
      ,     print_iou: 0.37873196601867676
7172  print_dice: 0.5209985971450806,   print_iou: 0.35226374864578247
7173  Epoch 117/499:  55%|█████    | 18/33 [02:01<01:37,  6.52s/it]print_dice: 0.4283064305782318
      ,     print_iou: 0.2725127041339874
7174  print_dice: 0.44120246171951294,   print_iou: 0.28304025530815125
7175  Epoch 117/499:  61%|█████    | 20/33 [02:14<01:24,  6.51s/it]print_dice: 0.4850192368030548
      ,     print_iou: 0.320148766040802
7176  Epoch 117/499:  64%|██████   | 21/33 [02:21<01:18,  6.51s/it]print_dice: 0.5140959024429321
      ,     print_iou: 0.3459818959236145
7177  print_dice: 0.5226839780807495,   print_iou: 0.3538064956665039
7178  Epoch 117/499:  70%|██████   | 23/33 [02:34<01:05,  6.55s/it]print_dice: 0.5708792805671692
      ,     print_iou: 0.39946189522743225
7179  Epoch 117/499:  73%|██████   | 24/33 [02:40<00:58,  6.52s/it]print_dice: 0.4299370050430298
      ,     print_iou: 0.2738342583179474
7180  Epoch 117/499:  76%|███████  | 25/33 [02:47<00:52,  6.55s/it]print_dice: 0.4832969903945923
      ,     print_iou: 0.3186497092247009
7181  print_dice: 0.472133070230484,   print_iou: 0.3090144991874695
7182  Epoch 117/499:  82%|███████  | 27/33 [03:00<00:39,  6.59s/it]print_dice: 0.5155191421508789
      ,     print_iou: 0.3472723364830017
7183  print_dice: 0.5412904024124146,   print_iou: 0.3710748255252838
7184  Epoch 117/499:  88%|████████ | 29/33 [03:13<00:26,  6.59s/it]print_dice: 0.5026634931564331
      ,     print_iou: 0.33570510149002075
7185  print_dice: 0.48060017824172974,   print_iou: 0.31630921363830566
7186  Epoch 117/499:  94%|████████ | 31/33 [03:26<00:13,  6.56s/it]print_dice: 0.4875122308731079
      ,     print_iou: 0.3223247528076172
7187  print_dice: 0.5934528708457947,   print_iou: 0.4219217896461487
7188  Epoch 117/499: 100%|█████████| 33/33 [03:39<00:00,  6.47s/it]print_dice: 0.4946378469467163
      ,     print_iou: 0.3285839557647705
7189   [32/33] eta: 0:00:06   time: 6.5277  data: 0.0004
7190  Epoch 117/499: 100%|█████████| 33/33 [03:40<00:00,  6.67s/it]
7191   Total time: 0:03:40 (6.6704 s / it)
7192  Averaged stats: training_loss: 15.7082 (15.7082)  loss_mask: 15.4199 (15.4199)  loss_dice: 0
      .2883 (0.2883)
7193   0%|         | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.838340279879
7194  Validating...
7195  Valid_dataloader len: 12
7196   8%|█        | 1/12 [00:07<01:27,  7.99s/it]print_dice: 0.5135829448699951,   print_iou: 0.
      3455173969268799
7197   [ 0/12] eta: 0:01:35   time: 7.9882  data: 3.9005
7198  17%|██       | 2/12 [00:12<00:57,  5.75s/it]print_dice: 0.5496733784675598,   print_iou: 0.
      3789997398853302
7199  25%|██       | 3/12 [00:16<00:45,  5.08s/it]print_dice: 0.5066584944725037,   print_iou: 0.
      33927837014198303
7200  print_dice: 0.4899047017097473,   print_iou: 0.3244197368621826
7201  42%|███      | 5/12 [00:25<00:33,  4.76s/it]print_dice: 0.5461755394935608,   print_iou: 0.
      37568190693855286
7202  print_dice: 0.47245943546295166,   print_iou: 0.309294193983078
7203  58%|█████    | 7/12 [00:34<00:22,  4.57s/it]print_dice: 0.43616053462028503,   print_iou: 0
      .27890363335609436
7204  67%|██████   | 8/12 [00:38<00:18,  4.51s/it]print_dice: 0.5215042233467102,   print_iou: 0.
      3527262210845947
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7205 75%|████████ | 9/12 [00:43<00:13, 4.49s/it]print_dice: 0.5220782160758972, print_iou: 0.
353251576423645
7206 83%|████████▏ | 10/12 [00:47<00:08, 4.44s/it]print_dice: 0.5330769419670105, print_iou: 0
.3633980453014374
7207 print_dice: 0.5749356746673584, print_iou: 0.40344542264938354
7208 100%|████████████| 12/12 [00:56<00:00, 4.34s/it]print_dice: 0.5552168488502502, print_iou: 0
.38429078459739685
7209 [11/12] eta: 0:00:04   time: 4.6738 data: 0.3256
7210 Total time: 0:00:56 (4.7080 s / it)
7211 ============================
7212 Averaged stats:
7213 100%|████████████| 12/12 [00:56<00:00, 4.71s/it]
7214 Epoch 118/499:   0%| | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
7215 epoch: 118   learning rate: 1.0000000000000003e-11
7216 Epoch 118/499:   3%|▌ | 1/33 [00:10<05:35, 10.48s/it]print_dice: 0.5157470107078552
, print_iou: 0.3474791646003723
7217 [0/33] eta: 0:05:45   time: 10.4768 data: 4.1975
7218 Epoch 118/499:   6%|▊ | 2/33 [00:16<04:08, 8.03s/it]print_dice: 0.5377665758132935
, print_iou: 0.3677706718444824
7219 Epoch 118/499:   9%|█ | 3/33 [00:23<03:41, 7.38s/it]print_dice: 0.5947127938270569
, print_iou: 0.42319658398628235
7220 print_dice: 0.45519110560417175, print_iou: 0.29465851187705994
7221 Epoch 118/499:   15%|█▊ | 5/33 [00:36<03:13, 6.90s/it]print_dice: 0.4266260862350464
, print_iou: 0.27115365862846375
7222 print_dice: 0.48065322637557983, print_iou: 0.3163551688194275
7223 Epoch 118/499:   21%|██▍ | 7/33 [00:49<02:53, 6.67s/it]print_dice: 0.4948996901512146
, print_iou: 0.3288150727748871
7224 print_dice: 0.485393226146698, print_iou: 0.3204747438430786
7225 Epoch 118/499:   27%|███▎ | 9/33 [01:02<02:38, 6.60s/it]print_dice: 0.5240283608436584
, print_iou: 0.3550395667552948
7226 Epoch 118/499:   30%|███▋ | 10/33 [01:09<02:30, 6.56s/it]print_dice: 0.5156840682029724
, print_iou: 0.3474220335483551
7227 Epoch 118/499:   33%|████ | 11/33 [01:15<02:23, 6.54s/it]print_dice: 0.
46033918857574463, print_iou: 0.29898741841316223
7228 Epoch 118/499:   36%|████▎ | 12/33 [01:22<02:17, 6.55s/it]print_dice: 0.5391743183135986
, print_iou: 0.36908870935440063
7229 Epoch 118/499:   39%|████▋ | 13/33 [01:28<02:10, 6.53s/it]print_dice: 0.5226726531982422
, print_iou: 0.3537960946559906
7230 Epoch 118/499:   42%|█████ | 14/33 [01:35<02:03, 6.51s/it]print_dice: 0.5151779055595398
, print_iou: 0.34696272015571594
7231 print_dice: 0.5543248653411865, print_iou: 0.3834366500377655
7232 Epoch 118/499:   48%|█████▊ | 16/33 [01:48<01:51, 6.59s/it]print_dice: 0.
48676031827926636, print_iou: 0.3216676712036133
7233 Epoch 118/499:   52%|██████▏ | 17/33 [01:55<01:45, 6.60s/it]print_dice: 0.5425362586975098
, print_iou: 0.37224680185317993
7234 print_dice: 0.5724088549613953, print_iou: 0.40096133947372437
7235 Epoch 118/499:   58%|██████▊ | 19/33 [02:08<01:32, 6.59s/it]print_dice: 0.5202246308326721
, print_iou: 0.3515565097332001
7236 Epoch 118/499:   61%|███████▎ | 20/33 [02:14<01:25, 6.59s/it]print_dice: 0.500295877456665
, print_iou: 0.3335963785648346
7237 print_dice: 0.5003700852394104, print_iou: 0.33366239070892334
7238 Epoch 118/499:   67%|████████ | 22/33 [02:28<01:12, 6.57s/it]print_dice: 0.5363743901252747
, print_iou: 0.3664696514606476
7239 Epoch 118/499:   70%|████████▎ | 23/33 [02:34<01:05, 6.53s/it]print_dice: 0.5106366872787476
, print_iou: 0.3428557217121124
7240 Epoch 118/499:   73%|████████▋ | 24/33 [02:40<00:58, 6.54s/it]print_dice: 0.
449901150465011597, print_iou: 0.2895002067089081
7241 Epoch 118/499:   76%|█████████ | 25/33 [02:47<00:52, 6.51s/it]print_dice: 0.5470705032348633
, print_iou: 0.3765292763710022
7242 Epoch 118/499:   79%|█████████▎ | 26/33 [02:53<00:45, 6.52s/it]print_dice: 0.6193805932998657
, print_iou: 0.4486251473426819
7243 Epoch 118/499:   82%|█████████▋ | 27/33 [03:00<00:39, 6.54s/it]print_dice: 0.4716830849647522
, print_iou: 0.3086290955543518
7244 print_dice: 0.5408353805541992, print_iou: 0.37064728140830994
7245 Epoch 118/499:   88%|██████████▍ | 29/33 [03:13<00:26, 6.56s/it]print_dice: 0.5209870934486389
, print_iou: 0.3522532284259796
7246 print_dice: 0.481506884098053, print_iou: 0.31709522008895874
7247 Epoch 118/499:   94%|███████████▏| 31/33 [03:26<00:13, 6.56s/it]print_dice: 0.4283834993839264
, print_iou: 0.2725750803947449

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7248 Epoch 118/499:  97%|████████▌ | 32/33 [03:33<00:06,  6.55s/it]print_dice: 0.5210946798324585
     ,  print_iou: 0.3523516058921814
7249 Epoch 118/499: 100%|████████▉ | 33/33 [03:39<00:00,  6.50s/it]print_dice: 0.
     42864352464675903,  print_iou: 0.2727856360473633
7250  [32/33]  eta: 0:00:06   time: 6.5543  data: 0.0005
7251  Total time: 0:03:40 (6.6761 s / it)
7252 Averaged stats: training_loss: 72.6152 (72.6152)  loss_mask: 72.1344 (72.1344)  loss_dice: 0
     .4807 (0.4807)
7253 Epoch 118/499: 100%|█████████| 33/33 [03:40<00:00,  6.68s/it]
7254   0%|           | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402802283
7255 Validating...
7256 Valid_dataloader len: 12
7257   8%|█          | 1/12 [00:08<01:36,  8.81s/it]print_dice: 0.5321252346038818,  print_iou: 0.
     36251401901245117
7258  [ 0/12]  eta: 0:01:45   time: 8.8099  data: 4.6580
7259  17%|██         | 2/12 [00:13<01:01,  6.18s/it]print_dice: 0.548119306564331,  print_iou: 0.
     37752366065979004
7260  25%|██▊        | 3/12 [00:17<00:48,  5.35s/it]print_dice: 0.49461719393730164,  print_iou: 0
     .32856571674346924
7261 print_dice: 0.4857300221920134,  print_iou: 0.32076844573020935
7262  42%|████▌      | 5/12 [00:26<00:33,  4.84s/it]print_dice: 0.5432906150817871,  print_iou: 0.
     3729574382305145
7263  50%|█████      | 6/12 [00:31<00:28,  4.72s/it]print_dice: 0.46944794058799744,  print_iou: 0
     .30671805143356323
7264  58%|█████▊     | 7/12 [00:35<00:23,  4.67s/it]print_dice: 0.42047059535980225,  print_iou: 0
     .26619991660118103
7265  67%|██████▊    | 8/12 [00:39<00:18,  4.56s/it]print_dice: 0.5245295763015747,  print_iou: 0.
     35549989342689514
7266  75%|███████▌   | 9/12 [00:44<00:13,  4.50s/it]print_dice: 0.5295745730400085,  print_iou: 0.
     3601505756378174
7267 print_dice: 0.5330002903938293,  print_iou: 0.3633268177509308
7268  92%|█████████▎ | 11/12 [00:52<00:04,  4.40s/it]print_dice: 0.5816735625267029,  print_iou: 0
     .4101126194000244
7269 100%|██████████| 12/12 [00:57<00:00,  4.37s/it]print_dice: 0.5485023856163025,  print_iou: 0
     .37788721919059753
7270  [11/12]  eta: 0:00:04   time: 4.7691  data: 0.3887
7271 100%|██████████| 12/12 [00:57<00:00,  4.80s/it]
7272  Total time: 0:00:57 (4.8004 s / it)
7273 ============================
7274 Averaged stats:
7275 Epoch 119/499:   0%|           | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
7276 epoch:    119   learning rate:   1.0000000000000003e-11
7277 print_dice: 0.5268852114677429,  print_iou: 0.3576674461364746
7278  [ 0/33]  eta: 0:05:49   time: 10.5811  data: 4.1809
7279 Epoch 119/499:   6%|▌          | 2/33 [00:16<04:07,  7.99s/it]print_dice: 0.42866766452789307
     ,  print_iou: 0.27280521392822266
7280 Epoch 119/499:   9%|▊          | 3/33 [00:23<03:40,  7.35s/it]print_dice: 0.4265744984149933
     ,  print_iou: 0.27111199498176575
7281 Epoch 119/499:  12%|█▏         | 4/33 [00:29<03:22,  6.99s/it]print_dice: 0.45806780457496643
     ,  print_iou: 0.2970738708972931
7282 Epoch 119/499:  15%|█▌         | 5/33 [00:36<03:10,  6.82s/it]print_dice: 0.5009660720825195
     ,  print_iou: 0.3341926336288452
7283 print_dice: 0.4877309203147888,  print_iou: 0.32251596450805664
7284 Epoch 119/499:  21%|██▏        | 7/33 [00:49<02:54,  6.70s/it]print_dice: 0.5194838047027588
     ,  print_iou: 0.3508801758289337
7285 Epoch 119/499:  24%|██▍        | 8/33 [00:55<02:45,  6.61s/it]print_dice: 0.5377549529075623
     ,  print_iou: 0.3677597939968109
7286 Epoch 119/499:  27%|██▋        | 9/33 [01:02<02:38,  6.61s/it]print_dice: 0.516122579574585
     ,  print_iou: 0.3478202521800995
7287 print_dice: 0.5429297685623169,  print_iou: 0.3726174235343933
7288 Epoch 119/499:  33%|███▎       | 11/33 [01:15<02:24,  6.56s/it]print_dice: 0.5935327410697937
     ,  print_iou: 0.42200252413749695
7289 Epoch 119/499:  36%|███▌       | 12/33 [01:21<02:16,  6.52s/it]print_dice: 0.5721849799156189
     ,  print_iou: 0.40074169635772705
7290 print_dice: 0.4492284953594208,  print_iou: 0.2896806597709656
7291 Epoch 119/499:  42%|████▏      | 14/33 [01:35<02:03,  6.52s/it]print_dice: 0.
     48061424493789673,  print_iou: 0.3163214325904846
7292 Epoch 119/499:  45%|████▌      | 15/33 [01:41<01:57,  6.53s/it]print_dice: 0.5026634931564331
     ,  print_iou: 0.33570510149002075
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7293 Epoch 119/499:  48%|███▌      | 16/33 [01:48<01:50,  6.52s/it]print_dice: 0.4850976765155792
     ,  print_iou: 0.3202171325683594
7294 Epoch 119/499:  52%|████      | 17/33 [01:54<01:44,  6.53s/it]print_dice: 0.5411784052848816
     ,  print_iou: 0.3709695637226105
7295 Epoch 119/499:  55%|████▏     | 18/33 [02:01<01:37,  6.52s/it]print_dice: 0.5546053647994995
     ,  print_iou: 0.38370513916015625
7296 Epoch 119/499:  58%|████▌     | 19/33 [02:07<01:31,  6.50s/it]print_dice: 0.4916732609272003
     ,  print_iou: 0.32597264647483826
7297 Epoch 119/499:  61%|████▋     | 20/33 [02:14<01:24,  6.49s/it]print_dice: 0.5162868499755859
     ,  print_iou: 0.3479694724082947
7298 Epoch 119/499:  64%|█████     | 21/33 [02:20<01:18,  6.50s/it]print_dice: 0.4697205722332001
     ,  print_iou: 0.3069508671760559
7299 Epoch 119/499:  67%|█████▍    | 22/33 [02:27<01:11,  6.48s/it]print_dice: 0.4551912844181061
     ,  print_iou: 0.2946586608886719
7300 print_dice: 0.5492125749588013,   print_iou: 0.37856170535087585
7301 Epoch 119/499:  73%|█████▊    | 24/33 [02:40<00:58,  6.51s/it]print_dice: 0.5227029323577881
     ,  print_iou: 0.35382384061813354
7302 print_dice: 0.5365612506866455,   print_iou: 0.36664414405822754
7303 Epoch 119/499:  79%|██████▎   | 26/33 [02:53<00:45,  6.54s/it]print_dice: 0.5392932891845703
     ,  print_iou: 0.3692002296447754
7304 print_dice: 0.5225411057472229,   print_iou: 0.35367557406425476
7305 Epoch 119/499:  85%|██████▊   | 28/33 [03:06<00:32,  6.52s/it]print_dice: 0.5210946798324585
     ,  print_iou: 0.3523516058921814
7306 Epoch 119/499:  88%|███████   | 29/33 [03:12<00:26,  6.52s/it]print_dice: 0.6194028258323669
     ,  print_iou: 0.44864851236343384
7307 Epoch 119/499:  91%|███████▎  | 30/33 [03:19<00:19,  6.53s/it]print_dice: 0.5113089084625244
     ,  print_iou: 0.3434620499610901
7308 Epoch 119/499:  94%|███████▌  | 31/33 [03:25<00:13,  6.52s/it]print_dice: 0.4292249083518982
     ,  print_iou: 0.27325674891471863
7309 Epoch 119/499:  97%|███████▉  | 32/33 [03:32<00:06,  6.48s/it]print_dice: 0.4817677140235901
     ,  print_iou: 0.3173214793205261
7310 Epoch 119/499: 100%|████████  | 33/33 [03:38<00:00,  6.45s/it]print_dice: 0.5150151252746582
     ,  print_iou: 0.3468150794506073
7311  [32/33]  eta: 0:00:06   time: 6.5030  data: 0.0006
7312 Epoch 119/499: 100%|████████| 33/33 [03:38<00:00,  6.64s/it]
7313  Total time: 0:03:38 (6.6359 s / it)
7314 Averaged stats: training_loss: 103.9945 (103.9945)  loss_mask: 103.3165 (103.3165)
     loss_dice: 0.6780 (0.6780)
7315   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402804611
7316 Validating...
7317 Valid_dataloader len: 12
7318 print_dice: 0.5048278570175171,  print_iou: 0.33763861656188965
7319  [ 0/12]  eta: 0:01:37   time: 8.0871  data: 3.9610
7320  17%|█▋        | 2/12 [00:12<00:57,  5.78s/it]print_dice: 0.5448299050331116,  print_iou: 0.
     3744097948074341
7321 print_dice: 0.4877573251724243,  print_iou: 0.3225390613079071
7322  33%|███▎      | 4/12 [00:21<00:38,  4.86s/it]print_dice: 0.4899521470069885,  print_iou: 0.
     32446134090423584
7323  42%|████▏     | 5/12 [00:25<00:33,  4.72s/it]print_dice: 0.5433402061462402,  print_iou: 0.
     3730041980743408
7324  50%|█████     | 6/12 [00:30<00:27,  4.66s/it]print_dice: 0.4784969687461853,  print_iou: 0.
     3144896626472473
7325  58%|█████▊    | 7/12 [00:34<00:23,  4.62s/it]print_dice: 0.4361748993396759,  print_iou: 0.
     2789154052734375
7326  67%|██████▋   | 8/12 [00:38<00:18,  4.54s/it]print_dice: 0.524554431438446,  print_iou: 0.
     3555227220058441
7327 print_dice: 0.5265987515449524,  print_iou: 0.3574034869670868
7328  83%|████████▎ | 10/12 [00:47<00:08,  4.47s/it]print_dice: 0.5330842137336731,  print_iou: 0
     .3634048104286194
7329 print_dice: 0.5767961740493774,  print_iou: 0.40528008341789246
7330 100%|██████████| 12/12 [00:56<00:00,  4.38s/it]print_dice: 0.5503708124160767,  print_iou: 0
     .3796631991863251
7331  [11/12]  eta: 0:00:04   time: 4.6990  data: 0.3307
7332 100%|████████| 12/12 [00:56<00:00,  4.73s/it]
7333  Total time: 0:00:56 (4.7327 s / it)
7334 ============================
7335 Averaged stats:
7336 Epoch 120/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
7337 epoch:    120    learning rate:   1.0000000000000004e-12
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7338 Epoch 120/499:   3%|█             | 1/33 [00:10<05:28, 10.25s/it]print_dice: 0.5029768943786621
     ,   print_iou: 0.3359847366809845
7339  [ 0/33]  eta: 0:05:38    time: 10.2525  data: 3.9989
7340 Epoch 120/499:   6%|█             | 2/33 [00:16<04:04,  7.89s/it]print_dice: 0.5945551991462708
     ,   print_iou: 0.42303702235221863
7341 print_dice: 0.4299370050430298,  print_iou: 0.2738342583179474
7342 Epoch 120/499:  12%|██            | 4/33 [00:29<03:24,  7.04s/it]print_dice: 0.5225719213485718
     ,   print_iou: 0.3537038266658783
7343 print_dice: 0.4261365830898285,  print_iou: 0.2707583010196686
7344 Epoch 120/499:  18%|██            | 6/33 [00:42<03:02,  6.76s/it]print_dice: 0.5201598405838013
     ,   print_iou: 0.3514973223209381
7345 Epoch 120/499:  21%|██            | 7/33 [00:49<02:53,  6.66s/it]print_dice: 0.4575257897377014
     ,   print_iou: 0.29661813378334045
7346 print_dice: 0.4551912844181061,  print_iou: 0.2946586608886719
7347 Epoch 120/499:  27%|███           | 9/33 [01:02<02:37,  6.58s/it]print_dice: 0.5240445137023926
     ,   print_iou: 0.35505443811416626
7348 print_dice: 0.5546619892120361,  print_iou: 0.38375937938690186
7349 Epoch 120/499:  33%|███           | 11/33 [01:15<02:24,  6.55s/it]print_dice: 0.
     481143526911735535,   print_iou: 0.3170330822467804
7350 Epoch 120/499:  36%|███           | 12/33 [01:21<02:17,  6.56s/it]print_dice: 0.5372413396835327
     ,   print_iou: 0.3672795593738556
7351 print_dice: 0.5725353956222534,  print_iou: 0.4010854959487915
7352 Epoch 120/499:  42%|████          | 14/33 [01:34<02:04,  6.53s/it]print_dice: 0.4291803538799286
     ,   print_iou: 0.27322065830230713
7353 Epoch 120/499:  45%|████          | 15/33 [01:41<01:57,  6.53s/it]print_dice: 0.5147624611854553
     ,   print_iou: 0.3465859591960907
7354 print_dice: 0.4910987615585327,  print_iou: 0.3254677951335907
7355 Epoch 120/499:  52%|█████         | 17/33 [01:54<01:44,  6.53s/it]print_dice: 0.5005279183387756
     ,   print_iou: 0.333802729845047
7356 Epoch 120/499:  55%|█████         | 18/33 [02:01<01:37,  6.53s/it]print_dice: 0.4818487763404846
     ,   print_iou: 0.3173918128013611
7357 print_dice: 0.4719901908302307,  print_iou: 0.3088919520378113
7358 Epoch 120/499:  61%|██████        | 20/33 [02:14<01:25,  6.56s/it]print_dice: 0.
     449048310518264677,   print_iou: 0.28953081369400024
7359 print_dice: 0.5134276747703552,  print_iou: 0.3453768491744995
7360 Epoch 120/499:  67%|██████        | 22/33 [02:27<01:12,  6.59s/it]print_dice: 0.5156814455986023
     ,   print_iou: 0.3474196791648865
7361 Epoch 120/499:  70%|███████       | 23/33 [02:33<01:05,  6.56s/it]print_dice: 0.5414455533027649
     ,   print_iou: 0.3712206482887268
7362 print_dice: 0.4877309203147888,  print_iou: 0.32251596450805664
7363 Epoch 120/499:  76%|███████       | 25/33 [02:46<00:52,  6.52s/it]print_dice: 0.5471030473709106
     ,   print_iou: 0.3765600919723511
7364 Epoch 120/499:  79%|███████       | 26/33 [02:53<00:45,  6.57s/it]print_dice: 0.5429646372795105
     ,   print_iou: 0.37265029549598694
7365 print_dice: 0.5158388614654541,  print_iou: 0.3475625514984131
7366 Epoch 120/499:  85%|████████      | 28/33 [03:06<00:32,  6.55s/it]print_dice: 0.6194028258323669
     ,   print_iou: 0.44864851236343384
7367 print_dice: 0.5213345885276794,  print_iou: 0.352571040391922
7368 Epoch 120/499:  91%|█████████     | 30/33 [03:19<00:19,  6.57s/it]print_dice: 0.4851987063884735
     ,   print_iou: 0.3203051686286926
7369 print_dice: 0.5208789110183716,  print_iou: 0.35215437412261963
7370 Epoch 120/499:  97%|██████████    | 32/33 [03:32<00:06,  6.49s/it]print_dice: 0.5363588929176331
     ,   print_iou: 0.36645519733428955
7371 Epoch 120/499: 100%|██████████    | 33/33 [03:38<00:00,  6.44s/it]print_dice: 0.5419851541519165
     ,   print_iou: 0.37172815203666687
7372  [32/33]  eta: 0:00:06    time: 6.5293  data: 0.0005
7373 Epoch 120/499: 100%|██████████    | 33/33 [03:39<00:00,  6.65s/it]
7374  Total time: 0:03:39 (6.6456 s / it)
7375 Averaged stats: training_loss: -133.5030 (-133.5030)  loss_mask: -133.5080 (-133.5080)
     loss_dice: 0.0050 (0.0050)
7376   0%|             | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402804611
7377 Validating...
7378 Valid_dataloader len: 12
7379 print_dice: 0.5124769806861877,  print_iou: 0.3445169925689697
7380  [ 0/12]  eta: 0:01:37    time: 8.0873  data: 3.9374
7381  17%|██            | 2/12 [00:12<00:58,  5.85s/it]print_dice: 0.5451772212982178,  print_iou: 0.
     3747378885746002
7382  25%|██            | 3/12 [00:16<00:46,  5.22s/it]print_dice: 0.49098390340805054,  print_iou: 0
     .32536691427230835
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7383  33%|███      | 4/12 [00:21<00:40,  5.01s/it]print_dice: 0.489938884973526,  print_iou: 0.
      32444968819618225
7384 print_dice: 0.5433809757232666,  print_iou: 0.37304261326789856
7385  50%|████     | 6/12 [00:30<00:28,  4.69s/it]print_dice: 0.4808175563812256,  print_iou: 0.
      3164975643157959
7386  58%|█████    | 7/12 [00:35<00:23,  4.72s/it]print_dice: 0.4266386926174164,  print_iou: 0.
      27116382122039795
7387  67%|██████   | 8/12 [00:39<00:18,  4.64s/it]print_dice: 0.5245736837387085,  print_iou: 0.
      35554039478302
7388  75%|███████  | 9/12 [00:44<00:13,  4.63s/it]print_dice: 0.5287457704544067,  print_iou: 0.
      359938435792922974
7389  83%|███████▊ | 10/12 [00:48<00:09,  4.56s/it]print_dice: 0.5384718179702759,  print_iou: 0
      .3684306740760803
7390 print_dice: 0.5881444215774536,  print_iou: 0.41657546162605286
7391 100%|█████████| 12/12 [00:57<00:00,  4.43s/it]print_dice: 0.5552316308021545,  print_iou: 0
      .3843049108982086
7392  [11/12]  eta: 0:00:04   time: 4.7804  data: 0.3286
7393 100%|█████████| 12/12 [00:57<00:00,  4.82s/it]
7394  Total time: 0:00:57 (4.8195 s / it)
7395 ===========================
7396 Averaged stats:
7397 Epoch 121/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
7398 epoch:    121   learning rate:   1.0000000000000004e-12
7399 print_dice: 0.570896565914154,   print_iou: 0.3994787931442261
7400 Epoch 121/499:   3%|▏         | 1/33 [00:10<05:33, 10.41s/it]  [ 0/33]  eta: 0:05:43    time
      : 10.4102  data: 4.0394
7401 Epoch 121/499:   6%|▍         | 2/33 [00:16<04:03,  7.87s/it]print_dice: 0.5134409666061401
      ,   print_iou: 0.34538885951042175
7402 print_dice: 0.44120246171951294,   print_iou: 0.28304025530815125
7403 Epoch 121/499:  12%|█         | 4/33 [00:29<03:20,  6.92s/it]print_dice: 0.5372475981712341
      ,   print_iou: 0.3672853708267212
7404 print_dice: 0.5142806172370911,   print_iou: 0.346149206161499
7405 Epoch 121/499:  18%|█▋        | 6/33 [00:42<02:59,  6.65s/it]print_dice: 0.491605281829834
      ,   print_iou: 0.3259128928184509
7406 print_dice: 0.4266473352909088,   print_iou: 0.27117082476615906
7407 Epoch 121/499:  24%|██▏       | 8/33 [00:55<02:45,  6.60s/it]print_dice: 0.5946258902549744
      ,   print_iou: 0.42310860753059387
7408 Epoch 121/499:  27%|██▍       | 9/33 [01:01<02:37,  6.54s/it]print_dice: 0.4697597324848175
      ,   print_iou: 0.3069843053817749
7409 Epoch 121/499:  30%|██▋       | 10/33 [01:08<02:30,  6.53s/it]print_dice: 0.5205010771751404
      ,   print_iou: 0.351809024810791
7410 print_dice: 0.483161598443985,   print_iou: 0.3185320198535919
7411 Epoch 121/499:  36%|███▏      | 12/33 [01:21<02:16,  6.50s/it]print_dice: 0.5406391024589539
      ,   print_iou: 0.37046289443969727
7412 print_dice: 0.4987603724002838,   print_iou: 0.33223235607147217
7413 Epoch 121/499:  42%|███▋      | 14/33 [01:34<02:04,  6.53s/it]print_dice: 0.549321174621582
      ,   print_iou: 0.37866491079330444
7414 print_dice: 0.5424920320510864,   print_iou: 0.3722051680088043
7415 Epoch 121/499:  48%|████▎     | 16/33 [01:47<01:51,  6.55s/it]print_dice: 0.4801289141178131
      ,   print_iou: 0.31590110063552856
7416 print_dice: 0.44929713010787964,   print_iou: 0.289737731218338
7417 Epoch 121/499:  55%|████▊     | 18/33 [02:00<01:38,  6.54s/it]print_dice: 0.5157442092895508
      ,   print_iou: 0.34747666120529175
7418 Epoch 121/499:  58%|█████▏    | 19/33 [02:07<01:31,  6.56s/it]print_dice: 0.4596116840839386
      ,   print_iou: 0.29837390780448914
7419 Epoch 121/499:  61%|█████▍    | 20/33 [02:13<01:24,  6.51s/it]print_dice: 0.4287286698818207
      ,   print_iou: 0.27285462617874146
7420 Epoch 121/499:  64%|█████▋    | 21/33 [02:20<01:18,  6.51s/it]print_dice: 0.
      42843782901763916,   print_iou: 0.2726190686225891
7421 Epoch 121/499:  67%|█████▊    | 22/33 [02:26<01:11,  6.49s/it]print_dice: 0.6169483065605164
      ,   print_iou: 0.44607752561569214
7422 print_dice: 0.4867604970932007,   print_iou: 0.3216678500175476
7423 Epoch 121/499:  73%|██████▌   | 24/33 [02:39<00:58,  6.53s/it]print_dice: 0.
      48489776253700256,   print_iou: 0.320042937940033
7424 print_dice: 0.5026634931564331,   print_iou: 0.33570510149002075
7425 Epoch 121/499:  79%|███████▏  | 26/33 [02:52<00:45,  6.48s/it]print_dice: 0.5269177556037903
      ,   print_iou: 0.357697457075119
7426 Epoch 121/499:  82%|███████▍  | 27/33 [02:59<00:38,  6.49s/it]print_dice: 0.5210946798324585
      ,   print_iou: 0.3523516058921814
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7427 Epoch 121/499:   85%|████████▎    | 28/33 [03:05<00:32,  6.48s/it]print_dice: 0.5200741291046143
     ,   print_iou: 0.351419061422348
7428 Epoch 121/499:   88%|████████▌    | 29/33 [03:12<00:26,  6.53s/it]print_dice: 0.554163932800293
     ,   print_iou: 0.38328269124031067
7429 print_dice: 0.5160534977912903,   print_iou: 0.3477574586868286
7430 Epoch 121/499:   94%|█████████▏   | 31/33 [03:25<00:13,  6.51s/it]print_dice: 0.5363588929176331
     ,   print_iou: 0.36645519733428955
7431 print_dice: 0.5220672488212585,   print_iou: 0.35324156284332275
7432 Epoch 121/499:  100%|█████████▊   | 33/33 [03:38<00:00,  6.52s/it]print_dice: 0.5421022772789001
     ,   print_iou: 0.3718383312225342
7433   [32/33]  eta: 0:00:06   time: 6.5201  data: 0.0004
7434 Epoch 121/499:  100%|█████████▊   | 33/33 [03:38<00:00,  6.63s/it]
7435  Total time: 0:03:38 (6.6291 s / it)
7436 Averaged stats: training_loss: -18.5539 (-18.5539)  loss_mask: -18.7539 (-18.7539)
     loss_dice: 0.1999 (0.1999)
7437   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402804611
7438 Validating...
7439 Valid_dataloader len: 12
7440   8%|▊         | 1/12 [00:07<01:27,  7.91s/it]print_dice: 0.5189106464385986,  print_iou: 0.
     35035744309425354
7441   [ 0/12]  eta: 0:01:34   time: 7.9092  data: 3.8309
7442 print_dice: 0.5481194853782654,  print_iou: 0.37752383947372437
7443  25%|██▌       | 3/12 [00:16<00:45,  5.11s/it]print_dice: 0.5066512823104858,  print_iou: 0.
     3392719030380249
7444  33%|███▎      | 4/12 [00:21<00:39,  4.90s/it]print_dice: 0.4899638891220093,  print_iou: 0.
     3244716227054596
7445 print_dice: 0.5424968600273132,  print_iou: 0.372209757566452
7446  50%|█████     | 6/12 [00:29<00:27,  4.65s/it]print_dice: 0.47559961676597595,  print_iou: 0
     .31199127435684204
7447 print_dice: 0.41493120789527893,  print_iou: 0.2617748975753784
7448  67%|██████▋   | 8/12 [00:38<00:18,  4.55s/it]print_dice: 0.5245714783668518,  print_iou: 0.
     35553836822509766
7449 print_dice: 0.5266169309616089,  print_iou: 0.3574202358722687
7450  83%|████████▎ | 10/12 [00:47<00:08,  4.48s/it]print_dice: 0.5384632349014282,  print_iou: 0
     .36842265725135803
7451  92%|█████████▏| 11/12 [00:52<00:04,  4.44s/it]print_dice: 0.5817185044288635,  print_iou: 0
     .41015732288360596
7452 100%|██████████| 12/12 [00:56<00:00,  4.37s/it]print_dice: 0.5362268686294556,  print_iou: 0
     .36633196473121643
7453   [11/12]  eta: 0:00:04   time: 4.6981  data: 0.3196
7454  Total time: 0:00:56 (4.7302 s / it)
7455 ============================
7456 Averaged stats:
7457 100%|██████████| 12/12 [00:56<00:00,  4.73s/it]
7458 Epoch 122/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
7459 epoch:    122   learning rate:   1.0000000000000004e-12
7460 print_dice: 0.5372982025146484,   print_iou: 0.36733272671699524
7461   [ 0/33]  eta: 0:05:46   time: 10.4989  data: 4.0868
7462 Epoch 122/499:   6%|▌         | 2/33 [00:16<04:08,  8.02s/it]print_dice: 0.5931496024131775
     ,   print_iou: 0.42161527276039124
7463 Epoch 122/499:   9%|▉         | 3/33 [00:23<03:39,  7.33s/it]print_dice: 0.5725353956222534
     ,   print_iou: 0.4010854959487915
7464 Epoch 122/499:  12%|█▏        | 4/33 [00:29<03:24,  7.04s/it]print_dice: 0.49852660298347473
     ,   print_iou: 0.3320249319076538
7465 print_dice: 0.5156816840171814,   print_iou: 0.3474198579788208
7466 Epoch 122/499:  18%|█▊        | 6/33 [00:42<03:02,  6.75s/it]print_dice: 0.5153822898864746
     ,   print_iou: 0.34714818000793457
7467 print_dice: 0.44901707768440247,   print_iou: 0.28950485587120056
7468 Epoch 122/499:  24%|██▍       | 8/33 [00:56<02:47,  6.72s/it]print_dice: 0.4822939336299896
     ,   print_iou: 0.31777822971343994
7469 print_dice: 0.5428507328033447,   print_iou: 0.37254297733306885
7470 Epoch 122/499:  30%|███       | 10/33 [01:09<02:32,  6.62s/it]print_dice: 0.4286404252052307
     ,   print_iou: 0.2727831304073334
7471 Epoch 122/499:  33%|███▎      | 11/33 [01:15<02:24,  6.58s/it]print_dice: 0.5419846177101135
     ,   print_iou: 0.3717276453971863
7472 Epoch 122/499:  36%|███▋      | 12/33 [01:22<02:17,  6.55s/it]print_dice: 0.5407418012619019
     ,   print_iou: 0.37055936455726624
7473 Epoch 122/499:  39%|███▉      | 13/33 [01:28<02:10,  6.53s/it]print_dice: 0.5546618103981018
     ,   print_iou: 0.38375917077064514
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7474 Epoch 122/499:  42%|███▋        | 14/33 [01:35<02:04,  6.53s/it]print_dice: 0.
     42651185393333435,   print_iou: 0.27106139063835144
7475 Epoch 122/499:  45%|███▋        | 15/33 [01:41<01:57,  6.55s/it]print_dice: 0.5200763940811157
     ,   print_iou: 0.3514211177825928
7476 Epoch 122/499:  48%|███▋█       | 16/33 [01:48<01:51,  6.54s/it]print_dice: 0.5030273199081421
     ,   print_iou: 0.33602970838546753
7477 print_dice: 0.49187713861465454,   print_iou: 0.32615187764167786
7478 Epoch 122/499:  55%|████▊       | 18/33 [02:01<01:37,  6.51s/it]print_dice: 0.547214686870575
     ,   print_iou: 0.3766658902168274
7479 print_dice: 0.428834993839264,   print_iou: 0.2725750803947449
7480 Epoch 122/499:  61%|████▊       | 20/33 [02:14<01:25,  6.54s/it]print_dice: 0.4816846251487732
     ,   print_iou: 0.3172493875026703
7481 Epoch 122/499:  64%|████▊▊      | 21/33 [02:21<01:18,  6.54s/it]print_dice: 0.6165249943733215
     ,   print_iou: 0.4456350803375244
7482 print_dice: 0.5209967494010925,   print_iou: 0.35226207971572876
7483 Epoch 122/499:  70%|█████▊█     | 23/33 [02:34<01:05,  6.52s/it]print_dice: 0.5414998531341553
     ,   print_iou: 0.3712717294692993
7484 print_dice: 0.5134278535842896,   print_iou: 0.34537702798843384
7485 Epoch 122/499:  76%|██████▊     | 25/33 [02:47<00:52,  6.50s/it]print_dice: 0.5204694867134094
     ,   print_iou: 0.35178014636039734
7486 print_dice: 0.5212620496749878,   print_iou: 0.3525046706199646
7487 Epoch 122/499:  82%|██████▊█    | 27/33 [03:00<00:39,  6.53s/it]print_dice: 0.4600556194782257
     ,   print_iou: 0.2987481951713562
7488 Epoch 122/499:  85%|██████▊█▊   | 28/33 [03:06<00:32,  6.52s/it]print_dice: 0.4697575569152832
     ,   print_iou: 0.30698245763778687
7489 print_dice: 0.4853902893066406,   print_iou: 0.3203403353691101
7490 Epoch 122/499:  91%|███████▊█   | 30/33 [03:19<00:19,  6.51s/it]print_dice: 0.
     44937121868133545,   print_iou: 0.28979936242103577
7491 print_dice: 0.5235908627510071,   print_iou: 0.3546380400657654
7492 Epoch 122/499:  97%|████████▊█▊| 32/33 [03:32<00:06,  6.49s/it]print_dice: 0.
     48667100071907043,   print_iou: 0.3215896785259247
7493 print_dice: 0.5158105492591858,   print_iou: 0.3475368916988373
7494  [32/33]  eta: 0:00:06   time: 6.5083  data: 0.0005
7495 Epoch 122/499: 100%|████████████| 33/33 [03:39<00:00,  6.65s/it]
7496  Total time: 0:03:39 (6.6479 s / it)
7497 Averaged stats: training_loss: 3.0617 (3.0617)  loss_mask: 2.7752 (2.7752)  loss_dice: 0.
     2865 (0.2865)
7498 Net parameter norm: 1054.8383402804611
7499 Validating...
7500 Valid_dataloader len: 12
7501   8%|█         | 1/12 [00:08<01:28,  8.01s/it]print_dice: 0.5187928080558777,  print_iou: 0.
     3502500057220459
7502  [ 0/12]  eta: 0:01:36   time: 8.0135  data: 3.8565
7503  17%|█▊        | 2/12 [00:12<00:58,  5.84s/it]print_dice: 0.548111617565155,  print_iou: 0.
     37751638889312744
7504 print_dice: 0.4904059171676636,  print_iou: 0.32485947012901306
7505  33%|███▊      | 4/12 [00:21<00:39,  4.96s/it]print_dice: 0.48660391569137573,  print_iou: 0
     .32153111696243286
7506  42%|███▊      | 5/12 [00:25<00:33,  4.79s/it]print_dice: 0.5492628812789917,  print_iou: 0.
     3786095082759857
7507  50%|████      | 6/12 [00:30<00:28,  4.72s/it]print_dice: 0.480736643075943,  print_iou: 0.
     31642746925354004
7508  58%|████▊     | 7/12 [00:35<00:23,  4.67s/it]print_dice: 0.4361291229724884,  print_iou: 0.
     27887797355651855
7509 print_dice: 0.5129563212394714,  print_iou: 0.3449503779411316
7510  75%|███████   | 9/12 [00:43<00:13,  4.54s/it]print_dice: 0.5223188996315002,  print_iou: 0.
     3534720242023468
7511  83%|███████▊  | 10/12 [00:48<00:08,  4.47s/it]print_dice: 0.5279073119163513,  print_iou: 0
     .3586100935935974
7512 print_dice: 0.5880813598632812,  print_iou: 0.41651222109794617
7513 100%|██████████| 12/12 [00:56<00:00,  4.37s/it]print_dice: 0.5503015518188477,  print_iou: 0
     .3795972466468811
7514  [11/12]  eta: 0:00:04   time: 4.7253  data: 0.3219
7515 100%|██████████| 12/12 [00:57<00:00,  4.76s/it]
7516  Total time: 0:00:57 (4.7588 s / it)
7517 ============================
7518 Averaged stats:
7519 Epoch 123/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
7520 epoch:    123   learning rate:   1.0000000000000004e-12
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7521 print_dice: 0.5934234261512756,    print_iou: 0.4218920171260834
7522   [ 0/33]  eta: 0:05:41    time: 10.3471  data: 3.9184
7523 Epoch 123/499:    6%|█           | 2/33 [00:16<04:04,  7.90s/it]print_dice: 0.5268968343734741
     ,    print_iou: 0.3576781749725342
7524 print_dice: 0.4298555552959442,    print_iou: 0.2737681567668915
7525 Epoch 123/499:   12%|█▌          | 4/33 [00:29<03:21,  6.93s/it]print_dice: 0.5377663969993591
     ,    print_iou: 0.3677704930305481
7526 print_dice: 0.5430083274841309,    print_iou: 0.37269145250320435
7527 Epoch 123/499:   18%|██▏         | 6/33 [00:42<03:03,  6.79s/it]print_dice: 0.5472584366798401
     ,    print_iou: 0.37670737504959106
7528 print_dice: 0.4580872654914856,    print_iou: 0.2970902621746063
7529 Epoch 123/499:   24%|██▊         | 8/33 [00:55<02:45,  6.64s/it]print_dice: 0.5010098814964294
     ,    print_iou: 0.3342316150665283
7530 Epoch 123/499:   27%|███         | 9/33 [01:02<02:38,  6.62s/it]print_dice: 0.5161224007606506
     ,    print_iou: 0.3478200435638428
7531 print_dice: 0.5002846717834473,    print_iou: 0.3335864543914795
7532 Epoch 123/499:   33%|███▋        | 11/33 [01:15<02:24,  6.58s/it]print_dice: 0.5203494429588318
     ,    print_iou: 0.351670503616333
7533 Epoch 123/499:   36%|████        | 12/33 [01:21<02:17,  6.53s/it]print_dice: 0.6193805932998657
     ,    print_iou: 0.4486251473426819
7534 print_dice: 0.5412452220916748,    print_iou: 0.37103235721588135
7535 Epoch 123/499:   42%|████▋       | 14/33 [01:34<02:03,  6.48s/it]print_dice: 0.
     44897139072418213,    print_iou: 0.28946688771247864
7536 Epoch 123/499:   45%|████▉       | 15/33 [01:41<01:57,  6.55s/it]print_dice: 0.5708873867988586
     ,    print_iou: 0.3994698226451874
7537 Epoch 123/499:   48%|█████▎      | 16/33 [01:47<01:50,  6.51s/it]print_dice: 0.5417778491973877
     ,    print_iou: 0.3715331554412842
7538 Epoch 123/499:   52%|█████▋      | 17/33 [01:54<01:44,  6.53s/it]print_dice: 0.4867604970932007
     ,    print_iou: 0.3216678500175476
7539 Epoch 123/499:   55%|██████      | 18/33 [02:01<01:38,  6.54s/it]print_dice: 0.4853125810623169
     ,    print_iou: 0.32040444016456604
7540 print_dice: 0.49465301632881165,    print_iou: 0.3285973370075226
7541 Epoch 123/499:   61%|██████▋     | 20/33 [02:14<01:25,  6.56s/it]print_dice: 0.
     42614448070526123,    print_iou: 0.27076467871665955
7542 print_dice: 0.5228236317634583,    print_iou: 0.35393446683883667
7543 Epoch 123/499:   67%|███████▎    | 22/33 [02:27<01:12,  6.57s/it]print_dice: 0.5134278535842896
     ,    print_iou: 0.34537702798843384
7544 Epoch 123/499:   70%|███████▋    | 23/33 [02:34<01:05,  6.57s/it]print_dice: 0.
     441120246171951294,    print_iou: 0.28304025530815125
7545 Epoch 123/499:   73%|████████    | 24/33 [02:40<00:58,  6.53s/it]print_dice: 0.5546619892120361
     ,    print_iou: 0.38375937938690186
7546 print_dice: 0.542531430721283,    print_iou: 0.372242271900177
7547 Epoch 123/499:   79%|████████▋   | 26/33 [02:53<00:45,  6.51s/it]print_dice: 0.4720142185688019
     ,    print_iou: 0.3089127242565155
7548 Epoch 123/499:   82%|█████████   | 27/33 [03:00<00:39,  6.52s/it]print_dice: 0.4815082550048828
     ,    print_iou: 0.31709638237953186
7549 Epoch 123/499:   85%|█████████▎  | 28/33 [03:06<00:32,  6.51s/it]print_dice: 0.5206325054168701
     ,    print_iou: 0.35192909836769104
7550 print_dice: 0.42887991666793823,    print_iou: 0.27297717332839966
7551 Epoch 123/499:   91%|██████████  | 30/33 [03:19<00:19,  6.55s/it]print_dice: 0.4818035364151001
     ,    print_iou: 0.317352631427765
7552 print_dice: 0.5209983587265015,    print_iou: 0.35226356983184814
7553 Epoch 123/499:   97%|██████████▋ | 32/33 [03:32<00:06,  6.49s/it]print_dice: 0.5154393911361694
     ,    print_iou: 0.347199946641922
7554 Epoch 123/499:  100%|███████████ | 33/33 [03:39<00:00,  6.49s/it]print_dice: 0.5158105492591858
     ,    print_iou: 0.3475368916988373
7555   [32/33]  eta: 0:00:06    time: 6.5332  data: 0.0004
7556 Epoch 123/499:  100%|███████████ | 33/33 [03:39<00:00,  6.65s/it]
7557  Total time: 0:03:39 (6.6509 s / it)
7558 Averaged stats: training_loss: -46.8608 (-46.8608)  loss_mask: -47.0189 (-47.0189)
     loss_dice: 0.1581 (0.1581)
7559 Net parameter norm: 1054.8383402804611
7560 Validating...
7561 Valid_dataloader len: 12
7562    8%|█         | 1/12 [00:08<01:28,  8.03s/it]print_dice: 0.5321577191352844,    print_iou: 0.
     3625442087650299
7563   [ 0/12]  eta: 0:01:36    time: 8.0305  data: 3.9400
7564 print_dice: 0.5481515526771545,    print_iou: 0.3775542676448822
7565   25%|██        | 3/12 [00:16<00:46,  5.16s/it]print_dice: 0.5066065788269043,    print_iou: 0.
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7565 33923181891441345
7566  33%|███        | 4/12 [00:21<00:39,  4.93s/it]print_dice: 0.4751313030719757,  print_iou: 0.
     3115583469581604
7567 print_dice: 0.5433558225631714,  print_iou: 0.37301892042160034
7568  50%|████       | 6/12 [00:30<00:27,  4.63s/it]print_dice: 0.48359498381614685,  print_iou: 0
     .3189088702201843
7569  58%|█████      | 7/12 [00:34<00:23,  4.60s/it]print_dice: 0.42944738268852234,  print_iou: 0
     .27343714237213135
7570 print_dice: 0.5195968747138977,  print_iou: 0.3509833812713623
7571  75%|███████    | 9/12 [00:43<00:13,  4.59s/it]print_dice: 0.5296040177345276,  print_iou: 0.
     36017781496047974
7572  83%|████████   | 10/12 [00:48<00:09,  4.54s/it]print_dice: 0.52471923828125,  print_iou: 0.
     3556741774082184
7573 print_dice: 0.5743775963783264,  print_iou: 0.402895987033844
7574 100%|██████████| 12/12 [00:56<00:00,  4.40s/it]print_dice: 0.5503779649734497,  print_iou: 0
     .3796699643135071
7575   [11/12]  eta: 0:00:04   time: 4.7305  data: 0.3287
7576 100%|██████████| 12/12 [00:57<00:00,  4.77s/it]
7577  Total time: 0:00:57 (4.7669 s / it)
7578 ============================
7579 Averaged stats:
7580 Epoch 124/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
7581 epoch:    124   learning rate:   1.0000000000000004e-12
7582 Epoch 124/499:   3%|▏         | 1/33 [00:10<05:36, 10.50s/it]print_dice: 0.5210946798324585
     ,  print_iou: 0.3523516058921814
7583   [ 0/33] eta: 0:05:46   time: 10.5037  data: 4.2740
7584 print_dice: 0.5416415333747864,  print_iou: 0.3714049160480499
7585 Epoch 124/499:   9%|█         | 3/33 [00:23<03:38,  7.29s/it]print_dice: 0.5153407454490662
     ,  print_iou: 0.34711042046546936
7586 print_dice: 0.428988516330719,  print_iou: 0.2730651795864105
7587 Epoch 124/499:  15%|█▌        | 5/33 [00:36<03:13,  6.91s/it]print_dice: 0.4485369026660919
     ,  print_iou: 0.28910574316978455
7588 print_dice: 0.5140975713729858,  print_iou: 0.3459833860397339
7589 Epoch 124/499:  21%|██        | 7/33 [00:49<02:53,  6.66s/it]print_dice: 0.6194028258323669
     ,  print_iou: 0.44864851236343384
7590 Epoch 124/499:  24%|██▍       | 8/33 [00:56<02:46,  6.64s/it]print_dice: 0.4852078855037689
     ,  print_iou: 0.3203131854534149
7591 Epoch 124/499:  27%|██▋       | 9/33 [01:02<02:37,  6.57s/it]print_dice: 0.5150814056396484
     ,  print_iou: 0.3468751609325409
7592 Epoch 124/499:  30%|███       | 10/33 [01:09<02:30,  6.55s/it]print_dice: 0.5135502219200134
     ,  print_iou: 0.3454877734184265
7593 Epoch 124/499:  33%|███▎      | 11/33 [01:15<02:23,  6.53s/it]print_dice: 0.5946950912475586
     ,  print_iou: 0.42317870259284973
7594 Epoch 124/499:  36%|███▋      | 12/33 [01:21<02:16,  6.50s/it]print_dice: 0.
     42845025658607483,  print_iou: 0.27262914180755615
7595 print_dice: 0.5378522276878357,  print_iou: 0.36785078048706055
7596 Epoch 124/499:  42%|████▏     | 14/33 [01:35<02:03,  6.51s/it]print_dice: 0.494472861289978
     ,  print_iou: 0.32843834161758423
7597 print_dice: 0.5026634931564331,  print_iou: 0.33570510149002075
7598 Epoch 124/499:  48%|████▊     | 16/33 [01:48<01:50,  6.51s/it]print_dice: 0.4492901861667633
     ,  print_iou: 0.2897319495677948
7599 Epoch 124/499:  52%|█████▏    | 17/33 [01:54<01:43,  6.48s/it]print_dice: 0.541257381439209
     ,  print_iou: 0.3710438013076782
7600 print_dice: 0.4873397946357727,  print_iou: 0.3221740126609802
7601 Epoch 124/499:  58%|█████▊    | 19/33 [02:07<01:31,  6.55s/it]print_dice: 0.
     49799203872680664,  print_iou: 0.33155086636543274
7602 Epoch 124/499:  61%|██████    | 20/33 [02:14<01:24,  6.52s/it]print_dice: 0.4818161725997925
     ,  print_iou: 0.317363005950928
7603 print_dice: 0.5225898027420044,  print_iou: 0.35372018814086914
7604 Epoch 124/499:  67%|██████▋   | 22/33 [02:27<01:11,  6.53s/it]print_dice: 0.5408958792686462
     ,  print_iou: 0.37070411443710327
7605 print_dice: 0.42636638879776,  print_iou: 0.27094388008117676
7606 Epoch 124/499:  73%|███████▎  | 24/33 [02:40<00:58,  6.51s/it]print_dice: 0.5546510815620422
     ,  print_iou: 0.3837488889694214
7607 Epoch 124/499:  76%|███████▌  | 25/33 [02:46<00:51,  6.47s/it]print_dice: 0.5269177556037903
     ,  print_iou: 0.357697457075119
7608 Epoch 124/499:  79%|███████▉  | 26/33 [02:53<00:45,  6.48s/it]print_dice: 0.
     45987850427627563,  print_iou: 0.2985985573387146
7609 Epoch 124/499:  82%|████████▏ | 27/33 [02:59<00:38,  6.46s/it]print_dice: 0.5363243222236633
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7609 ,    print_iou: 0.3664229214191437
7610 Epoch 124/499:  85%|████████▌  | 28/33 [03:05<00:32,  6.44s/it]print_dice: 0.5227562189102173
     ,    print_iou: 0.35387271642684937
7611 Epoch 124/499:  88%|████████▊  | 29/33 [03:12<00:25,  6.48s/it]print_dice: 0.5492672324180603
     ,    print_iou: 0.3786136209964752
7612 Epoch 124/499:  91%|█████████  | 30/33 [03:19<00:19,  6.51s/it]print_dice: 0.5703140497207642
     ,    print_iou: 0.3989085853099823
7613 Epoch 124/499:  94%|█████████▍ | 31/33 [03:25<00:12,  6.48s/it]print_dice: 0.4719363749027252
     ,    print_iou: 0.30884602665901184
7614 print_dice: 0.517396092414856,    print_iou: 0.3489779829978943
7615 Epoch 124/499: 100%|██████████| 33/33 [03:38<00:00,  6.48s/it]print_dice: 0.4826413691043854
     ,    print_iou: 0.31807994842529297
7616  [32/33]  eta: 0:00:06    time: 6.4960  data: 0.0003
7617 Epoch 124/499: 100%|██████████| 33/33 [03:38<00:00,  6.63s/it]
7618  Total time: 0:03:38 (6.6290 s / it)
7619 Averaged stats: training_loss: 27.0892 (27.0892)  loss_mask: 26.8133 (26.8133)  loss_dice: 0
     .2759 (0.2759)
7620 Net parameter norm: 1054.8383402804611
7621 Validating...
7622 Valid_dataloader len: 12
7623   8%|█         | 1/12 [00:07<01:27,  7.94s/it]print_dice: 0.5113451480865479,  print_iou: 0.
     3434947431087494
7624  [ 0/12]  eta: 0:01:35    time: 7.9411  data: 3.8554
7625 print_dice: 0.5481294393539429,  print_iou: 0.3775332570075989
7626  25%|██        | 3/12 [00:16<00:46,  5.12s/it]print_dice: 0.5066702365875244,  print_iou: 0.
     33928894996643066
7627  33%|███       | 4/12 [00:21<00:39,  4.94s/it]print_dice: 0.4899201989173889,  print_iou: 0.
     3244333267211914
7628  42%|████      | 5/12 [00:25<00:33,  4.80s/it]print_dice: 0.5330162644386292,  print_iou: 0.
     36334165930747986
7629 print_dice: 0.483649343252182,  print_iou: 0.3189561367034912
7630  58%|█████▊    | 7/12 [00:34<00:23,  4.62s/it]print_dice: 0.4361646771430969,  print_iou: 0.
     27890703082084656
7631 print_dice: 0.5245921611785889,  print_iou: 0.3555574119091034
7632  75%|███████▌  | 9/12 [00:43<00:13,  4.55s/it]print_dice: 0.5296379327774048,  print_iou: 0.
     3602091670036316
7633  83%|████████▎ | 10/12 [00:47<00:08,  4.49s/it]print_dice: 0.5330909490585327,  print_iou: 0
     .3634110391139984
7634  92%|█████████▏| 11/12 [00:52<00:04,  4.41s/it]print_dice: 0.5881603956222534,  print_iou: 0
     .41659149527549744
7635 100%|██████████| 12/12 [00:56<00:00,  4.34s/it]print_dice: 0.5552361607551575,  print_iou: 0
     .3843092918395996
7636  [11/12]  eta: 0:00:04    time: 4.6974  data: 0.3220
7637 100%|██████████| 12/12 [00:56<00:00,  4.73s/it]
7638  Total time: 0:00:56 (4.7324 s / it)
7639 ============================
7640 Averaged stats:
7641 Epoch 125/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
7642 epoch:    125   learning rate:   1.0000000000000004e-12
7643 Epoch 125/499:   3%|▏         | 1/33 [00:10<05:43, 10.74s/it]print_dice: 0.5268968343734741
     ,    print_iou: 0.3576781749725342
7644  [ 0/33]  eta: 0:05:54    time: 10.7445  data: 4.2452
7645 Epoch 125/499:   6%|▌         | 2/33 [00:17<04:11,  8.12s/it]print_dice: 0.5412874221801758
     ,    print_iou: 0.37107202410697937
7646 Epoch 125/499:   9%|▉         | 3/33 [00:23<03:42,  7.40s/it]print_dice: 0.46975797414779663
     ,    print_iou: 0.30698278546333313
7647 print_dice: 0.4265024662017822,   print_iou: 0.2710537910461426
7648 Epoch 125/499:  15%|█▌        | 5/33 [00:36<03:13,  6.91s/it]print_dice: 0.4303430914878845
     ,    print_iou: 0.27416378259658813
7649 Epoch 125/499:  18%|█▊        | 6/33 [00:43<03:03,  6.80s/it]print_dice: 0.5112449526786804
     ,    print_iou: 0.3434043824672699
7650 Epoch 125/499:  21%|██        | 7/33 [00:49<02:54,  6.71s/it]print_dice: 0.5228685140609741
     ,    print_iou: 0.3539756238460541
7651 Epoch 125/499:  24%|██▍       | 8/33 [00:56<02:46,  6.66s/it]print_dice: 0.516122579574585
     ,    print_iou: 0.3478202521800995
7652 Epoch 125/499:  27%|██▋       | 9/33 [01:03<02:39,  6.64s/it]print_dice: 0.42853617668151855
     ,    print_iou: 0.2726987302303314
7653 print_dice: 0.5377665758132935,   print_iou: 0.3677706718444824
7654 Epoch 125/499:  33%|███▎      | 11/33 [01:16<02:25,  6.61s/it]print_dice: 0.5708712339401245
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7654 ,    print_iou: 0.3994539976119995
7655 Epoch 125/499:  36%|███▌        | 12/33 [01:22<02:17,  6.53s/it]print_dice: 0.5418647527694702
     ,    print_iou: 0.37161490321159363
7656 Epoch 125/499:  39%|███▉        | 13/33 [01:29<02:11,  6.56s/it]print_dice: 0.6165767908096313
     ,    print_iou: 0.44568923115730286
7657 print_dice: 0.497925311269806,   print_iou: 0.33149170875549316
7658 Epoch 125/499:  45%|████▌       | 15/33 [01:42<01:57,  6.54s/it]print_dice: 0.594882607460022
     ,    print_iou: 0.4233686029911041
7659 Epoch 125/499:  48%|████▊       | 16/33 [01:48<01:51,  6.55s/it]print_dice: 0.
     441120246171951294,    print_iou: 0.28304025530815125
7660 Epoch 125/499:  52%|█████▏      | 17/33 [01:55<01:45,  6.60s/it]print_dice: 0.
     48676031827926636,    print_iou: 0.3216676712036133
7661 Epoch 125/499:  55%|█████▌      | 18/33 [02:02<01:39,  6.61s/it]print_dice: 0.4823969006538391
     ,    print_iou: 0.317867636680603
7662 print_dice: 0.5232486724853516,    print_iou: 0.3543241620063782
7663 Epoch 125/499:  61%|██████      | 20/33 [02:15<01:26,  6.63s/it]print_dice: 0.5173338055610657
     ,    print_iou: 0.348921298807129
7664 Epoch 125/499:  64%|██████▍     | 21/33 [02:22<01:19,  6.62s/it]print_dice: 0.
     45742079615592957,    print_iou: 0.2965298593044281
7665 Epoch 125/499:  67%|██████▋     | 22/33 [02:28<01:12,  6.57s/it]print_dice: 0.4946613609790802
     ,    print_iou: 0.32860469818115234
7666 print_dice: 0.5545703172683716,    print_iou: 0.3836715817451477
7667 Epoch 125/499:  73%|███████▎    | 24/33 [02:41<00:58,  6.53s/it]print_dice: 0.5206342935562134
     ,    print_iou: 0.35193076729774475
7668 print_dice: 0.541257381439209,    print_iou: 0.3710438013076782
7669 Epoch 125/499:  79%|███████▉    | 26/33 [02:54<00:45,  6.54s/it]print_dice: 0.5151619911193848
     ,    print_iou: 0.3469482660293579
7670 Epoch 125/499:  82%|████████▏   | 27/33 [03:01<00:39,  6.55s/it]print_dice: 0.
     44931843876838684,    print_iou: 0.2897554636001587
7671 print_dice: 0.5492745041847229,    print_iou: 0.37862053513526917
7672 Epoch 125/499:  88%|████████▊   | 29/33 [03:14<00:26,  6.55s/it]print_dice: 0.5158388614654541
     ,    print_iou: 0.3475625514984131
7673 print_dice: 0.48061588406562805,    print_iou: 0.31632283329963684
7674 Epoch 125/499:  94%|█████████▍  | 31/33 [03:27<00:13,  6.52s/it]print_dice: 0.5026634931564331
     ,    print_iou: 0.33570510149002075
7675 Epoch 125/499:  97%|█████████▋  | 32/33 [03:33<00:06,  6.46s/it]print_dice: 0.5363588929176331
     ,    print_iou: 0.36645519733428955
7676 Epoch 125/499: 100%|██████████  | 33/33 [03:39<00:00,  6.42s/it]print_dice: 0.4852078855037689
     ,    print_iou: 0.3203131854534149
7677  [32/33]  eta: 0:00:06   time: 6.5380  data: 0.0005
7678 Epoch 125/499: 100%|██████████| 33/33 [03:40<00:00,  6.68s/it]
7679  Total time: 0:03:40 (6.6770 s / it)
7680 Averaged stats: training_loss: 61.3494 (61.3494)  loss_mask: 60.8705 (60.8705)  loss_dice: 0
     .4789 (0.4789)
7681   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402804611
7682 Validating...
7683 Valid_dataloader len: 12
7684   8%|█        | 1/12 [00:07<01:27,  7.92s/it]print_dice: 0.5321589112281799,   print_iou: 0.
     36254531145095825
7685  [ 0/12]  eta: 0:01:35   time: 7.9232  data: 3.9323
7686 print_dice: 0.5481298565864563,   print_iou: 0.3775336444377899
7687  25%|██        | 3/12 [00:16<00:46,  5.17s/it]print_dice: 0.5066067576408386,   print_iou: 0.
     3392319679260254
7688  33%|███       | 4/12 [00:21<00:39,  4.91s/it]print_dice: 0.5007970333099365,   print_iou: 0.
     33404216170310974
7689  42%|████      | 5/12 [00:25<00:33,  4.74s/it]print_dice: 0.5433292984962463,   print_iou: 0.
     3729938864707947
7690 print_dice: 0.4752924740314486,   print_iou: 0.31172698736190796
7691  58%|█████▌     | 7/12 [00:34<00:22,  4.59s/it]print_dice: 0.42592868208885193,   print_iou: 0
     .2705904543399811
7692 print_dice: 0.5098631381988525,   print_iou: 0.34215861558914185
7693  75%|███████    | 9/12 [00:43<00:13,  4.56s/it]print_dice: 0.5265954732894897,   print_iou: 0.
     35740044713020325
7694 print_dice: 0.5336472392082214,   print_iou: 0.36392831802368164
7695  92%|█████████▏ | 11/12 [00:52<00:04,  4.44s/it]print_dice: 0.588110089302063,   print_iou: 0.
     4165410101413727
7696 print_dice: 0.5368409752845764,   print_iou: 0.3669053912162781
7697  [11/12]  eta: 0:00:04   time: 4.7064  data: 0.3282
7698 100%|██████████| 12/12 [00:56<00:00,  4.74s/it]
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7699  Total time: 0:00:56 (4.7442 s / it)
7700  =============================
7701 Averaged stats:
7702 Epoch 126/499:   0%|             | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
7703 epoch:    126   learning rate:   1.0000000000000004e-12
7704 Epoch 126/499:   3%|▏            | 1/33 [00:10<05:42, 10.71s/it]print_dice: 0.541257381439209
     ,   print_iou: 0.3710438013076782
7705  [ 0/33] eta: 0:05:53   time: 10.7094  data: 4.3700
7706 Epoch 126/499:   6%|▎            | 2/33 [00:17<04:11,  8.13s/it]print_dice: 0.4851044714450836
     ,   print_iou: 0.3202230632305145
7707 Epoch 126/499:   9%|▍            | 3/33 [00:23<03:43,  7.44s/it]print_dice: 0.5226460695266724
     ,   print_iou: 0.35377174615859985
7708 Epoch 126/499:  12%|▌            | 4/33 [00:30<03:26,  7.12s/it]print_dice: 0.5427948236465454
     ,   print_iou: 0.3724903464317322
7709 print_dice: 0.42901498079299927,   print_iou: 0.2730866074562073
7710 Epoch 126/499:  18%|▊            | 6/33 [00:43<03:03,  6.81s/it]print_dice: 0.5403425097465515
     ,   print_iou: 0.3701844811439514
7711 Epoch 126/499:  21%|▉            | 7/33 [00:49<02:53,  6.69s/it]print_dice: 0.4284965693950653
     ,   print_iou: 0.2726666331291199
7712 print_dice: 0.42610546946525574,   print_iou: 0.27073317766189575
7713 Epoch 126/499:  27%|█▏           | 9/33 [01:02<02:38,  6.60s/it]print_dice: 0.524043083190918
     ,   print_iou: 0.3550530970096588
7714 print_dice: 0.5545403957366943,   print_iou: 0.38364294171333313
7715 Epoch 126/499:  33%|█▎           | 11/33 [01:16<02:24,  6.57s/it]print_dice: 0.
     48149874806404114,   print_iou: 0.31708815693855286
7716 print_dice: 0.6194310784339905,   print_iou: 0.4486781358718872
7717 Epoch 126/499:  39%|█▋           | 13/33 [01:29<02:10,  6.53s/it]print_dice: 0.5419563055038452
     ,   print_iou: 0.3717009723186493
7718 Epoch 126/499:  42%|█▊           | 14/33 [01:35<02:03,  6.53s/it]print_dice: 0.5112451910972595
     ,   print_iou: 0.3434045612812042
7719 Epoch 126/499:  45%|█▉           | 15/33 [01:42<01:57,  6.51s/it]print_dice: 0.5210081934928894
     ,   print_iou: 0.35227254033088684
7720 Epoch 126/499:  48%|██           | 16/33 [01:48<01:52,  6.61s/it]print_dice: 0.5708895325660706
     ,   print_iou: 0.3994719684123993
7721 print_dice: 0.5173144340515137,   print_iou: 0.34890368580818176
7722 Epoch 126/499:  55%|██▎          | 18/33 [02:01<01:38,  6.56s/it]print_dice: 0.4697205722332001
     ,   print_iou: 0.3069508671760559
7723 print_dice: 0.4816727638244629,   print_iou: 0.31723910570144653
7724 Epoch 126/499:  61%|██▌          | 20/33 [02:15<01:25,  6.59s/it]print_dice: 0.5140959024429321
     ,   print_iou: 0.3459818959236145
7725 print_dice: 0.4595038890838623,   print_iou: 0.29828304052352905
7726 Epoch 126/499:  67%|██▊          | 22/33 [02:28<01:12,  6.59s/it]print_dice: 0.51618492603302
     ,   print_iou: 0.3478768765926361
7727 Epoch 126/499:  70%|██▉          | 23/33 [02:34<01:05,  6.57s/it]print_dice: 0.5929645299911499
     ,   print_iou: 0.42142829298973083
7728 Epoch 126/499:  73%|███          | 24/33 [02:41<00:59,  6.57s/it]print_dice: 0.
     48767322301864624,   print_iou: 0.3224655091762543
7729 print_dice: 0.515007734298706,   print_iou: 0.34680837392807007
7730 Epoch 126/499:  79%|███▎         | 26/33 [02:55<00:47,  6.84s/it]print_dice: 0.5372848510742188
     ,   print_iou: 0.3673202097415924
7731 Epoch 126/499:  82%|███▍         | 27/33 [03:02<00:40,  6.77s/it]print_dice: 0.5489225387573242
     ,   print_iou: 0.3782861828804016
7732 Epoch 126/499:  85%|███▌         | 28/33 [03:08<00:33,  6.71s/it]print_dice: 0.5210946798324585
     ,   print_iou: 0.3523516058921814
7733 Epoch 126/499:  88%|███▋         | 29/33 [03:15<00:26,  6.65s/it]print_dice: 0.
     49164605140686035,   print_iou: 0.3259487450122833
7734 Epoch 126/499:  91%|███▊         | 30/33 [03:21<00:19,  6.62s/it]print_dice: 0.4551912844181061
     ,   print_iou: 0.2946586608886719
7735 print_dice: 0.4490082263946533,   print_iou: 0.2894974946975708
7736 Epoch 126/499:  97%|████         | 32/33 [03:35<00:06,  6.59s/it]print_dice: 0.4981955289840698
     ,   print_iou: 0.33173128962516785
7737 print_dice: 0.5002830028533936,   print_iou: 0.3335849344730377
7738 Epoch 126/499: 100%|█████████████| 33/33 [03:41<00:00,  6.56s/it]  [32/33]  eta: 0:00:06
     time: 6.6253  data: 0.0004
7739 Epoch 126/499: 100%|█████████████| 33/33 [03:42<00:00,  6.74s/it]
7740  Total time: 0:03:42 (6.7364 s / it)
7741 Averaged stats: training_loss: -15.5200 (-15.5200)  loss_mask: -15.7797 (-15.7797)
     loss_dice: 0.2596 (0.2596)
7742   0%|             | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402804611
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7743 Validating...
7744 Valid_dataloader len: 12
7745 print_dice: 0.5188303589820862,  print_iou: 0.350284218788147
7746  [ 0/12]  eta: 0:01:50   time: 9.1885  data: 4.8973
7747  17%|██        | 2/12 [00:13<01:02,  6.29s/it]print_dice: 0.5458247661590576,  print_iou: 0.
37535008788108826
7748  25%|██        | 3/12 [00:17<00:48,  5.36s/it]print_dice: 0.4835611879825592,  print_iou: 0.
31887945532798767
7749 print_dice: 0.4899075925350189,  print_iou: 0.32442227005958557
7750  42%|████      | 5/12 [00:26<00:34,  4.86s/it]print_dice: 0.5493255257606506,  print_iou: 0.
3786690831184387
7751  50%|█████     | 6/12 [00:31<00:28,  4.69s/it]print_dice: 0.4835681617259979,  print_iou: 0.
31888553500175476
7752 print_dice: 0.4259619414806366,  print_iou: 0.2706173062324524
7753  67%|██████▌   | 8/12 [00:40<00:18,  4.53s/it]print_dice: 0.5165536403656006,  print_iou: 0.
3482118844985962
7754  75%|███████▌  | 9/12 [00:44<00:13,  4.49s/it]print_dice: 0.5129880905151367,  print_iou: 0.
3449791371822357
7755  83%|████████▎ | 10/12 [00:48<00:08,  4.46s/it]print_dice: 0.5383990406990051,  print_iou: 0
.36836254596710205
7756 print_dice: 0.5816839337348938,  print_iou: 0.41012293100357056
7757 100%|██████████| 12/12 [00:57<00:00,  4.36s/it]print_dice: 0.5551553964614868,  print_iou: 0
.38423189520835876
7758  [11/12]  eta: 0:00:04   time: 4.7764  data: 0.4085
7759 100%|██████████| 12/12 [00:57<00:00,  4.81s/it]
7760  Total time: 0:00:57 (4.8091 s / it)
7761 =============================
7762 Averaged stats:
7763 Epoch 127/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
7764 epoch:    127   learning rate:   1.0000000000000004e-12
7765 print_dice: 0.5394476056098938,  print_iou: 0.36934491991996765
7766  [ 0/33]  eta: 0:05:49   time: 10.5799  data: 4.1624
7767 Epoch 127/499:   6%|▌         | 2/33 [00:16<04:07,  7.99s/it]print_dice: 0.49154189229011536
,  print_iou: 0.32585716247558594
7768 print_dice: 0.5428610444068909,  print_iou: 0.3725527226924896
7769 Epoch 127/499:  12%|█▏        | 4/33 [00:29<03:22,  7.00s/it]print_dice: 0.6165953278541565
,  print_iou: 0.44570857286453247
7770 print_dice: 0.44901707768440247,  print_iou: 0.28950485587120056
7771 Epoch 127/499:  18%|█▊        | 6/33 [00:43<03:03,  6.78s/it]print_dice: 0.520632266998291
,  print_iou: 0.3519289195537567
7772 Epoch 127/499:  21%|██        | 7/33 [00:49<02:55,  6.76s/it]print_dice: 0.482645183801651
,  print_iou: 0.318083256483078
7773 Epoch 127/499:  24%|██▍       | 8/33 [00:56<02:47,  6.70s/it]print_dice: 0.5150151252746582
,  print_iou: 0.3468150794506073
7774 Epoch 127/499:  27%|██▋       | 9/33 [01:03<02:40,  6.71s/it]print_dice: 0.5200244188308716
,  print_iou: 0.3513736128807068
7775 Epoch 127/499:  30%|███       | 10/33 [01:09<02:32,  6.64s/it]print_dice: 0.5493766069412231
,  print_iou: 0.3787175714969635
7776 Epoch 127/499:  33%|███▎      | 11/33 [01:16<02:25,  6.59s/it]print_dice: 0.5009923577308655
,  print_iou: 0.33421599864959717
7777 Epoch 127/499:  36%|███▋      | 12/33 [01:22<02:17,  6.56s/it]print_dice: 0.4493428170681
,  print_iou: 0.2897757291793823
7778 print_dice: 0.5209985971450806,  print_iou: 0.35226374864578247
7779 Epoch 127/499:  42%|████▏     | 14/33 [01:35<02:04,  6.56s/it]print_dice: 0.
48022904992103577,  print_iou: 0.315987765789032
7780 print_dice: 0.5541163086891174,  print_iou: 0.3832371234893799
7781 Epoch 127/499:  48%|████▊     | 16/33 [01:48<01:51,  6.54s/it]print_dice: 0.5141613483428955
,  print_iou: 0.34604117274284363
7782 Epoch 127/499:  52%|█████▏    | 17/33 [01:55<01:44,  6.52s/it]print_dice: 0.
42625871300697327,  print_iou: 0.27085691690444946
7783 Epoch 127/499:  55%|█████▌    | 18/33 [02:01<01:38,  6.54s/it]print_dice: 0.5377697348594666
,  print_iou: 0.3677736222743988
7784 Epoch 127/499:  58%|█████▊    | 19/33 [02:08<01:31,  6.52s/it]print_dice: 0.5112451910972595
,  print_iou: 0.3434045612812042
7785 print_dice: 0.515816840171814,  print_iou: 0.3474198579788208
7786 Epoch 127/499:  64%|██████▍   | 21/33 [02:21<01:18,  6.57s/it]print_dice: 0.4289081394672394
,  print_iou: 0.273000031709671
7787 Epoch 127/499:  67%|██████▋   | 22/33 [02:27<01:12,  6.55s/it]print_dice: 0.541257381439209
,  print_iou: 0.3710438013076782
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7788 Epoch 127/499:  70%|██████▋  | 23/33 [02:34<01:05,  6.55s/it]print_dice: 0.5174461007118225
     ,   print_iou: 0.3490234613418579
7789 print_dice: 0.4867604970932007,   print_iou: 0.3216678500175476
7790 Epoch 127/499:  76%|███████▌  | 25/33 [02:47<00:52,  6.56s/it]print_dice: 0.
     45971256494522095,   print_iou: 0.2984589636325836
7791 print_dice: 0.5725305676460266,   print_iou: 0.40108081698417664
7792 Epoch 127/499:  82%|████████▏ | 27/33 [03:00<00:39,  6.54s/it]print_dice: 0.
     42990967631340027,   print_iou: 0.27381205558776855
7793 print_dice: 0.5407924652099609,   print_iou: 0.3706069588661194
7794 Epoch 127/499:  88%|████████▊ | 29/33 [03:13<00:26,  6.55s/it]print_dice: 0.4852078855037689
     ,   print_iou: 0.3203131854534149
7795 Epoch 127/499:  91%|█████████ | 30/33 [03:20<00:19,  6.51s/it]print_dice: 0.5944838523864746
     ,   print_iou: 0.42296481132507324
7796 Epoch 127/499:  94%|█████████▍| 31/33 [03:26<00:13,  6.53s/it]print_dice: 0.5240283608436584
     ,   print_iou: 0.3550395667552948
7797 Epoch 127/499:  97%|█████████▋| 32/33 [03:33<00:06,  6.50s/it]print_dice: 0.5003362894058228
     ,   print_iou: 0.33363229036331177
7798 Epoch 127/499: 100%|██████████| 33/33 [03:39<00:00,  6.50s/it]print_dice: 0.4719887375831604
     ,   print_iou: 0.3088908791542053
7799  [32/33]  eta: 0:00:06   time: 6.5330  data: 0.0005
7800 Epoch 127/499: 100%|██████████| 33/33 [03:40<00:00,  6.67s/it]
7801  Total time: 0:03:40 (6.6692 s / it)
7802 Averaged stats: training_loss: -114.2345 (-114.2345)  loss_mask: -114.2732 (-114.2732)
     loss_dice: 0.0386 (0.0386)
7803 Net parameter norm: 1054.8383402804611
7804 Validating...
7805 Valid_dataloader len: 12
7806   8%|█          | 1/12 [00:07<01:27,  8.00s/it]print_dice: 0.5225687026977539,   print_iou: 0.
     3537008464336395
7807  [ 0/12]  eta: 0:01:35   time: 7.9969  data: 3.9453
7808  17%|██         | 2/12 [00:12<00:58,  5.82s/it]print_dice: 0.5481122136116028,   print_iou: 0.
     3775169253349304
7809  25%|███        | 3/12 [00:16<00:46,  5.19s/it]print_dice: 0.5066064596176147,   print_iou: 0.
     3392316997051239
7810  33%|████       | 4/12 [00:21<00:39,  4.88s/it]print_dice: 0.5007981657981873,   print_iou: 0.
     3340431749820709
7811 print_dice: 0.5353488922119141,   print_iou: 0.3655129075050354
7812  50%|█████      | 6/12 [00:30<00:28,  4.68s/it]print_dice: 0.48073989152908325,   print_iou: 0
     .3164302706718445
7813 print_dice: 0.4266405403614044,   print_iou: 0.2711653411388397
7814  67%|███████    | 8/12 [00:39<00:18,  4.57s/it]print_dice: 0.5214451551437378,   print_iou: 0.
     35267218947410583
7815  75%|████████   | 9/12 [00:43<00:13,  4.53s/it]print_dice: 0.5295972228050232,   print_iou: 0.
     36017152667045593
7816  83%|████████▎  | 10/12 [00:47<00:08,  4.47s/it]print_dice: 0.5330192446708679,   print_iou: 0
     .36334437131881714
7817  92%|█████████▏ | 11/12 [00:52<00:04,  4.38s/it]print_dice: 0.5816810131072998,   print_iou: 0
     .41012001037597656
7818 100%|██████████| 12/12 [00:56<00:00,  4.35s/it]print_dice: 0.5551777482032776,   print_iou: 0
     .3842533528804779
7819  [11/12]  eta: 0:00:04   time: 4.6997  data: 0.3292
7820 100%|██████████| 12/12 [00:56<00:00,  4.74s/it]
7821  Total time: 0:00:56 (4.7396 s / it)
7822 ============================
7823 Averaged stats:
7824 Epoch 128/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
7825 epoch:    128   learning rate:   1.0000000000000004e-12
7826 Epoch 128/499:   3%|▎         | 1/33 [00:10<05:27, 10.22s/it]print_dice: 0.5491991639137268
     ,   print_iou: 0.3785489499568939
7827  [ 0/33]  eta: 0:05:37   time: 10.2232  data: 3.9008
7828 print_dice: 0.5209985971450806,   print_iou: 0.35226374864578247
7829 Epoch 128/499:   9%|▉         | 3/33 [00:22<03:38,  7.27s/it]print_dice: 0.42656099796295166
     ,   print_iou: 0.27110105752944946
7830 print_dice: 0.6194028258323669,   print_iou: 0.44864851236343384
7831 Epoch 128/499:  15%|█▌        | 5/33 [00:36<03:11,  6.82s/it]print_dice: 0.5135502219200134
     ,   print_iou: 0.3454877734184265
7832 Epoch 128/499:  18%|█▊        | 6/33 [00:42<03:01,  6.72s/it]print_dice: 0.5541774034500122
     ,   print_iou: 0.3832955658435215
7833 print_dice: 0.46973681449890137,   print_iou: 0.3069647252559662
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7834 Epoch 128/499:  24%|██▌          | 8/33 [00:55<02:44,  6.59s/it]print_dice: 0.5412053465843201
   ,   print_iou: 0.3709948658943176
7835 Epoch 128/499:  27%|██▊          | 9/33 [01:02<02:37,  6.57s/it]print_dice: 0.4492354989051819
   ,   print_iou: 0.2896864712238312
7836 print_dice: 0.5153874754905701,   print_iou: 0.34715282917022705
7837 Epoch 128/499:  33%|███▎         | 11/33 [01:15<02:23,  6.54s/it]print_dice: 0.4286543130874634
   ,   print_iou: 0.2727944254875183
7838 print_dice: 0.5394054055213928,   print_iou: 0.3693053424358368
7839 Epoch 128/499:  39%|███▉         | 13/33 [01:28<02:10,  6.52s/it]print_dice: 0.5203487873077393
   ,   print_iou: 0.35166990756988525
7840 print_dice: 0.49875980615615845,   print_iou: 0.3322318494319916
7841 Epoch 128/499:  45%|████▌        | 15/33 [01:41<01:57,  6.54s/it]print_dice: 0.4289087653160095
   ,   print_iou: 0.2730005383491516
7842 Epoch 128/499:  48%|████▊        | 16/33 [01:47<01:50,  6.49s/it]print_dice: 0.5947861671447754
   ,   print_iou: 0.42327094078063965
7843 Epoch 128/499:  52%|█████▏       | 17/33 [01:54<01:44,  6.53s/it]print_dice: 0.5211973786354065
   ,   print_iou: 0.352445513010025
7844 print_dice: 0.5404197573661804,   print_iou: 0.3702569305896759
7845 Epoch 128/499:  58%|█████▊       | 19/33 [02:07<01:31,  6.54s/it]print_dice: 0.5157726407051086
   ,   print_iou: 0.3475024700164795
7846 print_dice: 0.5377665758132935,   print_iou: 0.3677706718444824
7847 Epoch 128/499:  64%|██████▍      | 21/33 [02:20<01:18,  6.50s/it]print_dice: 0.
   44926244020462036,   print_iou: 0.2897088825702667
7848 print_dice: 0.5268507599830627,   print_iou: 0.3576357066631317
7849 Epoch 128/499:  70%|███████      | 23/33 [02:33<01:05,  6.53s/it]print_dice: 0.4806160628795624
   ,   print_iou: 0.3163229823112488
7850 print_dice: 0.4947346448983154,   print_iou: 0.32866936922073364
7851 Epoch 128/499:  76%|███████▌     | 25/33 [02:46<00:52,  6.57s/it]print_dice: 0.4574313461780548
   ,   print_iou: 0.29653871059417725
7852 print_dice: 0.5363461971282959,   print_iou: 0.36644333600997925
7853 Epoch 128/499:  82%|████████▏    | 27/33 [02:59<00:39,  6.58s/it]print_dice: 0.4822825491428375
   ,   print_iou: 0.3177683353424072
7854 Epoch 128/499:  85%|████████▌    | 28/33 [03:06<00:32,  6.58s/it]print_dice: 0.
   48510468006134033,   print_iou: 0.32022324204444885
7855 Epoch 128/499:  88%|████████▊    | 29/33 [03:12<00:26,  6.53s/it]print_dice: 0.5002846717834473
   ,   print_iou: 0.3335864543914795
7856 print_dice: 0.5160643458366394,   print_iou: 0.34776732325553894
7857 Epoch 128/499:  94%|█████████▍   | 31/33 [03:25<00:13,  6.51s/it]print_dice: 0.4876682460308075
   ,   print_iou: 0.32246115803718567
7858 print_dice: 0.5172616243362427,   print_iou: 0.3488556444644928
7859 Epoch 128/499: 100%|██████████   | 33/33 [03:38<00:00,  6.41s/it]print_dice: 0.5701678991317749
   ,   print_iou: 0.3987656235694885
7860   [32/33]  eta: 0:00:06   time: 6.5164  data: 0.0006
7861 Epoch 128/499: 100%|██████████   | 33/33 [03:38<00:00,  6.63s/it]
7862  Total time: 0:03:38 (6.6332 s / it)
7863 Averaged stats: training_loss: 6.0249 (6.0249)  loss_mask: 5.7908 (5.7908)  loss_dice: 0.
   2341 (0.2341)
7864   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402804611
7865 Validating...
7866 Valid_dataloader len: 12
7867   8%|█         | 1/12 [00:07<01:27,  8.00s/it]print_dice: 0.5133687257766724,   print_iou: 0.
   34532350301742554
7868   [ 0/12]  eta: 0:01:35   time: 7.9991  data: 3.9449
7869  17%|█▋        | 2/12 [00:12<00:58,  5.85s/it]print_dice: 0.5481183528900146,   print_iou: 0.
   377522736787796
7870  25%|██▌       | 3/12 [00:16<00:47,  5.24s/it]print_dice: 0.50664883852005,   print_iou: 0.
   3392697274684906
7871 print_dice: 0.5007956624031067,  print_iou: 0.33404093980789185
7872  42%|████▏     | 5/12 [00:25<00:33,  4.78s/it]print_dice: 0.5433579683303833,   print_iou: 0.
   3730209171772003
7873  50%|█████     | 6/12 [00:30<00:27,  4.66s/it]print_dice: 0.48362571001052856,   print_iou: 0
   .3189355731010437
7874 print_dice: 0.4266078472137451,  print_iou: 0.27113890647888184
7875  67%|██████▋   | 8/12 [00:39<00:18,  4.54s/it]print_dice: 0.5245751738548279,   print_iou: 0.
   35554179549217224
7876  75%|███████▌  | 9/12 [00:43<00:13,  4.52s/it]print_dice: 0.5296269059181213,   print_iou: 0.
   3601990044116974
7877 print_dice: 0.5384597182273865,  print_iou: 0.3684193789958954
7878  92%|█████████▏| 11/12 [00:52<00:04,  4.39s/it]print_dice: 0.5881405472755432,   print_iou: 0
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7878 .41657158732414246
7879 100%|████████| 12/12 [00:56<00:00,  4.40s/it]print_dice: 0.5465705990791321,  print_iou: 0
     .376055068752289
7880  [11/12] eta: 0:00:04   time: 4.7194  data: 0.3296
7881 100%|████████| 12/12 [00:57<00:00,  4.76s/it]
7882  Total time: 0:00:57 (4.7561 s / it)
7883 ============================
7884 Averaged stats:
7885 Epoch 129/499:   0%|         | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
7886 epoch:     129   learning rate:    1.0000000000000004e-12
7887 Epoch 129/499:   3%|▏        | 1/33 [00:10<05:34, 10.45s/it]print_dice: 0.4290052652359009
     ,   print_iou: 0.2730787396430969
7888  [ 0/33] eta: 0:05:45   time: 10.4547  data: 3.9832
7889 print_dice: 0.4915415346622467,   print_iou: 0.32585686445236206
7890 Epoch 129/499:   9%|█        | 3/33 [00:23<03:38,  7.30s/it]print_dice: 0.42998671531677246
     ,   print_iou: 0.27387455105781555
7891 print_dice: 0.5156816840171814,   print_iou: 0.3474198579788208
7892 Epoch 129/499:  15%|█        | 5/33 [00:36<03:11,  6.84s/it]print_dice: 0.498744398355484
     ,   print_iou: 0.3322181701660156
7893 print_dice: 0.4695568382740021,   print_iou: 0.30681103467941284
7894 Epoch 129/499:  21%|██       | 7/33 [00:49<02:53,  6.69s/it]print_dice: 0.4411771595478058
     ,   print_iou: 0.28301942348480225
7895 Epoch 129/499:  24%|██▏      | 8/33 [00:55<02:45,  6.62s/it]print_dice: 0.5428737998008728
     ,   print_iou: 0.3725647032260895
7896 Epoch 129/499:  27%|██▎      | 9/33 [01:02<02:38,  6.60s/it]print_dice: 0.4799976050853729
     ,   print_iou: 0.3157874047756195
7897 Epoch 129/499:  30%|██▌      | 10/33 [01:08<02:30,  6.54s/it]print_dice: 0.5209652185440063
     ,   print_iou: 0.35223326086997986
7898 Epoch 129/499:  33%|██▋      | 11/33 [01:15<02:24,  6.57s/it]print_dice: 0.5201215147972107
     ,   print_iou: 0.35146233439445496
7899 Epoch 129/499:  36%|██▊      | 12/33 [01:21<02:17,  6.55s/it]print_dice: 0.6194462776184082
     ,   print_iou: 0.448694109916687
7900 print_dice: 0.4601176083087921,   print_iou: 0.2988004982471466
7901 Epoch 129/499:  42%|███      | 14/33 [01:35<02:05,  6.59s/it]print_dice: 0.
     48855191469192505,   print_iou: 0.32323434948921204
7902 Epoch 129/499:  45%|███▎     | 15/33 [01:41<01:58,  6.58s/it]print_dice: 0.5204699039459229
     ,   print_iou: 0.351780503988266
7903 print_dice: 0.541257381439209,   print_iou: 0.3710438013076782
7904 Epoch 129/499:  52%|███▋     | 17/33 [01:54<01:44,  6.54s/it]print_dice: 0.5232123732566833
     ,   print_iou: 0.3542908728122711
7905 print_dice: 0.5139758586883545,   print_iou: 0.3458731770515442
7906 Epoch 129/499:  58%|████     | 19/33 [02:07<01:31,  6.54s/it]print_dice: 0.
     48509493470191956,   print_iou: 0.32021471858024597
7907 print_dice: 0.48230159282684326,   print_iou: 0.31778484582901
7908 Epoch 129/499:  64%|████▌    | 21/33 [02:20<01:18,  6.52s/it]print_dice: 0.526837170124054
     ,   print_iou: 0.3576231896877289
7909 Epoch 129/499:  67%|████▋    | 22/33 [02:27<01:12,  6.55s/it]print_dice: 0.5725340843200684
     ,   print_iou: 0.40108421444892883
7910 print_dice: 0.5936256647109985,   print_iou: 0.42209646105766296
7911 Epoch 129/499:  73%|█████▏   | 24/33 [02:40<00:58,  6.50s/it]print_dice: 0.5420266389846802
     ,   print_iou: 0.37176719307899475
7912 Epoch 129/499:  76%|█████▍   | 25/33 [02:47<00:52,  6.52s/it]print_dice: 0.5152509808540344
     ,   print_iou: 0.3470290005207062
7913 Epoch 129/499:  79%|█████▋   | 26/33 [02:53<00:46,  6.62s/it]print_dice: 0.5546619892120361
     ,   print_iou: 0.38375937938690186
7914 print_dice: 0.511161744594574,   print_iou: 0.3433292508125305
7915 Epoch 129/499:  85%|██████   | 28/33 [03:06<00:32,  6.55s/it]print_dice: 0.5492745041847229
     ,   print_iou: 0.3786205513526917
7916 Epoch 129/499:  88%|██████▍  | 29/33 [03:13<00:26,  6.53s/it]print_dice: 0.5025182366371155
     ,   print_iou: 0.33557552099227905
7917 print_dice: 0.541251003742218,   print_iou: 0.3710377812385559
7918 Epoch 129/499:  94%|██████▊  | 31/33 [03:26<00:13,  6.54s/it]print_dice: 0.4493168294429779
     ,   print_iou: 0.28975409269332886
7919 print_dice: 0.5379989743232727,   print_iou: 0.36798807978630066
7920 Epoch 129/499: 100%|████████| 33/33 [03:39<00:00,  6.48s/it]print_dice: 0.4265301525592804
     ,   print_iou: 0.27107614278793335
7921  [32/33] eta: 0:00:06   time: 6.5303  data: 0.0004
7922 Epoch 129/499: 100%|████████| 33/33 [03:39<00:00,  6.66s/it]
7923  Total time: 0:03:39 (6.6575 s / it)
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7924 Averaged stats: training_loss: 21.2384 (21.2384)  loss_mask: 20.9019 (20.9019)  loss_dice: 0
     .3364 (0.3364)
7925   0%|           | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402804611
7926 Validating...
7927 Valid_dataloader len: 12
7928 print_dice: 0.5321418046951294,  print_iou: 0.362529456615448
7929  [ 0/12]  eta: 0:01:37   time: 8.1138  data: 3.9068
7930  17%|██         | 2/12 [00:12<01:00,  6.01s/it]print_dice: 0.5480945110321045,  print_iou: 0.
     37750011682510376
7931  25%|██         | 3/12 [00:17<00:47,  5.32s/it]print_dice: 0.5065997838973999,  print_iou: 0.
     339225709438324
7932  33%|███        | 4/12 [00:21<00:40,  5.01s/it]print_dice: 0.48990267515182495,  print_iou: 0
     .32441794872283936
7933 print_dice: 0.5404491424560547,  print_iou: 0.3702845573425293
7934  50%|████       | 6/12 [00:30<00:28,  4.73s/it]print_dice: 0.48078078031539917,  print_iou: 0
     .31646570563316345
7935 print_dice: 0.4361545443534851,  print_iou: 0.2788987457752228
7936  67%|██████     | 8/12 [00:39<00:18,  4.54s/it]print_dice: 0.5245285034179688,  print_iou: 0.
     35549888014793396
7937 print_dice: 0.5265638828277588,  print_iou: 0.35737138986587524
7938  83%|████████   | 10/12 [00:48<00:08,  4.43s/it]print_dice: 0.5330318212509155,  print_iou: 0
     .3633561134338379
7939 print_dice: 0.570482611656189,  print_iou: 0.3990735709667206
7940 100%|██████████| 12/12 [00:56<00:00,  4.37s/it]print_dice: 0.5506700873374939,  print_iou: 0
     .3799480199813843
7941  [11/12]  eta: 0:00:04   time: 4.7328  data: 0.3261
7942 100%|██████████| 12/12 [00:57<00:00,  4.78s/it]
7943  Total time: 0:00:57 (4.7792 s / it)
7944 =============================
7945 Averaged stats:
7946 come here save at work_dirs/DrSAM_b
7947 epoch:    130   learning rate:   1.0000000000000004e-12
7948 Epoch 130/499:   3%|█          | 1/33 [00:10<05:40, 10.64s/it]print_dice: 0.4852078855037689
     ,  print_iou: 0.3203131854534149
7949  [ 0/33]  eta: 0:05:51   time: 10.6366  data: 4.2710
7950 Epoch 130/499:   6%|█          | 2/33 [00:16<04:07,  7.98s/it]print_dice: 0.5158193111419678
     ,  print_iou: 0.3475448191165924
7951 print_dice: 0.5228114128112793,  print_iou: 0.3539232909679413
7952 Epoch 130/499:  12%|█▋         | 4/33 [00:29<03:24,  7.07s/it]print_dice: 0.5412866473197937
     ,  print_iou: 0.37107130885124207
7953 Epoch 130/499:  15%|██         | 5/33 [00:36<03:12,  6.86s/it]print_dice: 0.6194028258323669
     ,  print_iou: 0.44864851236343384
7954 print_dice: 0.4289081394672394,  print_iou: 0.273000031709671
7955 Epoch 130/499:  21%|██         | 7/33 [00:49<02:53,  6.69s/it]print_dice: 0.4492563009262085
     ,  print_iou: 0.28970375657081604
7956 Epoch 130/499:  24%|██▌        | 8/33 [00:56<02:46,  6.65s/it]print_dice: 0.42653200030326843
     ,  print_iou: 0.27107763290405273
7957 Epoch 130/499:  27%|██▌        | 9/33 [01:02<02:38,  6.59s/it]print_dice: 0.516898512840271
     ,  print_iou: 0.34852537512779236
7958 Epoch 130/499:  30%|███        | 10/33 [01:09<02:31,  6.58s/it]print_dice: 0.5113231539726257
     ,  print_iou: 0.3434748947620392
7959 print_dice: 0.49210628867149353,  print_iou: 0.32635343074798584
7960 Epoch 130/499:  36%|███▋       | 12/33 [01:22<02:17,  6.57s/it]print_dice: 0.5151811242103577
     ,  print_iou: 0.34696564078330994
7961 print_dice: 0.5240445137023926,  print_iou: 0.35505443811416626
7962 Epoch 130/499:  42%|████▋      | 14/33 [01:35<02:03,  6.51s/it]print_dice: 0.5225768685340881
     ,  print_iou: 0.35370832681655884
7963 Epoch 130/499:  45%|████▋      | 15/33 [01:41<01:57,  6.50s/it]print_dice: 0.5471784472465515
     ,  print_iou: 0.3766315281391144
7964 print_dice: 0.554669976234436,  print_iou: 0.3837670385837555
7965 Epoch 130/499:  52%|█████▋     | 17/33 [01:54<01:44,  6.50s/it]print_dice: 0.
     48156848549842834,  print_iou: 0.3171486258506775
7966 print_dice: 0.5206325054168701,  print_iou: 0.35192909836769104
7967 Epoch 130/499:  58%|██████▋    | 19/33 [02:07<01:31,  6.52s/it]print_dice: 0.
     47198912501335144,  print_iou: 0.3088912069797516
7968 Epoch 130/499:  61%|██████▋    | 20/33 [02:14<01:24,  6.51s/it]print_dice: 0.5376757979393005
     ,  print_iou: 0.3676857650279999
7969 Epoch 130/499:  64%|███████▋   | 21/33 [02:20<01:18,  6.51s/it]print_dice: 0.
     49875980615615845,  print_iou: 0.3322318494319916
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7970 Epoch 130/499:  67%|███████  | 22/33 [02:27<01:11,  6.48s/it]print_dice: 0.538783848285675
     ,  print_iou: 0.3687228858470917
7971 Epoch 130/499:  70%|███████  | 23/33 [02:33<01:04,  6.48s/it]print_dice: 0.5363380312919617
     ,  print_iou: 0.366435706615448
7972 Epoch 130/499:  73%|███████  | 24/33 [02:40<00:58,  6.50s/it]print_dice: 0.4299370050430298
     ,  print_iou: 0.2738342583179474
7973 Epoch 130/499:  76%|███████  | 25/33 [02:46<00:52,  6.50s/it]print_dice: 0.540641188621521
     ,  print_iou: 0.37046489119529724
7974 print_dice: 0.48676031827926636,  print_iou: 0.3216676712036133
7975 Epoch 130/499:  82%|███████  | 27/33 [02:59<00:38,  6.49s/it]print_dice: 0.5026071667671204
     ,  print_iou: 0.3356548547744751
7976 print_dice: 0.4597862660884857,  print_iou: 0.29852110147476196
7977 Epoch 130/499:  88%|████████ | 29/33 [03:12<00:26,  6.52s/it]print_dice: 0.5145800709724426
     ,  print_iou: 0.3464205861091614
7978 print_dice: 0.4490504264831543,  print_iou: 0.2895325720310211
7979 Epoch 130/499:  94%|████████ | 31/33 [03:25<00:13,  6.55s/it]print_dice: 0.5725355744361877
     ,  print_iou: 0.4010857045650482
7980 print_dice: 0.48156243562698364,  print_iou: 0.31714338064193726
7981 Epoch 130/499: 100%|█████████| 33/33 [03:38<00:00,  6.53s/it]print_dice: 0.5936256647109985
     ,  print_iou: 0.42209646105766296
7982  [32/33] eta: 0:00:06   time: 6.5136  data: 0.0004
7983 Epoch 130/499: 100%|█████████| 33/33 [03:39<00:00,  6.64s/it]
7984  Total time: 0:03:39 (6.6447 s / it)
7985 Averaged stats: training_loss: 47.5609 (47.5609)  loss_mask: 47.2207 (47.2207)  loss_dice: 0
     .3402 (0.3402)
7986 Net parameter norm: 1054.8383402804611
7987 Validating...
7988 Valid_dataloader len: 12
7989   8%|█        | 1/12 [00:08<01:29,  8.17s/it]print_dice: 0.5188890695571899,  print_iou: 0.
     35033777356147766
7990  [ 0/12] eta: 0:01:38   time: 8.1695  data: 3.9423
7991  17%|██       | 2/12 [00:12<00:58,  5.86s/it]print_dice: 0.5430024862289429,  print_iou: 0.
     3726859390735626
7992 print_dice: 0.49398699402809143,  print_iou: 0.32800978422164917
7993  33%|███      | 4/12 [00:21<00:39,  4.89s/it]print_dice: 0.4899074137210846,  print_iou: 0.
     32442212104797363
7994  42%|████     | 5/12 [00:25<00:33,  4.75s/it]print_dice: 0.5493744611740112,  print_iou: 0.
     37871554493904114
7995 print_dice: 0.48362013697624207,  print_iou: 0.3189307451248169
7996  58%|█████    | 7/12 [00:34<00:23,  4.63s/it]print_dice: 0.4361436665058136,  print_iou: 0.
     27888986468315125
7997  67%|██████   | 8/12 [00:39<00:18,  4.56s/it]print_dice: 0.5245842933654785,  print_iou: 0.
     3555501699447632
7998  75%|███████  | 9/12 [00:43<00:13,  4.51s/it]print_dice: 0.5265986919403076,  print_iou: 0.
     3574034571647644
7999  83%|████████ | 10/12 [00:48<00:08,  4.48s/it]print_dice: 0.5330623388290405,  print_iou: 0
     .363384485244751
8000  92%|████████ | 11/12 [00:52<00:04,  4.44s/it]print_dice: 0.5817113518714905,  print_iou: 0
     .4101501703262329
8001 100%|█████████| 12/12 [00:56<00:00,  4.39s/it]print_dice: 0.5551987290382385,  print_iou: 0
     .3842734098434448
8002  [11/12] eta: 0:00:04   time: 4.7195  data: 0.3291
8003 100%|█████████| 12/12 [00:57<00:00,  4.76s/it]
8004  Total time: 0:00:57 (4.7550 s / it)
8005 ============================
8006 Averaged stats:
8007 Epoch 131/499:   0%|         | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
8008 epoch:    131   learning rate:   1.0000000000000004e-12
8009 Epoch 131/499:   3%|█        | 1/33 [00:10<05:30, 10.32s/it]print_dice: 0.5413577556610107
     ,  print_iou: 0.3711381256580353
8010  [ 0/33] eta: 0:05:40   time: 10.3245  data: 3.9788
8011 Epoch 131/499:   6%|█        | 2/33 [00:16<04:06,  7.94s/it]print_dice: 0.4867344796657562
     ,  print_iou: 0.3216451108455658
8012 print_dice: 0.502780556678772,  print_iou: 0.3358095288276724
8013 Epoch 131/499:  12%|█        | 4/33 [00:29<03:21,  6.95s/it]print_dice: 0.5546618103981018
     ,  print_iou: 0.38375917077064514
8014 print_dice: 0.5210150480270386,  print_iou: 0.35227876901626587
8015 Epoch 131/499:  18%|██       | 6/33 [00:42<03:00,  6.67s/it]print_dice: 0.5935714244842529
     ,  print_iou: 0.422041654586792
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8016 print_dice: 0.5267462134361267,   print_iou: 0.3575393855571747
8017 Epoch 131/499:  24%|██▌         | 8/33 [00:55<02:44,  6.59s/it]print_dice: 0.5148724913597107
     ,   print_iou: 0.3466857373714447
8018 print_dice: 0.5417746305465698,   print_iou: 0.37153008580207825
8019 Epoch 131/499:  30%|███         | 10/33 [01:08<02:30,  6.54s/it]print_dice: 0.572522759437561
     ,   print_iou: 0.4010731279850006
8020 print_dice: 0.5156733393669128,   print_iou: 0.3474122881889343
8021 Epoch 131/499:  36%|███▌        | 12/33 [01:21<02:17,  6.53s/it]print_dice: 0.6164777874946594
     ,   print_iou: 0.44558578729629517
8022 print_dice: 0.4265301525592804,   print_iou: 0.27107614278793335
8023 Epoch 131/499:  42%|████▏       | 14/33 [01:34<02:04,  6.53s/it]print_dice: 0.4488394260406494
     ,   print_iou: 0.28935715556144714
8024 Epoch 131/499:  45%|████▌       | 15/33 [01:41<01:59,  6.62s/it]print_dice: 0.4299370050430298
     ,   print_iou: 0.2738342583179474
8025 Epoch 131/499:  48%|████▊       | 16/33 [01:48<01:52,  6.60s/it]print_dice: 0.491049587726593
     ,   print_iou: 0.3254246115684509
8026 Epoch 131/499:  52%|█████▏      | 17/33 [01:54<01:45,  6.62s/it]print_dice: 0.5140269994735718
     ,   print_iou: 0.34591948986053467
8027 print_dice: 0.4851480722427368,   print_iou: 0.32026106119155884
8028 Epoch 131/499:  58%|█████▊      | 19/33 [02:08<01:32,  6.64s/it]print_dice: 0.5204212069511414
     ,   print_iou: 0.35173606872558594
8029 print_dice: 0.45520803332328796,   print_iou: 0.2946726977825165
8030 Epoch 131/499:  64%|██████▍     | 21/33 [02:21<01:19,  6.63s/it]print_dice: 0.5424920320510864
     ,   print_iou: 0.3722051680088043
8031 Epoch 131/499:  67%|██████▋     | 22/33 [02:27<01:12,  6.59s/it]print_dice: 0.5228142738342285
     ,   print_iou: 0.3539259135723114
8032 Epoch 131/499:  70%|███████     | 23/33 [02:34<01:05,  6.59s/it]print_dice: 0.5132539868354797
     ,   print_iou: 0.3452197015285492
8033 print_dice: 0.4819707533836365,   print_iou: 0.3175031542778015
8034 Epoch 131/499:  76%|███████▌    | 25/33 [02:47<00:52,  6.59s/it]print_dice: 0.
     46960416436195374,   print_iou: 0.30685144662857056
8035 Epoch 131/499:  79%|███████▉    | 26/33 [02:54<00:46,  6.59s/it]print_dice: 0.4289081394672394
     ,   print_iou: 0.273000031709671
8036 print_dice: 0.5206345319747925,   print_iou: 0.3519309461116791
8037 Epoch 131/499:  85%|████████▌   | 28/33 [03:07<00:33,  6.60s/it]print_dice: 0.4596075117588043
     ,   print_iou: 0.2983703911304474
8038 print_dice: 0.5428839325904846,   print_iou: 0.3725742697715759
8039 Epoch 131/499:  91%|█████████   | 30/33 [03:20<00:19,  6.56s/it]print_dice: 0.
     498743861913668103,   print_iou: 0.3322176933288574
8040 Epoch 131/499:  94%|█████████▍  | 31/33 [03:26<00:13,  6.56s/it]print_dice: 0.5371115803718567
     ,   print_iou: 0.36715826392173767
8041 print_dice: 0.5491654872894287,   print_iou: 0.37851694226264954
8042 Epoch 131/499: 100%|██████████| 33/33 [03:39<00:00,  6.47s/it]print_dice: 0.
     48232516646385193,   print_iou: 0.31780534982681274
8043   [32/33]  eta: 0:00:06    time: 6.5708  data: 0.0006
8044 Epoch 131/499: 100%|██████████| 33/33 [03:40<00:00,  6.67s/it]
8045  Total time: 0:03:40 (6.6715 s / it)
8046 Averaged stats: training_loss: 109.8209 (109.8209)  loss_mask: 109.4867 (109.4867)
     loss_dice: 0.3342 (0.3342)
8047 Net parameter norm: 1054.8383402804611
8048 Validating...
8049 Valid_dataloader len: 12
8050   8%|█         | 1/12 [00:08<01:37,  8.82s/it]print_dice: 0.5322169661521912,   print_iou: 0.
     3625992238521576
8051  [ 0/12]  eta: 0:01:45    time: 8.8212  data: 4.7310
8052 print_dice: 0.549690306186676,  print_iou: 0.37901583313941956
8053  25%|██        | 3/12 [00:17<00:47,  5.30s/it]print_dice: 0.4852946102619171,   print_iou: 0.
     3203887641429901
8054  33%|███       | 4/12 [00:21<00:39,  4.99s/it]print_dice: 0.47362080216407776,   print_iou: 0
     .3102903962135315
8055 print_dice: 0.543347954750061,   print_iou: 0.3730114996433258
8056  50%|█████     | 6/12 [00:30<00:28,  4.68s/it]print_dice: 0.47064366936683655,   print_iou: 0
     .3077397048473358
8057  58%|█████▊    | 7/12 [00:35<00:23,  4.62s/it]print_dice: 0.4361758530139923,   print_iou: 0.
     2789161801338196
8058 print_dice: 0.5214892625808716,   print_iou: 0.3527125418186188
8059  75%|███████▌  | 9/12 [00:44<00:13,  4.56s/it]print_dice: 0.5235607028007507,   print_iou: 0.
     3546103835105896
8060 print_dice: 0.5272483825683594,   print_iou: 0.3580022752285003
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8061  92%|████████| 11/12 [00:53<00:04,  4.45s/it]print_dice: 0.581734836101532,  print_iou: 0.
      41017353534698486
8062 100%|████████| 12/12 [00:57<00:00,  4.37s/it]print_dice: 0.5552230477333069,  print_iou: 0
      .3842967450618744
8063  [11/12]  eta: 0:00:04   time: 4.7661  data: 0.3949
8064 100%|████████| 12/12 [00:57<00:00,  4.80s/it]
8065  Total time: 0:00:57 (4.8048 s / it)
8066 =============================
8067 Averaged stats:
8068 Epoch 132/499:   0%|         | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
8069 epoch:    132   learning rate:   1.0000000000000004e-12
8070 print_dice: 0.42990967631340027,  print_iou: 0.27381205558776855
8071  [ 0/33] eta: 0:05:50   time: 10.6101  data: 4.2939
8072 Epoch 132/499:   6%|▋        | 2/33 [00:16<04:09,  8.06s/it]print_dice: 0.5198261141777039
      ,   print_iou: 0.3511926233768463
8073 print_dice: 0.5420007705688477,  print_iou: 0.371742844581604
8074 Epoch 132/499:  12%|█▎       | 4/33 [00:29<03:23,  7.03s/it]print_dice: 0.4289005398750305
      ,   print_iou: 0.27299389243125916
8075 print_dice: 0.5425367951393127,  print_iou: 0.3722473382949829
8076 Epoch 132/499:  18%|█▉       | 6/33 [00:43<03:02,  6.75s/it]print_dice: 0.44912222027778625
      ,   print_iou: 0.28959229588508606
8077 Epoch 132/499:  21%|██       | 7/33 [00:49<02:53,  6.68s/it]print_dice: 0.48044824600219727
      ,   print_iou: 0.316177636384964
8078 print_dice: 0.5374817848205566,  print_iou: 0.367504358291626
8079 Epoch 132/499:  27%|██▋      | 9/33 [01:02<02:38,  6.59s/it]print_dice: 0.5173148512840271
      ,   print_iou: 0.3489040434360504
8080 Epoch 132/499:  30%|██▉      | 10/33 [01:09<02:30,  6.56s/it]print_dice: 0.5227496027946472
      ,   print_iou: 0.3538666069507599
8081 print_dice: 0.5153162479400635,  print_iou: 0.3470882475376129
8082 Epoch 132/499:  36%|███▌     | 12/33 [01:22<02:17,  6.56s/it]print_dice: 0.570817232131958
      ,   print_iou: 0.39940115809440613
8083 Epoch 132/499:  39%|███▉     | 13/33 [01:28<02:11,  6.57s/it]print_dice: 0.536358654499054
      ,   print_iou: 0.36645498871803284
8084 print_dice: 0.49520477652549744,  print_iou: 0.32908448576927185
8085 Epoch 132/499:  45%|████▌    | 15/33 [01:41<01:57,  6.53s/it]print_dice: 0.5001707673072815
      ,   print_iou: 0.3334851562976837
8086 Epoch 132/499:  48%|████▊    | 16/33 [01:48<01:51,  6.53s/it]print_dice: 0.5271586179733276
      ,   print_iou: 0.35791948437690735
8087 print_dice: 0.5140975713729858,  print_iou: 0.3459833860397339
8088 Epoch 132/499:  55%|█████▍   | 18/33 [02:01<01:38,  6.56s/it]print_dice: 0.540641188621521
      ,   print_iou: 0.37046489119529724
8089 print_dice: 0.5113089084625244,  print_iou: 0.3434620499610901
8090 Epoch 132/499:  61%|██████   | 20/33 [02:14<01:25,  6.54s/it]print_dice: 0.
      42656099796295166,   print_iou: 0.27110105752944946
8091 Epoch 132/499:  64%|██████▍  | 21/33 [02:20<01:18,  6.53s/it]print_dice: 0.5492745041847229
      ,   print_iou: 0.37862053513526917
8092 Epoch 132/499:  67%|██████▋  | 22/33 [02:27<01:11,  6.51s/it]print_dice: 0.
      44933202862739563,   print_iou: 0.28976675868034363
8093 Epoch 132/499:  70%|███████  | 23/33 [02:33<01:05,  6.52s/it]print_dice: 0.4697205722332001
      ,   print_iou: 0.3069508671760559
8094 print_dice: 0.515967845916748,  print_iou: 0.3476797044277191
8095 Epoch 132/499:  76%|███████▌ | 25/33 [02:46<00:51,  6.50s/it]print_dice: 0.5210899114608765
      ,   print_iou: 0.3523472547531128
8096 print_dice: 0.5935223698616028,  print_iou: 0.4219920337200165
8097 Epoch 132/499:  82%|████████▏| 27/33 [03:00<00:39,  6.53s/it]print_dice: 0.4875841736793518
      ,   print_iou: 0.3223876357078552
8098 print_dice: 0.5541070699691772,  print_iou: 0.3832283020019531
8099 Epoch 132/499:  88%|████████▊| 29/33 [03:13<00:26,  6.54s/it]print_dice: 0.
      48529914021492004,   print_iou: 0.3203927278518677
8100 Epoch 132/499:  91%|█████████| 30/33 [03:19<00:19,  6.53s/it]print_dice: 0.4815865457057953
      ,   print_iou: 0.3171643018722534
8101 print_dice: 0.6193628311157227,  print_iou: 0.4486064910888672
8102 Epoch 132/499:  97%|█████████▋| 32/33 [03:32<00:06,  6.51s/it]print_dice: 0.
      45960232615470886,  print_iou: 0.298360399913788
8103 print_dice: 0.5010098814964294,  print_iou: 0.3342316150665283
8104  [32/33]  eta: 0:00:06   time: 6.5094  data: 0.0003
8105 Epoch 132/499: 100%|█████████| 33/33 [03:39<00:00,  6.65s/it]
8106  Total time: 0:03:39 (6.6473 s / it)
8107 Averaged stats: training_loss: -154.8879 (-154.8879)  loss_mask: -154.9035 (-154.9035)
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8107 loss_dice: 0.0156 (0.0156)
8108   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402804611
8109 Validating...
8110 Valid_dataloader len: 12
8111 print_dice: 0.518864631652832,  print_iou: 0.3503154516220093
8112   [ 0/12]  eta: 0:01:36   time: 8.0383  data: 3.9487
8113  17%|██        | 2/12 [00:12<00:58,  5.83s/it]print_dice: 0.5496890544891357,  print_iou: 0.
     37901461124420166
8114  25%|██        | 3/12 [00:16<00:46,  5.18s/it]print_dice: 0.5066295862197876,  print_iou: 0.
     339252442121500574
8115  33%|███       | 4/12 [00:21<00:39,  4.95s/it]print_dice: 0.4899475574493408,  print_iou: 0.
     3244572877883911
8116 print_dice: 0.5493503212928772,  print_iou: 0.378692626953125
8117  50%|████      | 6/12 [00:30<00:27,  4.66s/it]print_dice: 0.48078247904777527,  print_iou: 0
     .31646716594696045
8118 print_dice: 0.4266113042831421,  print_iou: 0.2711417078971863
8119  67%|██████    | 8/12 [00:39<00:18,  4.51s/it]print_dice: 0.5245569348335266,  print_iou: 0.
     35552504658699036
8120 print_dice: 0.526586651802063,  print_iou: 0.3573923707008362
8121  83%|████████  | 10/12 [00:47<00:08,  4.48s/it]print_dice: 0.5330452919006348,  print_iou: 0
     .36336860060691833
8122  92%|█████████ | 11/12 [00:52<00:04,  4.44s/it]print_dice: 0.5827792882919312,  print_iou: 0
     .4112128019332886
8123 print_dice: 0.5503595471382141,  print_iou: 0.3796524107456207
8124   [11/12]  eta: 0:00:04   time: 4.7179  data: 0.3296
8125 100%|██████████| 12/12 [00:57<00:00,  4.76s/it]
8126  Total time: 0:00:57 (4.7610 s / it)
8127 ============================
8128 Averaged stats:
8129 Epoch 133/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
8130 epoch:    133   learning rate:   1.0000000000000004e-12
8131 print_dice: 0.619346022605896,   print_iou: 0.44858890771865845
8132   [ 0/33]  eta: 0:05:51   time: 10.6405  data: 4.0732
8133 Epoch 133/499:   6%|█         | 2/33 [00:16<04:07,  8.00s/it]print_dice: 0.5230486989021301
     ,   print_iou: 0.3541407883167267
8134 Epoch 133/499:   9%|█         | 3/33 [00:23<03:39,  7.33s/it]print_dice: 0.5236467719078064
     ,   print_iou: 0.354689359664917
8135 print_dice: 0.5491654872894287,   print_iou: 0.37851694226264954
8136 Epoch 133/499:  15%|█         | 5/33 [00:36<03:11,  6.85s/it]print_dice: 0.49476489424705505
     ,   print_iou: 0.3286961019039154
8137 Epoch 133/499:  18%|██        | 6/33 [00:42<03:01,  6.73s/it]print_dice: 0.5225719213485718
     ,   print_iou: 0.3537038266658783
8138 print_dice: 0.42925673723220825,   print_iou: 0.27328255772590637
8139 Epoch 133/499:  24%|██        | 8/33 [00:56<02:45,  6.64s/it]print_dice: 0.500295877456665
     ,   print_iou: 0.3335963785648346
8140 Epoch 133/499:  27%|██        | 9/33 [01:02<02:38,  6.62s/it]print_dice: 0.4824181795120239
     ,   print_iou: 0.317886084318161
8141 Epoch 133/499:  30%|███       | 10/33 [01:09<02:31,  6.57s/it]print_dice: 0.5420680642127991
     ,   print_iou: 0.37180614471435547
8142 Epoch 133/499:  33%|███       | 11/33 [01:15<02:24,  6.56s/it]print_dice: 0.5148241519927979
     ,   print_iou: 0.34664186835289
8143 print_dice: 0.5405877232551575,   print_iou: 0.3704146444797516
8144 Epoch 133/499:  39%|███       | 13/33 [01:28<02:11,  6.59s/it]print_dice: 0.5010097026824951
     ,   print_iou: 0.334231436252594
8145 Epoch 133/499:  42%|████      | 14/33 [01:35<02:04,  6.54s/it]print_dice: 0.536358654499054
     ,   print_iou: 0.36645498871803284
8146 Epoch 133/499:  45%|████      | 15/33 [01:41<01:57,  6.53s/it]print_dice: 0.4719889461994171
     ,   print_iou: 0.30889105796813965
8147 Epoch 133/499:  48%|████      | 16/33 [01:48<01:50,  6.52s/it]print_dice: 0.4411710798740387
     ,   print_iou: 0.2830144166946411
8148 Epoch 133/499:  52%|█████     | 17/33 [01:54<01:44,  6.54s/it]print_dice: 0.5173373818397522
     ,   print_iou: 0.34892457723617554
8149 Epoch 133/499:  55%|█████     | 18/33 [02:01<01:38,  6.55s/it]print_dice: 0.5136293172836304
     ,   print_iou: 0.3455935859680176
8150 print_dice: 0.454753303527832,   print_iou: 0.2948967516422272
8151 Epoch 133/499:  61%|██████    | 20/33 [02:14<01:25,  6.58s/it]print_dice: 0.
     42990967631340027,   print_iou: 0.27381205558776855
8152 Epoch 133/499:  64%|██████    | 21/33 [02:21<01:18,  6.55s/it]print_dice: 0.520632266998291
     ,   print_iou: 0.3519289195537567
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8153 Epoch 133/499:  67%|███████▋    | 22/33 [02:27<01:11,  6.51s/it]print_dice: 0.5425963997840881
     ,  print_iou: 0.3723034560803894
8154 print_dice: 0.4265303313732147,  print_iou: 0.2710762917995453
8155 Epoch 133/499:  73%|████████▊   | 24/33 [02:40<00:58,  6.52s/it]print_dice: 0.
     48528265953063965,  print_iou: 0.3203783631324768
8156 Epoch 133/499:  76%|█████████   | 25/33 [02:47<00:52,  6.55s/it]print_dice: 0.5943874716758728
     ,  print_iou: 0.4228672385215759
8157 print_dice: 0.515007734298706,  print_iou: 0.34680837392807007
8158 Epoch 133/499:  82%|█████████▊  | 27/33 [03:00<00:39,  6.54s/it]print_dice: 0.
     48181596398353577,  print_iou: 0.31736335158348083
8159 Epoch 133/499:  85%|██████████▏ | 28/33 [03:06<00:32,  6.51s/it]print_dice: 0.5716215968132019
     ,  print_iou: 0.4001891613006592
8160 Epoch 133/499:  88%|██████████▌ | 29/33 [03:13<00:26,  6.53s/it]print_dice: 0.5162225365638733
     ,  print_iou: 0.3479110300540924
8161 print_dice: 0.5541319251060486,  print_iou: 0.3832520544528961
8162 Epoch 133/499:  94%|███████████▎| 31/33 [03:26<00:13,  6.55s/it]print_dice: 0.5377572178840637
     ,  print_iou: 0.36776190996170044
8163 print_dice: 0.46011292934417725,  print_iou: 0.29879653453826904
8164 Epoch 133/499: 100%|████████████| 33/33 [03:39<00:00,  6.51s/it]print_dice: 0.4868047535419464
     ,  print_iou: 0.32170650362968445
8165  [32/33]  eta: 0:00:06   time: 6.5251  data: 0.0004
8166 Epoch 133/499: 100%|████████████| 33/33 [03:39<00:00,  6.66s/it]
8167  Total time: 0:03:39 (6.6587 s / it)
8168 Averaged stats: training_loss: -10.5478 (-10.5478)  loss_mask: -10.7528 (-10.7528)
     loss_dice: 0.2050 (0.2050)
8169 Net parameter norm: 1054.8383402804611
8170   0%|          | 0/12 [00:00<?, ?it/s]Validating...
8171 Valid_dataloader len: 12
8172 print_dice: 0.5189334154129028,  print_iou: 0.3503781855106354
8173  [ 0/12]  eta: 0:01:36   time: 8.0258  data: 3.9297
8174  17%|██        | 2/12 [00:12<00:59,  5.96s/it]print_dice: 0.5496941804885864,  print_iou: 0.
     37901949882507324
8175  25%|███       | 3/12 [00:17<00:48,  5.35s/it]print_dice: 0.4947010576725006,  print_iou: 0.
     3286397457122803
8176 print_dice: 0.47129693627357483,  print_iou: 0.3082985579967499
8177  42%|█████     | 5/12 [00:26<00:34,  4.86s/it]print_dice: 0.5380915999412537,  print_iou: 0.
     36807477474212646
8178  50%|██████    | 6/12 [00:30<00:28,  4.71s/it]print_dice: 0.47936564683914185,  print_iou: 0
     .3152405917644501
8179  58%|███████   | 7/12 [00:35<00:23,  4.67s/it]print_dice: 0.4223717451095581,  print_iou: 0.
     26772576570510864
8180 print_dice: 0.5215081572532654,  print_iou: 0.35272982716560364
8181  75%|█████████ | 9/12 [00:44<00:13,  4.58s/it]print_dice: 0.529638409614563,  print_iou: 0.
     3602096140384674
8182 print_dice: 0.533109724521637,  print_iou: 0.3634284734725952
8183  92%|███████████| 11/12 [00:52<00:04,  4.43s/it]print_dice: 0.5881711840629578,  print_iou: 0
     .41660231351852417
8184 100%|████████████| 12/12 [00:57<00:00,  4.39s/it]print_dice: 0.5491828918457031,  print_iou: 0
     .3785335123538971
8185  [11/12]  eta: 0:00:04   time: 4.7592  data: 0.3279
8186 100%|████████████| 12/12 [00:57<00:00,  4.79s/it]
8187  Total time: 0:00:57 (4.7937 s / it)
8188 ============================
8189 Averaged stats:
8190 Epoch 134/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
8191 epoch:    134   learning rate:   1.0000000000000004e-12
8192 Epoch 134/499:   3%|▏         | 1/33 [00:10<05:38, 10.56s/it]print_dice: 0.5204694867134094
     ,  print_iou: 0.35178014636039734
8193  [ 0/33]  eta: 0:05:48   time: 10.5631  data: 4.2193
8194 print_dice: 0.42864757776260376,  print_iou: 0.272788941860199
8195 Epoch 134/499:   9%|▊         | 3/33 [00:23<03:40,  7.36s/it]print_dice: 0.5937026739120483
     ,  print_iou: 0.4221743941307068
8196 print_dice: 0.4947512149810791,  print_iou: 0.3286840319633484
8197 Epoch 134/499:  15%|█▍        | 5/33 [00:36<03:14,  6.94s/it]print_dice: 0.42656081914901733
     ,  print_iou: 0.2711009383201599
8198 Epoch 134/499:  18%|█▋        | 6/33 [00:43<03:05,  6.87s/it]print_dice: 0.5394481420516968
     ,  print_iou: 0.36934542655944824
8199 print_dice: 0.5708718299865723,  print_iou: 0.39945459365844727
8200 Epoch 134/499:  24%|██▍       | 8/33 [00:56<02:47,  6.72s/it]print_dice: 0.5411702990531921
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8200 ,     print_iou: 0.3709619641304016
8201 print_dice: 0.520987272625732,    print_iou: 0.35225340723991394
8202 Epoch 134/499:  30%|██         | 10/33 [01:09<02:32,  6.62s/it]print_dice: 0.
     44929713010787964,    print_iou: 0.289737731218338
8203 print_dice: 0.4882672131061554,    print_iou: 0.32298511266708374
8204 Epoch 134/499:  36%|██▏        | 12/33 [01:22<02:17,  6.55s/it]print_dice: 0.5228142738342285
     ,     print_iou: 0.3539259135723114
8205 Epoch 134/499:  39%|██▎        | 13/33 [01:29<02:11,  6.59s/it]print_dice: 0.5011662840843201
     ,     print_iou: 0.33437085151672363
8206 print_dice: 0.5268968343734741,    print_iou: 0.3576781749725342
8207 Epoch 134/499:  45%|██▋        | 15/33 [01:42<01:58,  6.58s/it]print_dice: 0.5377606153488159
     ,     print_iou: 0.3677650988101959
8208 Epoch 134/499:  48%|██▊        | 16/33 [01:49<01:52,  6.62s/it]print_dice: 0.5157440304756165
     ,     print_iou: 0.3474764823913574
8209 print_dice: 0.471993088722229,    print_iou: 0.3088946044445038
8210 Epoch 134/499:  55%|███▏       | 18/33 [02:02<01:38,  6.58s/it]print_dice: 0.5470758676528931
     ,     print_iou: 0.3765343725681305
8211 Epoch 134/499:  58%|███▎       | 19/33 [02:08<01:31,  6.57s/it]print_dice: 0.5145509839057922
     ,     print_iou: 0.34639424085617065
8212 Epoch 134/499:  61%|███▌       | 20/33 [02:15<01:25,  6.59s/it]print_dice: 0.
     45981767773628235,    print_iou: 0.29854756593704224
8213 print_dice: 0.5431154370307922,    print_iou: 0.3727923631668091
8214 Epoch 134/499:  67%|███▊       | 22/33 [02:28<01:12,  6.58s/it]print_dice: 0.
     42842698097229004,    print_iou: 0.27261030673980713
8215 Epoch 134/499:  70%|████       | 23/33 [02:34<01:05,  6.53s/it]print_dice: 0.5212674140930176
     ,     print_iou: 0.3525095582008362
8216 Epoch 134/499:  73%|████▏      | 24/33 [02:41<00:59,  6.58s/it]print_dice: 0.4412365257740021
     ,     print_iou: 0.28306829929351807
8217 Epoch 134/499:  76%|████▍      | 25/33 [02:48<00:52,  6.55s/it]print_dice: 0.5403609275817871
     ,     print_iou: 0.3702017366886139
8218 Epoch 134/499:  79%|████▋      | 26/33 [02:54<00:45,  6.52s/it]print_dice: 0.4806160628795624
     ,     print_iou: 0.3163229823112488
8219 Epoch 134/499:  82%|████▊      | 27/33 [03:00<00:38,  6.49s/it]print_dice: 0.5535708069801331
     ,     print_iou: 0.3827154338359833
8220 print_dice: 0.5028853416442871,    print_iou: 0.33590301871299744
8221 Epoch 134/499:  88%|█████▏     | 29/33 [03:13<00:25,  6.49s/it]print_dice: 0.5113090872764587
     ,     print_iou: 0.3434622287750244
8222 Epoch 134/499:  91%|█████▎     | 30/33 [03:20<00:19,  6.52s/it]print_dice: 0.6165767908096313
     ,     print_iou: 0.44568923115730286
8223 Epoch 134/499:  94%|█████▌     | 31/33 [03:27<00:13,  6.59s/it]print_dice: 0.
     48247554898262024,    print_iou: 0.31793591380119324
8224 Epoch 134/499:  97%|█████▋     | 32/33 [03:33<00:06,  6.55s/it]print_dice: 0.
     48514071106910706,    print_iou: 0.3202546238899231
8225 Epoch 134/499: 100%|█████▊     | 33/33 [03:40<00:00,  6.52s/it]print_dice: 0.5157465934753418
     ,     print_iou: 0.34747883677482605
8226   [32/33]  eta: 0:00:06    time: 6.5454   data: 0.0004
8227  Total time: 0:03:40 (6.6843 s / it)
8228 Averaged stats: training_loss: -66.2030 (-66.2030)  loss_mask: -66.3381 (-66.3381)
     loss_dice: 0.1351 (0.1351)
8229 Epoch 134/499: 100%|█████▊     | 33/33 [03:40<00:00,  6.68s/it]
8230   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402804611
8231 Validating...
8232 Valid_dataloader len: 12
8233 print_dice: 0.5079385042190552,  print_iou: 0.34042730927467346
8234   [ 0/12]  eta: 0:01:35    time: 7.9635   data: 3.9081
8235  17%|██        | 2/12 [00:12<00:58,  5.84s/it]print_dice: 0.5481067299842834,  print_iou: 0.
     37751173973083496
8236  25%|██▌       | 3/12 [00:16<00:47,  5.22s/it]print_dice: 0.5065911412239075,  print_iou: 0.
     3392179608345032
8237  33%|███▏      | 4/12 [00:21<00:39,  4.89s/it]print_dice: 0.48991358280181885,  print_iou: 0
     .3244275152683258
8238 print_dice: 0.5432904362678528,  print_iou: 0.3729572594165802
8239  50%|████      | 6/12 [00:30<00:28,  4.67s/it]print_dice: 0.4791952669620514,  print_iou: 0.
     3150932192802429
8240  58%|████▌     | 7/12 [00:34<00:23,  4.64s/it]print_dice: 0.4266033470630646,  print_iou: 0.
     27113527059555054
8241  67%|████▋     | 8/12 [00:39<00:18,  4.57s/it]print_dice: 0.5192210078239441,  print_iou: 0.
     3506404459476471
8242 print_dice: 0.5265477299690247,  print_iou: 0.3573565185070038
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8243  83%|███████▌  | 10/12 [00:48<00:08,  4.49s/it]print_dice: 0.5253697037696838,  print_iou: 0
   .3562721312046051
8244 print_dice: 0.5880910754203796,  print_iou: 0.4165219365504456
8245 100%|██████████| 12/12 [00:56<00:00,  4.38s/it]print_dice: 0.5442711114883423,  print_iou: 0
   .3738821744918823
8246  [11/12]  eta: 0:00:04    time: 4.7208  data: 0.3263
8247  Total time: 0:00:57 (4.7558 s / it)
8248 =============================
8249 Averaged stats:
8250 100%|██████████| 12/12 [00:57<00:00,  4.76s/it]
8251 Epoch 135/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
8252 epoch:    135   learning rate:   1.0000000000000004e-12
8253 Epoch 135/499:   3%|▏         | 1/33 [00:10<05:40, 10.64s/it]print_dice: 0.5377665758132935
   ,  print_iou: 0.3677706718444824
8254  [ 0/33]  eta: 0:05:51    time: 10.6406  data: 4.1418
8255 print_dice: 0.5424914360046387,  print_iou: 0.37220463156700134
8256 Epoch 135/499:   9%|█         | 3/33 [00:23<03:38,  7.29s/it]print_dice: 0.5412992238998413
   ,  print_iou: 0.3710830807685852
8257 print_dice: 0.48772212862968445,  print_iou: 0.3225082755088806
8258 Epoch 135/499:  15%|█▌        | 5/33 [00:36<03:09,  6.78s/it]print_dice: 0.5211673974990845
   ,  print_iou: 0.35241809487342834
8259 Epoch 135/499:  18%|█▊        | 6/33 [00:42<03:01,  6.71s/it]print_dice: 0.5266736745834351
   ,  print_iou: 0.3574725091457367
8260 Epoch 135/499:  21%|██        | 7/33 [00:49<02:53,  6.67s/it]print_dice: 0.5363588929176331
   ,  print_iou: 0.36645519733428955
8261 print_dice: 0.4944734275341034,  print_iou: 0.3284388482570648
8262 Epoch 135/499:  27%|██▋       | 9/33 [01:02<02:38,  6.60s/it]print_dice: 0.5470758676528931
   ,  print_iou: 0.3765343725681305
8263 print_dice: 0.6196058392524719,  print_iou: 0.4488615095615387
8264 Epoch 135/499:  33%|███▎      | 11/33 [01:15<02:23,  6.51s/it]print_dice: 0.4850827753543854
   ,  print_iou: 0.32020413875579834
8265 print_dice: 0.5156752467155457,  print_iou: 0.3474140167236328
8266 Epoch 135/499:  39%|███▉      | 13/33 [01:28<02:10,  6.52s/it]print_dice: 0.
   42997655272483826,  print_iou: 0.27386632561683655
8267 print_dice: 0.5002846717834473,  print_iou: 0.3335864543914795
8268 Epoch 135/499:  45%|████▌     | 15/33 [01:41<01:58,  6.56s/it]print_dice: 0.5201742649078369
   ,  print_iou: 0.3515104651451111
8269 Epoch 135/499:  48%|████▊     | 16/33 [01:47<01:51,  6.54s/it]print_dice: 0.
   46030616760253906,  print_iou: 0.29895955324172974
8270 Epoch 135/499:  52%|█████▏    | 17/33 [01:54<01:44,  6.51s/it]print_dice: 0.
   48248082399368286,  print_iou: 0.31794050335884094
8271 Epoch 135/499:  55%|█████▌    | 18/33 [02:00<01:37,  6.53s/it]print_dice: 0.5708718299865723
   ,  print_iou: 0.39945459365844727
8272 print_dice: 0.5947121381759644,  print_iou: 0.4231959581375122
8273 Epoch 135/499:  61%|██████    | 20/33 [02:13<01:24,  6.54s/it]print_dice: 0.4983624815940857
   ,  print_iou: 0.3318793475627899
8274 print_dice: 0.5537394285202026,  print_iou: 0.3828766345977783
8275 Epoch 135/499:  67%|██████▋   | 22/33 [02:26<01:11,  6.51s/it]print_dice: 0.4261367619037628
   ,  print_iou: 0.2707584500312805
8276 print_dice: 0.5209911465644836,  print_iou: 0.3522569537162781
8277 Epoch 135/499:  73%|███████▎  | 24/33 [02:40<00:58,  6.51s/it]print_dice: 0.5393943786621094
   ,  print_iou: 0.36929500102996826
8278 Epoch 135/499:  76%|███████▌  | 25/33 [02:46<00:52,  6.52s/it]print_dice: 0.5150611400604248
   ,  print_iou: 0.3468567728996277
8279 Epoch 135/499:  79%|███████▉  | 26/33 [02:53<00:45,  6.51s/it]print_dice: 0.5174020528793335
   ,  print_iou: 0.34898337721824646
8280 Epoch 135/499:  82%|████████▏ | 27/33 [02:59<00:39,  6.53s/it]print_dice: 0.
   47213324904441833,  print_iou: 0.3090146780014038
8281 print_dice: 0.4817167773246765,  print_iou: 0.3173249065876007
8282 Epoch 135/499:  88%|████████▊ | 29/33 [03:12<00:26,  6.52s/it]print_dice: 0.5157442092895508
   ,  print_iou: 0.34747666120529175
8283 Epoch 135/499:  91%|█████████ | 30/33 [03:19<00:19,  6.54s/it]print_dice: 0.5111772418022156
   ,  print_iou: 0.34334322810173035
8284 Epoch 135/499:  94%|█████████▍| 31/33 [03:25<00:13,  6.51s/it]print_dice: 0.4551912844181061
   ,  print_iou: 0.2946586608886719
8285 print_dice: 0.4289081394672394,  print_iou: 0.273000031709671
8286 Epoch 135/499: 100%|██████████| 33/33 [03:38<00:00,  6.45s/it]print_dice: 0.
   449901707768440247,  print_iou: 0.28950485587120056
8287  [32/33]  eta: 0:00:06    time: 6.5076  data: 0.0006
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8288 Epoch 135/499: 100%|███████| 33/33 [03:38<00:00,  6.63s/it]
8289  Total time: 0:03:38 (6.6296 s / it)
8290 Averaged stats: training_loss: -57.5745 (-57.5745)  loss_mask: -57.7093 (-57.7093)
     loss_dice: 0.1348 (0.1348)
8291   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402804611
8292 Validating...
8293 Valid_dataloader len: 12
8294   8%|█         | 1/12 [00:07<01:26,  7.90s/it]print_dice: 0.5321446061134338,  print_iou: 0.
     3625320494174957
8295  [ 0/12] eta: 0:01:34   time: 7.8957  data: 3.8744
8296 print_dice: 0.5496646761894226,  print_iou: 0.3789914548397064
8297  25%|██        | 3/12 [00:16<00:45,  5.04s/it]print_dice: 0.4946232736110687,  print_iou: 0.
     3285711109638214
8298  33%|███       | 4/12 [00:20<00:38,  4.80s/it]print_dice: 0.5007790327072144,  print_iou: 0.
     33402615785598755
8299 print_dice: 0.5384942889213562,  print_iou: 0.3684517443180084
8300  50%|████      | 6/12 [00:29<00:27,  4.62s/it]print_dice: 0.48076966404914856,  print_iou: 0
     .3164560794830322
8301 print_dice: 0.4361582100391388,  print_iou: 0.27890172600746155
8302  67%|██████    | 8/12 [00:38<00:18,  4.58s/it]print_dice: 0.5245398879051208,  print_iou: 0.
     355550937056541443
8303  75%|███████   | 9/12 [00:43<00:13,  4.56s/it]print_dice: 0.5214136242866516,  print_iou: 0.
     35264337062835693
8304  83%|████████  | 10/12 [00:47<00:08,  4.48s/it]print_dice: 0.538416862487793,  print_iou: 0.
     36837923526763916
8305 print_dice: 0.5816808342933655,  print_iou: 0.41011983156204224
8306 100%|██████████| 12/12 [00:56<00:00,  4.38s/it]print_dice: 0.5503349304199219,  print_iou: 0
     .3796290457248688
8307  [11/12] eta: 0:00:04   time: 4.6905  data: 0.3234
8308 100%|██████████| 12/12 [00:56<00:00,  4.72s/it]
8309  Total time: 0:00:56 (4.7234 s / it)
8310 =============================
8311 Averaged stats:
8312 Epoch 136/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
8313 epoch:    136   learning rate:   1.0000000000000004e-12
8314 Epoch 136/499:   3%|▏         | 1/33 [00:10<05:39, 10.60s/it]print_dice: 0.5935327410697937
     ,  print_iou: 0.42200252413749695
8315  [ 0/33] eta: 0:05:49   time: 10.5987  data: 4.1970
8316 Epoch 136/499:   6%|▌         | 2/33 [00:16<04:08,  8.01s/it]print_dice: 0.49487030506134033
     ,  print_iou: 0.3287891447544098
8317 print_dice: 0.4847596287727356,  print_iou: 0.3199225962162018
8318 Epoch 136/499:  12%|█▏        | 4/33 [00:30<03:26,  7.11s/it]print_dice: 0.6167957186698914
     ,  print_iou: 0.4459180235862732
8319 Epoch 136/499:  15%|█▌        | 5/33 [00:36<03:12,  6.86s/it]print_dice: 0.5204214453697205
     ,  print_iou: 0.35173624753952026
8320 Epoch 136/499:  18%|█▊        | 6/33 [00:43<03:04,  6.82s/it]print_dice: 0.48023200035095215
     ,  print_iou: 0.3159903287887573
8321 Epoch 136/499:  21%|██        | 7/33 [00:49<02:54,  6.70s/it]print_dice: 0.5430001616477966
     ,  print_iou: 0.3726837635040283
8322 Epoch 136/499:  24%|██▍       | 8/33 [00:56<02:46,  6.67s/it]print_dice: 0.4723130464553833
     ,  print_iou: 0.3091687560081482
8323 print_dice: 0.5265643000602722,  print_iou: 0.3573717772960663
8324 Epoch 136/499:  30%|███       | 10/33 [01:09<02:31,  6.58s/it]print_dice: 0.4299370050430298
     ,  print_iou: 0.2738342583179474
8325 Epoch 136/499:  33%|███▎      | 11/33 [01:15<02:24,  6.56s/it]print_dice: 0.5228540897369385
     ,  print_iou: 0.35396236181259155
8326 print_dice: 0.48257187008857727,  print_iou: 0.3180195987224579
8327 Epoch 136/499:  39%|███▉      | 13/33 [01:28<02:10,  6.54s/it]print_dice: 0.4492901861667633
     ,  print_iou: 0.2897319495677948
8328 print_dice: 0.5161342024803162,  print_iou: 0.34783080220222473
8329 Epoch 136/499:  45%|████▌     | 15/33 [01:41<01:57,  6.51s/it]print_dice: 0.5413990616798401
     ,  print_iou: 0.37117692828178406
8330 print_dice: 0.5491821765899658,  print_iou: 0.3785328269004822
8331 Epoch 136/499:  52%|█████▏    | 17/33 [01:55<01:44,  6.52s/it]print_dice: 0.
     4289079606530505,  print_iou: 0.2729998826980591
8332 Epoch 136/499:  55%|█████▌    | 18/33 [02:01<01:37,  6.49s/it]print_dice: 0.4411683678627014
     ,  print_iou: 0.2830122113227844
8333 Epoch 136/499:  58%|█████▊    | 19/33 [02:07<01:30,  6.49s/it]print_dice: 0.5209967494010925
     ,  print_iou: 0.35226207971572876
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8334 print_dice: 0.48702681064605713,   print_iou: 0.32190048694610596
8335 Epoch 136/499:  64%|███████▌    | 21/33 [02:21<01:18,  6.56s/it]print_dice: 0.5376402139663696
     ,   print_iou: 0.3676525056362152
8336 Epoch 136/499:  67%|████████    | 22/33 [02:27<01:11,  6.54s/it]print_dice: 0.
     49870118498802185,   print_iou: 0.33217981457710266
8337 Epoch 136/499:  70%|████████▌   | 23/33 [02:34<01:05,  6.54s/it]print_dice: 0.5419851541519165
     ,   print_iou: 0.3717281520366687
8338 print_dice: 0.42616790533065796,   print_iou: 0.27078360319137573
8339 Epoch 136/499:  76%|█████████▏  | 25/33 [02:47<00:51,  6.49s/it]print_dice: 0.515435516834259
     ,   print_iou: 0.34719642996788025
8340 Epoch 136/499:  79%|█████████▌  | 26/33 [02:53<00:45,  6.53s/it]print_dice: 0.5157784819602966
     ,   print_iou: 0.3475077450275421
8341 print_dice: 0.5413802862167358,   print_iou: 0.37115928530693054
8342 Epoch 136/499:  85%|██████████▏ | 28/33 [03:06<00:32,  6.58s/it]print_dice: 0.5109645128250122
     ,   print_iou: 0.343151330947876
8343 print_dice: 0.5002830028533936,   print_iou: 0.3335849344730377
8344 Epoch 136/499:  91%|██████████▉ | 30/33 [03:20<00:19,  6.56s/it]print_dice: 0.5725353956222534
     ,   print_iou: 0.4010854959487915
8345 print_dice: 0.457364559173584,   print_iou: 0.2964825928211212
8346 Epoch 136/499:  97%|███████████▋| 32/33 [03:32<00:06,  6.51s/it]print_dice: 0.5213493704795837
     ,   print_iou: 0.352584570646286
8347 Epoch 136/499: 100%|████████████| 33/33 [03:39<00:00,  6.45s/it]print_dice: 0.5546644330024719
     ,   print_iou: 0.3837617337703705
8348   [32/33]  eta: 0:00:06   time: 6.5151  data: 0.0004
8349 Epoch 136/499: 100%|████████████| 33/33 [03:39<00:00,  6.66s/it]
8350  Total time: 0:03:39 (6.6560 s / it)
8351 Averaged stats: training_loss: -103.8271 (-103.8271)  loss_mask: -103.8592 (-103.8592)
     loss_dice: 0.0321 (0.0321)
8352   0%|            | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402804611
8353 Validating...
8354 Valid_dataloader len: 12
8355   8%|█         | 1/12 [00:08<01:30,  8.20s/it]print_dice: 0.5068183541297913,   print_iou: 0.
     3394217789173126
8356   [ 0/12]  eta: 0:01:38   time: 8.1982  data: 3.9808
8357  17%|██        | 2/12 [00:12<00:58,  5.90s/it]print_dice: 0.5449640154838562,   print_iou: 0.
     3745364248752594
8358 print_dice: 0.47600558400154114,  print_iou: 0.31234076619148254
8359  33%|███▍      | 4/12 [00:21<00:39,  4.96s/it]print_dice: 0.47956761717796326,   print_iou: 0
     .31541529297828674
8360  42%|████▎     | 5/12 [00:25<00:33,  4.77s/it]print_dice: 0.5493202209472656,   print_iou: 0.
     3786640167236328
8361 print_dice: 0.4835726320743561,  print_iou: 0.31888940930366516
8362  58%|█████▊    | 7/12 [00:34<00:22,  4.59s/it]print_dice: 0.4211823344230652,   print_iou: 0.
     26677072048187256
8363 print_dice: 0.5214529037475586,  print_iou: 0.3526792824268341
8364  75%|███████▌  | 9/12 [00:43<00:13,  4.53s/it]print_dice: 0.518478512763977,   print_iou: 0.
     34996354579925537
8365  83%|████████▎ | 10/12 [00:47<00:08,  4.45s/it]print_dice: 0.5277639031410217,   print_iou: 0
     .35847774147987366
8366  92%|█████████▏| 11/12 [00:52<00:04,  4.42s/it]print_dice: 0.5825551748275757,   print_iou: 0
     .4109896719455719
8367 100%|██████████| 12/12 [00:56<00:00,  4.39s/it]print_dice: 0.5551759004592896,   print_iou: 0
     .38425156474113464
8368   [11/12]  eta: 0:00:04   time: 4.7201  data: 0.3326
8369 100%|██████████| 12/12 [00:57<00:00,  4.76s/it]
8370  Total time: 0:00:57 (4.7554 s / it)
8371 ============================
8372 Averaged stats:
8373 Epoch 137/499:   0%|            | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
8374 epoch:    137   learning rate:   1.0000000000000004e-12
8375 Epoch 137/499:   3%|▏           | 1/33 [00:10<05:34, 10.46s/it]print_dice: 0.4583055078983307
     ,   print_iou: 0.2972738742828369
8376   [ 0/33]  eta: 0:05:45   time: 10.4552  data: 4.0197
8377 print_dice: 0.5002846717834473,   print_iou: 0.3335864543914795
8378 Epoch 137/499:   9%|▊           | 3/33 [00:23<03:40,  7.36s/it]print_dice: 0.516122579574585
     ,   print_iou: 0.3478202521800995
8379 Epoch 137/499:  12%|█▏          | 4/33 [00:29<03:24,  7.04s/it]print_dice: 0.5412607192993164
     ,   print_iou: 0.37104693055152893
8380 Epoch 137/499:  15%|█▌          | 5/33 [00:36<03:11,  6.86s/it]print_dice: 0.5377367734909058
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8380 ,    print_iou: 0.3677428066730499
8381 print_dice: 0.4818190634250641,    print_iou: 0.3173660337924957
8382 Epoch 137/499:  21%|█        | 7/33 [00:49<02:53,  6.66s/it]print_dice: 0.526921272277832
     ,    print_iou: 0.3577007055282593
8383 Epoch 137/499:  24%|██       | 8/33 [00:55<02:45,  6.60s/it]print_dice: 0.44929713010787964
     ,    print_iou: 0.289737731218338
8384 Epoch 137/499:  27%|██       | 9/33 [01:02<02:38,  6.62s/it]print_dice: 0.48520806431770325
     ,    print_iou: 0.32031336426734924
8385 Epoch 137/499:  30%|██       | 10/33 [01:08<02:31,  6.57s/it]print_dice: 0.6194028258323669
     ,    print_iou: 0.44864851236343384
8386 print_dice: 0.5424914360046387,    print_iou: 0.37220463156700134
8387 Epoch 137/499:  36%|███      | 12/33 [01:22<02:17,  6.55s/it]print_dice: 0.554664671421051
     ,    print_iou: 0.3837619423866272
8388 Epoch 137/499:  39%|███      | 13/33 [01:28<02:10,  6.51s/it]print_dice: 0.4697575569152832
     ,    print_iou: 0.30698245763778687
8389 print_dice: 0.5725085735321045,    print_iou: 0.40105918049812317
8390 Epoch 137/499:  45%|████     | 15/33 [01:41<01:57,  6.53s/it]print_dice: 0.5225768685340881
     ,    print_iou: 0.35370832681655884
8391 Epoch 137/499:  48%|████     | 16/33 [01:48<01:50,  6.51s/it]print_dice: 0.4867604970932007
     ,    print_iou: 0.3216678500175476
8392 Epoch 137/499:  52%|█████    | 17/33 [01:54<01:44,  6.53s/it]print_dice: 0.
     49875980615615845,    print_iou: 0.3322318494319916
8393 print_dice: 0.59470134973526,    print_iou: 0.4231850206851959
8394 Epoch 137/499:  58%|█████    | 19/33 [02:07<01:31,  6.52s/it]print_dice: 0.5491821765899658
     ,    print_iou: 0.3785328269004822
8395 Epoch 137/499:  61%|█████    | 20/33 [02:13<01:24,  6.48s/it]print_dice: 0.4265303313732147
     ,    print_iou: 0.2710762917995453
8396 Epoch 137/499:  64%|██████   | 21/33 [02:20<01:17,  6.49s/it]print_dice: 0.4301532804965973
     ,    print_iou: 0.27400973439216614
8397 print_dice: 0.5174461007118225,    print_iou: 0.3490234613418579
8398 Epoch 137/499:  70%|██████   | 23/33 [02:33<01:05,  6.53s/it]print_dice: 0.5150151252746582
     ,    print_iou: 0.3468150794506073
8399 Epoch 137/499:  73%|██████   | 24/33 [02:40<00:58,  6.53s/it]print_dice: 0.5201441049575806
     ,    print_iou: 0.35148292779922485
8400 print_dice: 0.42842715978622437,    print_iou: 0.27261045575141907
8401 Epoch 137/499:  79%|███████  | 26/33 [02:53<00:45,  6.49s/it]print_dice: 0.
     48152825236320496,    print_iou: 0.3171137273311615
8402 Epoch 137/499:  82%|███████  | 27/33 [02:59<00:39,  6.52s/it]print_dice: 0.
     49177369475364685,    print_iou: 0.3260609209537506
8403 print_dice: 0.521753191947937,    print_iou: 0.35295403003692627
8404 Epoch 137/499:  88%|████████ | 29/33 [03:12<00:26,  6.60s/it]print_dice: 0.
     44901707768440247,    print_iou: 0.2895048558712005
8405 Epoch 137/499:  91%|████████ | 30/33 [03:19<00:19,  6.57s/it]print_dice: 0.5362908840179443
     ,    print_iou: 0.36639168858528137
8406 Epoch 137/499:  94%|████████ | 31/33 [03:26<00:13,  6.57s/it]print_dice: 0.5135843753814697
     ,    print_iou: 0.34551867842674255
8407 Epoch 137/499:  97%|████████ | 32/33 [03:32<00:06,  6.51s/it]print_dice: 0.5419555902481079
     ,    print_iou: 0.37170031666755676
8408 Epoch 137/499: 100%|█████████| 33/33 [03:38<00:00,  6.46s/it]print_dice: 0.5147032737731934
     ,    print_iou: 0.34653231501579285
8409  [32/33]  eta: 0:00:06   time: 6.5140  data: 0.0007
8410 Epoch 137/499: 100%|█████████| 33/33 [03:39<00:00,  6.64s/it]
8411  Total time: 0:03:39 (6.6402 s / it)
8412 Averaged stats: training_loss: -91.7190 (-91.7190)  loss_mask: -91.8116 (-91.8116)
     loss_dice: 0.0926 (0.0926)
8413 Net parameter norm: 1054.8383402804611
8414 Validating...
8415 Valid_dataloader len: 12
8416   8%|█        | 1/12 [00:07<01:27,  7.98s/it]print_dice: 0.5046822428703308,  print_iou: 0.
     33750835061073303
8417  [ 0/12]  eta: 0:01:35   time: 7.9802  data: 3.9391
8418 print_dice: 0.5391663312911987,  print_iou: 0.3690812587738037
8419  25%|██       | 3/12 [00:16<00:45,  5.10s/it]print_dice: 0.4946318566799164,  print_iou: 0.
     3285786807537079
8420 print_dice: 0.5007893443107605,  print_iou: 0.33403530716896057
8421  42%|███      | 5/12 [00:25<00:32,  4.71s/it]print_dice: 0.5338566899299622,  print_iou: 0.
     36412313580513
8422  50%|████     | 6/12 [00:29<00:27,  4.60s/it]print_dice: 0.48078855872154236,  print_iou: 0
     .31647244095802307
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8423  58%|██████      | 7/12 [00:34<00:22,  4.58s/it]print_dice: 0.4236345887184143,  print_iou: 0.
      2687413692474365
8424  67%|███████     | 8/12 [00:38<00:18,  4.52s/it]print_dice: 0.5214622020721436,  print_iou: 0.
      3526877760887146
8425  print_dice: 0.529591977596283,  print_iou: 0.3601666986942291
8426  83%|█████████   | 10/12 [00:47<00:08,  4.41s/it]print_dice: 0.533046543598175,  print_iou: 0.
      36336976289749146
8427  92%|██████████  | 11/12 [00:51<00:04,  4.41s/it]print_dice: 0.5817145705223083,  print_iou: 0
      .4101533591747284
8428  print_dice: 0.5444458723068237,  print_iou: 0.3740471601486206
8429   [11/12]  eta: 0:00:04   time: 4.6730  data: 0.3289
8430  100%|████████████| 12/12 [00:56<00:00,  4.71s/it]
8431   Total time: 0:00:56 (4.7052 s / it)
8432  ============================
8433  Averaged stats:
8434  Epoch 138/499:    0%|            | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
8435  epoch:    138   learning rate:   1.0000000000000004e-12
8436  Epoch 138/499:    3%|▏           | 1/33 [00:10<05:38, 10.56s/it]print_dice: 0.5010987520217896
      ,  print_iou: 0.33431071043014526
8437   [ 0/33]  eta: 0:05:48   time: 10.5625  data: 4.2556
8438  print_dice: 0.5946947336196899,  print_iou: 0.4231783151626587
8439  Epoch 138/499:    9%|█           | 3/33 [00:23<03:43,  7.43s/it]print_dice: 0.5372510552406311
      ,  print_iou: 0.36728864908218384
8440  Epoch 138/499:   12%|█▌          | 4/33 [00:30<03:26,  7.13s/it]print_dice: 0.42842715978622437
      ,  print_iou: 0.27261045575141907
8441  Epoch 138/499:   15%|██          | 5/33 [00:36<03:13,  6.89s/it]print_dice: 0.4411771595478058
      ,  print_iou: 0.28301942348480225
8442  print_dice: 0.4867346847969055,  print_iou: 0.32164525985717773
8443  Epoch 138/499:   21%|██▌         | 7/33 [00:49<02:54,  6.70s/it]print_dice: 0.554706335067749
      ,  print_iou: 0.3838018476963043
8444  print_dice: 0.48351556062698364,  print_iou: 0.31883978843688965
8445  Epoch 138/499:   27%|███▏        | 9/33 [01:02<02:38,  6.60s/it]print_dice: 0.5363477468490601
      ,  print_iou: 0.36644479632377625
8446  Epoch 138/499:   30%|███▌        | 10/33 [01:09<02:31,  6.60s/it]print_dice: 0.516122579574585
      ,  print_iou: 0.3478202521800995
8447  Epoch 138/499:   33%|████        | 11/33 [01:15<02:24,  6.57s/it]print_dice: 0.5136625170707703
      ,  print_iou: 0.34558939933776855
8448  Epoch 138/499:   36%|████▌       | 12/33 [01:22<02:18,  6.60s/it]print_dice: 0.
      449314802885055554,  print_iou: 0.28975242376327515
8449  print_dice: 0.5406703948974609,  print_iou: 0.3704923391342163
8450  Epoch 138/499:   42%|█████▏      | 14/33 [01:35<02:04,  6.57s/it]print_dice: 0.5419846177101135
      ,  print_iou: 0.3717276453971863
8451  Epoch 138/499:   45%|█████▌      | 15/33 [01:42<01:57,  6.53s/it]print_dice: 0.5225719213485718
      ,  print_iou: 0.3537038266658783
8452  Epoch 138/499:   48%|██████      | 16/33 [01:48<01:51,  6.53s/it]print_dice: 0.4818163514137268
      ,  print_iou: 0.3173636794090271
8453  print_dice: 0.4946794807910919,  print_iou: 0.32862070202827454
8454  Epoch 138/499:   55%|██████▌     | 18/33 [02:01<01:37,  6.51s/it]print_dice: 0.5708862543106079
      ,  print_iou: 0.3994687497615814
8455  Epoch 138/499:   58%|███████     | 19/33 [02:08<01:30,  6.48s/it]print_dice: 0.5146463513374329
      ,  print_iou: 0.34648066759109497
8456  Epoch 138/499:   61%|███████▌    | 20/33 [02:14<01:24,  6.52s/it]print_dice: 0.5227254033088684
      ,  print_iou: 0.35384443402290344
8457  Epoch 138/499:   64%|████████    | 21/33 [02:21<01:18,  6.51s/it]print_dice: 0.4846799969673157
      ,  print_iou: 0.3198532164096832
8458  print_dice: 0.5492745041847229,  print_iou: 0.37862053513526917
8459  Epoch 138/499:   70%|████████▌   | 23/33 [02:34<01:05,  6.51s/it]print_dice: 0.5153408646583557
      ,  print_iou: 0.3471105694770813
8460  print_dice: 0.4263970553874969.5,  print_iou: 0.27096864581108093
8461  Epoch 138/499:   76%|█████████   | 25/33 [02:47<00:51,  6.50s/it]print_dice: 0.4595576822757721
      ,  print_iou: 0.2983283996582031
8462  Epoch 138/499:   79%|█████████▌  | 26/33 [02:53<00:45,  6.48s/it]print_dice: 0.5427312850952148
      ,  print_iou: 0.3724304735660553
8463  Epoch 138/499:   82%|██████████  | 27/33 [03:00<00:38,  6.47s/it]print_dice: 0.619392991065979
      ,  print_iou: 0.4486381709575653
8464  Epoch 138/499:   85%|██████████▌ | 28/33 [03:06<00:32,  6.52s/it]print_dice: 0.
      42990967631340027,  print_iou: 0.27381205558776855
8465  Epoch 138/499:   88%|███████████ | 29/33 [03:13<00:25,  6.49s/it]print_dice: 0.520632266998291
      ,  print_iou: 0.3519289195537567
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8466 Epoch 138/499:  91%|███████    | 30/33 [03:19<00:19,  6.51s/it]print_dice: 0.5269439220428467
     , print_iou: 0.35772156715393066
8467 print_dice: 0.520774245262146,   print_iou: 0.35205864906311035
8468 Epoch 138/499:  97%|████████   | 32/33 [03:32<00:06,  6.49s/it]print_dice: 0.5002983808517456
     , print_iou: 0.33359861373901367
8469 Epoch 138/499: 100%|████████   | 33/33 [03:38<00:00,  6.44s/it]print_dice: 0.4696638584136963
     , print_iou: 0.3069024085998535
8470  [32/33]  eta: 0:00:06   time: 6.4897  data: 0.0004
8471 Epoch 138/499: 100%|████████   | 33/33 [03:39<00:00,  6.65s/it]
8472  Total time: 0:03:39 (6.6471 s / it)
8473 Averaged stats: training_loss: -60.4523 (-60.4523)  loss_mask: -60.6438 (-60.6438)
     loss_dice: 0.1914 (0.1914)
8474 Net parameter norm: 1054.8383402804611
8475 Validating...
8476 Valid_dataloader len: 12
8477   8%|█        | 1/12 [00:08<01:28,  8.04s/it]print_dice: 0.5188426375389099,  print_iou: 0.
     35029545426368713
8478  [ 0/12]  eta: 0:01:36   time: 8.0355  data: 3.9267
8479  17%|██       | 2/12 [00:12<00:58,  5.82s/it]print_dice: 0.5496814250946045,  print_iou: 0.
     37900736927986145
8480  25%|██       | 3/12 [00:16<00:46,  5.18s/it]print_dice: 0.4950069189071655,  print_iou: 0.
     3289097547531128
8481 print_dice: 0.4899316132068634,  print_iou: 0.32444334030151367
8482  42%|████     | 5/12 [00:25<00:33,  4.81s/it]print_dice: 0.5500566363334656,  print_iou: 0.
     3793642222881317
8483  50%|████     | 6/12 [00:30<00:28,  4.71s/it]print_dice: 0.4835682511329651,  print_iou: 0.
     31888559460639954
8484  58%|████     | 7/12 [00:35<00:23,  4.68s/it]print_dice: 0.4266074001789093,  print_iou: 0.
     2711385488510132
8485 print_dice: 0.5177435874938965,  print_iou: 0.3492942154407501
8486  75%|██████   | 9/12 [00:44<00:13,  4.59s/it]print_dice: 0.5295840501785278,  print_iou: 0.
     36015936732292175
8487 print_dice: 0.5383859872817993,  print_iou: 0.3683503568172455
8488  92%|███████  | 11/12 [00:52<00:04,  4.48s/it]print_dice: 0.5881060361862183,  print_iou: 0
     .41653698682785034
8489 100%|████████ | 12/12 [00:57<00:00,  4.43s/it]print_dice: 0.5444809198379517,  print_iou: 0
     .37408021092414856
8490  [11/12]  eta: 0:00:04   time: 4.7617  data: 0.3276
8491 100%|████████ | 12/12 [00:57<00:00,  4.80s/it]
8492  Total time: 0:00:57 (4.7988 s / it)
8493 ===========================
8494 Averaged stats:
8495 Epoch 139/499:   0%|         | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
8496 epoch:     139   learning rate:  1.0000000000000004e-12
8497 Epoch 139/499:   3%|█        | 1/33 [00:10<05:44, 10.77s/it]print_dice: 0.502702534198761
     , print_iou: 0.33573994040489197
8498  [ 0/33]  eta: 0:05:55   time: 10.7706  data: 4.1745
8499 Epoch 139/499:   6%|█        | 2/33 [00:17<04:12,  8.14s/it]print_dice: 0.48171746730804443
     , print_iou: 0.3172778785228729
8500 print_dice: 0.5174461007118225,   print_iou: 0.3490234613418579
8501 Epoch 139/499:  12%|██       | 4/33 [00:30<03:24,  7.06s/it]print_dice: 0.49166139960289
     , print_iou: 0.32596221566200256
8502 print_dice: 0.5421355366706848,   print_iou: 0.37186962366104126
8503 Epoch 139/499:  18%|██       | 6/33 [00:43<03:01,  6.73s/it]print_dice: 0.5158107876777649
     , print_iou: 0.3475370705127716
8504 Epoch 139/499:  21%|██       | 7/33 [00:49<02:54,  6.71s/it]print_dice: 0.5009966492652893
     , print_iou: 0.3342198431491852
8505 print_dice: 0.5929473042488098,   print_iou: 0.4214108586313403
8506 Epoch 139/499:  27%|███      | 9/33 [01:02<02:39,  6.63s/it]print_dice: 0.5225719213485718
     , print_iou: 0.3537038266658783
8507 print_dice: 0.5372416973114014,   print_iou: 0.36727991700172424
8508 Epoch 139/499:  33%|███      | 11/33 [01:15<02:23,  6.54s/it]print_dice: 0.
     42615216970443726,   print_iou: 0.2707709074020386
8509 print_dice: 0.5240247249603271,   print_iou: 0.355036228951874
8510 Epoch 139/499:  39%|███      | 13/33 [01:28<02:10,  6.51s/it]print_dice: 0.5203168988227844
     , print_iou: 0.3516407907009125
8511 Epoch 139/499:  42%|████     | 14/33 [01:35<02:05,  6.59s/it]print_dice: 0.
     44904977083206177,   print_iou: 0.28953203558921814
8512 Epoch 139/499:  45%|████     | 15/33 [01:42<01:58,  6.56s/it]print_dice: 0.5472584366798401
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8512 ,     print_iou: 0.37670737504959106
8513 print_dice: 0.48309704661369324,    print_iou: 0.3184759020805359
8514 Epoch 139/499:  52%|██████     | 17/33 [01:55<01:44,  6.55s/it]print_dice: 0.5109933614730835
     ,     print_iou: 0.34317734837532043
8515 print_dice: 0.4876953065395355,    print_iou: 0.3224848210811615
8516 Epoch 139/499:  58%|██████▌    | 19/33 [02:08<01:31,  6.56s/it]print_dice: 0.
     47183528542518616,    print_iou: 0.3087594211101532
8517 print_dice: 0.5542187094688416,    print_iou: 0.3833351135253906
8518 Epoch 139/499:  64%|███████▏   | 21/33 [02:21<01:19,  6.58s/it]print_dice: 0.
     42990967631340027,    print_iou: 0.27381205558776855
8519 print_dice: 0.4853711724281311,    print_iou: 0.32045552134513855
8520 Epoch 139/499:  70%|███████▊   | 23/33 [02:35<01:08,  6.90s/it]print_dice: 0.4284108281135559
     ,     print_iou: 0.27259722352027893
8521 Epoch 139/499:  73%|████████▏  | 24/33 [02:42<01:02,  6.97s/it]print_dice: 0.5210856795310974
     ,     print_iou: 0.3523433804512024
8522 Epoch 139/499:  76%|████████▍  | 25/33 [02:49<00:54,  6.87s/it]print_dice: 0.5428522229194641
     ,     print_iou: 0.37254437804222107
8523 Epoch 139/499:  79%|████████▊  | 26/33 [02:55<00:47,  6.77s/it]print_dice: 0.
     44929713010787964,    print_iou: 0.289737731218338
8524 Epoch 139/499:  82%|█████████  | 27/33 [03:02<00:40,  6.74s/it]print_dice: 0.5155316591262817
     ,     print_iou: 0.3472837209701538
8525 Epoch 139/499:  85%|█████████▍ | 28/33 [03:09<00:33,  6.69s/it]print_dice: 0.4600003659725189
     ,     print_iou: 0.29870161414146423
8526 Epoch 139/499:  88%|█████████▋ | 29/33 [03:15<00:26,  6.64s/it]print_dice: 0.5153827667236328
     ,     print_iou: 0.3471485674381256
8527 print_dice: 0.5407416224479675,    print_iou: 0.3705591857433319
8528 Epoch 139/499:  94%|██████████▎| 31/33 [03:28<00:13,  6.62s/it]print_dice: 0.5725308060646057
     ,     print_iou: 0.40108105540275574
8529 print_dice: 0.6165403127670288,    print_iou: 0.4456510841846466
8530 Epoch 139/499: 100%|███████████| 33/33 [03:41<00:00,  6.53s/it]print_dice: 0.5413146615028381
     ,     print_iou: 0.3710976243019104
8531   [32/33]  eta: 0:00:06    time: 6.6486  data: 0.0005
8532 Epoch 139/499: 100%|███████████| 33/33 [03:42<00:00,  6.74s/it]
8533  Total time: 0:03:42 (6.7358 s / it)
8534 Averaged stats: training_loss: -42.7224 (-42.7224)  loss_mask: -42.8932 (-42.8932)
     loss_dice: 0.1708 (0.1708)
8535   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402804611
8536 Validating...
8537 Valid_dataloader len: 12
8538   8%|█        | 1/12 [00:08<01:36,  8.78s/it]print_dice: 0.5320985317230225,  print_iou: 0.
     362489253282547
8539  [ 0/12]  eta: 0:01:45    time: 8.7842  data: 4.6761
8540  17%|██       | 2/12 [00:13<01:01,  6.17s/it]print_dice: 0.5481230020523071,  print_iou: 0.
     3775271773338318
8541  25%|██▌      | 3/12 [00:17<00:47,  5.28s/it]print_dice: 0.4920024275779724,  print_iou: 0.
     32626208662986755
8542 print_dice: 0.48991402983665466,  print_iou: 0.32442790269851685
8543  42%|████     | 5/12 [00:26<00:33,  4.79s/it]print_dice: 0.5492942333221436,  print_iou: 0.
     3786393105983734
8544 print_dice: 0.4807337820529938,  print_iou: 0.31642499566078186
8545  58%|█████▌   | 7/12 [00:35<00:23,  4.62s/it]print_dice: 0.4196622669696808,  print_iou: 0.
     26555225253105164
8546 print_dice: 0.5214130878448486,  print_iou: 0.35264283418655396
8547  75%|███████  | 9/12 [00:44<00:13,  4.55s/it]print_dice: 0.5265471339225769,  print_iou: 0.
     3573559522628784
8548  83%|████████ | 10/12 [00:48<00:08,  4.48s/it]print_dice: 0.5266703963279724,  print_iou: 0
     .35746949911117554
8549 print_dice: 0.5775105953216553,  print_iou: 0.40598586201667786
8550 100%|█████████| 12/12 [00:57<00:00,  4.41s/it]print_dice: 0.5503224730491638,  print_iou: 0
     .37961718440055847
8551   [11/12]  eta: 0:00:04    time: 4.7690  data: 0.3902
8552 100%|█████████| 12/12 [00:57<00:00,  4.81s/it]
8553  Total time: 0:00:57 (4.8093 s / it)
8554 =============================
8555 Averaged stats:
8556 Epoch 140/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
8557 epoch:    140   learning rate:   1.0000000000000004e-13
8558 print_dice: 0.5407418012619019,  print_iou: 0.37055936455726624
8559  [ 0/33]  eta: 0:05:46    time: 10.4851  data: 4.2420
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8560 Epoch 140/499:    6%|█             | 2/33 [00:16<04:07,  7.99s/it]print_dice: 0.4877223074436188
     ,   print_iou: 0.32250842452049255
8561 print_dice: 0.4299088764190674,   print_iou: 0.27387794852256775
8562 Epoch 140/499:   12%|██            | 4/33 [00:29<03:24,  7.04s/it]print_dice: 0.570310115814209
     ,   print_iou: 0.3989047706127167
8563 print_dice: 0.515007734298706,   print_iou: 0.34680837392807007
8564 Epoch 140/499:   18%|██▊           | 6/33 [00:43<03:03,  6.80s/it]print_dice: 0.48061588406562805
     ,   print_iou: 0.31632283329963684
8565 print_dice: 0.4290781617164612,   print_iou: 0.27313780784606934
8566 Epoch 140/499:   24%|███▍          | 8/33 [00:56<02:45,  6.62s/it]print_dice: 0.4263433814048767
     ,   print_iou: 0.27092528343200684
8567 print_dice: 0.5394481420516968,   print_iou: 0.36934542655944824
8568 Epoch 140/499:   30%|████▏         | 10/33 [01:09<02:30,  6.56s/it]print_dice: 0.5947244167327881
     ,   print_iou: 0.4232083857059479
8569 print_dice: 0.5473026633262634,   print_iou: 0.37674927711486816
8570 Epoch 140/499:   36%|████▉         | 12/33 [01:21<02:16,  6.51s/it]print_dice: 0.5001474618911743
     ,   print_iou: 0.3334644138813019
8571 Epoch 140/499:   39%|█████▍        | 13/33 [01:28<02:10,  6.52s/it]print_dice: 0.5362820625305176
     ,   print_iou: 0.36638349294662476
8572 print_dice: 0.4939590990543365,   print_iou: 0.3279851973056793
8573 Epoch 140/499:   45%|██████▎       | 15/33 [01:41<01:57,  6.51s/it]print_dice: 0.5240083336830139
     ,   print_iou: 0.355021208524704
8574 print_dice: 0.4853396415710449,   print_iou: 0.3204280436038971
8575 Epoch 140/499:   52%|███████▏      | 17/33 [01:54<01:44,  6.50s/it]print_dice: 0.5225719213485718
     ,   print_iou: 0.3537038266658783
8576 print_dice: 0.5158105492591858,   print_iou: 0.3475368916988373
8577 Epoch 140/499:   58%|███████▉      | 19/33 [02:07<01:31,  6.55s/it]print_dice: 0.4719885289669037
     ,   print_iou: 0.308890700340271
8578 print_dice: 0.5174022316932678,   print_iou: 0.3489835560321808
8579 Epoch 140/499:   64%|████████▊     | 21/33 [02:20<01:18,  6.54s/it]print_dice: 0.6194272041320801
     ,   print_iou: 0.4486740529537201
8580 print_dice: 0.5377665758132935,   print_iou: 0.3677706718444824
8581 Epoch 140/499:   70%|█████████▌    | 23/33 [02:33<01:05,  6.53s/it]print_dice: 0.5155091881752014
     ,   print_iou: 0.34726327657699585
8582 Epoch 140/499:   73%|██████████    | 24/33 [02:40<00:58,  6.53s/it]print_dice: 0.457955539226532
     ,   print_iou: 0.29697948694229126
8583 print_dice: 0.5207250714302063,   print_iou: 0.3520137369632721
8584 Epoch 140/499:   79%|██████████▊   | 26/33 [02:53<00:45,  6.52s/it]print_dice: 0.
     49875980615615845,   print_iou: 0.3322318494319916
8585 print_dice: 0.5412866473197937,   print_iou: 0.3710713085124207
8586 Epoch 140/499:   85%|███████████▌  | 28/33 [03:06<00:32,  6.53s/it]print_dice: 0.4831143021583557
     ,   print_iou: 0.3184909224510193
8587 print_dice: 0.5228142738342285,   print_iou: 0.3539259135723114
8588 Epoch 140/499:   91%|████████████▍ | 30/33 [03:19<00:19,  6.51s/it]print_dice: 0.
     44929713010787964,   print_iou: 0.289737731218338
8589 Epoch 140/499:   94%|████████████▊ | 31/33 [03:25<00:13,  6.51s/it]print_dice: 0.5113090872764587
     ,   print_iou: 0.3434622287750244
8590 print_dice: 0.44891026616096497,   print_iou: 0.2894160747528076
8591 Epoch 140/499:  100%|██████████████| 33/33 [03:38<00:00,  6.47s/it]print_dice: 0.5541771650314331
     ,   print_iou: 0.3832953870296478
8592  [32/33]  eta: 0:00:06    time: 6.5169  data: 0.0006
8593 Epoch 140/499:  100%|██████████████| 33/33 [03:39<00:00,  6.64s/it]
8594  Total time: 0:03:39 (6.6420 s / it)
8595 Averaged stats: training_loss: 61.0641 (61.0641)  loss_mask: 60.6758 (60.6758)  loss_dice: 0
     .3883 (0.3883)
8596    0%|            | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402804611
8597 Validating...
8598 Valid_dataloader len: 12
8599    8%|█          | 1/12 [00:08<01:29,  8.12s/it]print_dice: 0.5320707559585571,  print_iou: 0.
     36246350407600403
8600  [ 0/12]  eta: 0:01:37    time: 8.1197  data: 3.9584
8601   17%|██         | 2/12 [00:12<00:58,  5.86s/it]print_dice: 0.549660861492157,  print_iou: 0.
     3789878189563751
8602   25%|██▊        | 3/12 [00:16<00:46,  5.18s/it]print_dice: 0.48134127259254456,  print_iou: 0
     .3169515789505005
8603   33%|███▍       | 4/12 [00:21<00:39,  4.88s/it]print_dice: 0.500791072845459,  print_iou: 0.
     33403685688972473
8604   42%|████▏      | 5/12 [00:25<00:33,  4.74s/it]print_dice: 0.5492658615112305,  print_iou: 0.
     37861233949661255
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8605 print_dice: 0.48352447152137756,  print_iou: 0.31884753704071045
8606  58%|██████    | 7/12 [00:34<00:22,  4.54s/it]print_dice: 0.4052026569843292,  print_iou: 0.
     25407785177230835
8607  67%|███████   | 8/12 [00:38<00:17,  4.49s/it]print_dice: 0.5244902968406677,  print_iou: 0.
     35546383261680603
8608 print_dice: 0.5295389294624329,  print_iou: 0.3601176142692566
8609  83%|████████  | 10/12 [00:47<00:08,  4.44s/it]print_dice: 0.5329529047012329,  print_iou: 0
     .3632827401161194
8610  92%|█████████ | 11/12 [00:51<00:04,  4.40s/it]print_dice: 0.5880847573280334,  print_iou: 0
     .416515588760376
8611 100%|██████████| 12/12 [00:56<00:00,  4.37s/it]print_dice: 0.5503008961677551,  print_iou: 0
     .37959662079811096
8612  [11/12]  eta: 0:00:04   time: 4.6891  data: 0.3303
8613 100%|██████████| 12/12 [00:56<00:00,  4.73s/it]
8614  Total time: 0:00:56 (4.7288 s / it)
8615 =============================
8616 Averaged stats:
8617 Epoch 141/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
8618 epoch:    141   learning rate:   1.0000000000000004e-13
8619 print_dice: 0.4578343331813812,  print_iou: 0.29687753319740295
8620  [ 0/33] eta: 0:05:51   time: 10.6373  data: 4.2340
8621 Epoch 141/499:   6%|▏         | 2/33 [00:16<04:07,  8.00s/it]print_dice: 0.5143067240715027
     ,  print_iou: 0.34617286920547485
8622 print_dice: 0.5158023834228516,  print_iou: 0.34752947092056274
8623 Epoch 141/499:  12%|█         | 4/33 [00:30<03:24,  7.06s/it]print_dice: 0.5394763946533203
     ,  print_iou: 0.3693718910217285
8624 print_dice: 0.4719885289669037,  print_iou: 0.308890700340271
8625 Epoch 141/499:  18%|█▋        | 6/33 [00:43<03:01,  6.74s/it]print_dice: 0.5002983808517456
     ,  print_iou: 0.33359861373901367
8626 Epoch 141/499:  21%|██        | 7/33 [00:49<02:53,  6.68s/it]print_dice: 0.48181596398353577
     ,  print_iou: 0.31736335158348083
8627 print_dice: 0.5935714244842529,  print_iou: 0.422041654586792
8628 Epoch 141/499:  27%|██▌       | 9/33 [01:02<02:38,  6.60s/it]print_dice: 0.5010098814964294
     ,  print_iou: 0.3342316150665283
8629 Epoch 141/499:  30%|██▋       | 10/33 [01:09<02:30,  6.56s/it]print_dice: 0.5229465961456299
     ,  print_iou: 0.35404717922210693
8630 Epoch 141/499:  33%|███       | 11/33 [01:15<02:24,  6.56s/it]print_dice: 0.5491654872894287
     ,  print_iou: 0.37851694226264954
8631 Epoch 141/499:  36%|███▋      | 12/33 [01:22<02:17,  6.56s/it]print_dice: 0.4265301525592804
     ,  print_iou: 0.27107614278793335
8632 Epoch 141/499:  39%|███▉      | 13/33 [01:28<02:10,  6.54s/it]print_dice: 0.4867604970932007
     ,  print_iou: 0.3216678500175476
8633 print_dice: 0.5708890557289124,  print_iou: 0.3994714617729187
8634 Epoch 141/499:  45%|████▌     | 15/33 [01:41<01:57,  6.55s/it]print_dice: 0.4283798038959503
     ,  print_iou: 0.2725721001625061
8635 print_dice: 0.5113089084625244,  print_iou: 0.3434620499610901
8636 Epoch 141/499:  52%|█████▏    | 17/33 [01:55<01:45,  6.60s/it]print_dice: 0.4488706886768341
     ,  print_iou: 0.2893831431865692
8637 Epoch 141/499:  55%|█████▌    | 18/33 [02:01<01:38,  6.55s/it]print_dice: 0.4852078855037689
     ,  print_iou: 0.3203131854534149
8638 Epoch 141/499:  58%|█████▊    | 19/33 [02:08<01:31,  6.53s/it]print_dice: 0.5363749265670776
     ,  print_iou: 0.36647018790245056
8639 Epoch 141/499:  61%|██████    | 20/33 [02:14<01:24,  6.50s/it]print_dice: 0.
     44929713010787964,  print_iou: 0.289737731218338
8640 Epoch 141/499:  64%|██████▍   | 21/33 [02:20<01:17,  6.48s/it]print_dice: 0.5209678411483765
     ,  print_iou: 0.35223567485809326
8641 print_dice: 0.5544893145561218,  print_iou: 0.3835940659046173
8642 Epoch 141/499:  70%|███████   | 23/33 [02:33<01:05,  6.51s/it]print_dice: 0.526504397392273
     ,  print_iou: 0.3573165833950043
8643 print_dice: 0.5156816840171814,  print_iou: 0.3474198579788208
8644 Epoch 141/499:  76%|███████▌  | 25/33 [02:47<00:52,  6.53s/it]print_dice: 0.5377699136734009
     ,  print_iou: 0.3677738308906555
8645 Epoch 141/499:  79%|███████▉  | 26/33 [02:53<00:45,  6.51s/it]print_dice: 0.4825226962566376
     ,  print_iou: 0.3179768919944763
8646 print_dice: 0.4905103445053106,  print_iou: 0.3249511122703552
8647 Epoch 141/499:  85%|████████▍ | 28/33 [03:06<00:32,  6.50s/it]print_dice: 0.5211383104324341
     ,  print_iou: 0.3523915410041809
8648 Epoch 141/499:  88%|████████▊ | 29/33 [03:13<00:26,  6.56s/it]print_dice: 0.4286545217037201
     ,  print_iou: 0.27279457449913025
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8649 Epoch 141/499:  91%|███████   | 30/33 [03:19<00:19,  6.56s/it]print_dice: 0.5212158560752869
     ,  print_iou: 0.35246241092681885
8650 Epoch 141/499:  94%|███████   | 31/33 [03:26<00:13,  6.56s/it]print_dice: 0.5425391793251038
     ,  print_iou: 0.372249573469162
8651 print_dice: 0.6194742321968079,  print_iou: 0.4487234354019165
8652 Epoch 141/499: 100%|████████  | 33/33 [03:39<00:00,  6.48s/it]print_dice: 0.541260302066803
     ,  print_iou: 0.3710465133190155
8653  [32/33]  eta: 0:00:06   time: 6.5216  data: 0.0003
8654 Epoch 141/499: 100%|████████  | 33/33 [03:39<00:00,  6.65s/it]
8655  Total time: 0:03:39 (6.6537 s / it)
8656 Averaged stats: training_loss: -157.3486 (-157.3486)  loss_mask: -157.3337 (-157.3337)
     loss_dice: -0.0149 (-0.0149)
8657   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402804611
8658 Validating...
8659 Valid_dataloader len: 12
8660   8%|█         | 1/12 [00:07<01:27,  7.96s/it]print_dice: 0.5147739052772522,  print_iou: 0.
     346596360206604
8661  [ 0/12]  eta: 0:01:35   time: 7.9648  data: 3.9069
8662  17%|██        | 2/12 [00:12<00:57,  5.73s/it]print_dice: 0.5453863143920898,  print_iou: 0.
     3749355375766754
8663 print_dice: 0.49157458543777466,  print_iou: 0.3258858919143677
8664  33%|███       | 4/12 [00:21<00:39,  4.90s/it]print_dice: 0.5007949471473694,  print_iou: 0.
     3340403437614441
8665 print_dice: 0.539368212223053,  print_iou: 0.3692705035209656
8666  50%|█████     | 6/12 [00:30<00:27,  4.64s/it]print_dice: 0.48073482513427734,  print_iou: 0
     .3164258897304535
8667 print_dice: 0.42660290002822876,  print_iou: 0.2711349129676819
8668  67%|██████    | 8/12 [00:39<00:18,  4.55s/it]print_dice: 0.5214264392852783,  print_iou: 0.
     3526550531387329
8669 print_dice: 0.5236556529998779,  print_iou: 0.35469749569892883
8670  83%|████████  | 10/12 [00:47<00:08,  4.46s/it]print_dice: 0.5233125686645508,  print_iou: 0
     .3543827533721924
8671 print_dice: 0.5799503326416016,  print_iou: 0.4084014296531677
8672 100%|██████████| 12/12 [00:56<00:00,  4.39s/it]print_dice: 0.5491383075714111,  print_iou: 0
     .3784911632537842
8673  [11/12]  eta: 0:00:04   time: 4.7009  data: 0.3262
8674 100%|██████████| 12/12 [00:56<00:00,  4.75s/it]
8675  Total time: 0:00:56 (4.7497 s / it)
8676 ============================
8677 Averaged stats:
8678 Epoch 142/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
8679 epoch:    142    learning rate:   1.0000000000000004e-13
8680 print_dice: 0.4286386966705322,  print_iou: 0.27278175950050354
8681  [ 0/33]  eta: 0:05:41   time: 10.3347  data: 3.9819
8682 Epoch 142/499:   6%|▌         | 2/33 [00:16<04:04,  7.88s/it]print_dice: 0.6166206002235413
     ,  print_iou: 0.44573497772216797
8683 Epoch 142/499:   9%|▉         | 3/33 [00:23<03:38,  7.27s/it]print_dice: 0.4288550317287445
     ,  print_iou: 0.2729570269584656
8684 Epoch 142/499:  12%|█▏        | 4/33 [00:29<03:21,  6.96s/it]print_dice: 0.5241742134094238
     ,  print_iou: 0.3551734983921051
8685 print_dice: 0.5134276747703552,  print_iou: 0.3453768491744995
8686 Epoch 142/499:  18%|█▊        | 6/33 [00:42<03:00,  6.69s/it]print_dice: 0.5538539290428162
     ,  print_iou: 0.3829861283302307
8687 Epoch 142/499:  21%|██        | 7/33 [00:48<02:51,  6.61s/it]print_dice: 0.5412649512290955
     ,  print_iou: 0.3710508942604065
8688 Epoch 142/499:  24%|██▍       | 8/33 [00:55<02:44,  6.58s/it]print_dice: 0.515846312046051
     ,  print_iou: 0.3475693464279175
8689 Epoch 142/499:  27%|██▋       | 9/33 [01:01<02:37,  6.56s/it]print_dice: 0.5174940228462219
     ,  print_iou: 0.3490670621395111
8690 print_dice: 0.5428608655929565,  print_iou: 0.3725525140762329
8691 Epoch 142/499:  33%|███▎      | 11/33 [01:15<02:24,  6.56s/it]print_dice: 0.4916493594646454
     ,  print_iou: 0.32595163583755493
8692 Epoch 142/499:  36%|███▌      | 12/33 [01:21<02:17,  6.56s/it]print_dice: 0.5470758676528931
     ,  print_iou: 0.3765343725681305
8693 Epoch 142/499:  39%|███▉      | 13/33 [01:28<02:10,  6.54s/it]print_dice: 0.
     48485615849494934,  print_iou: 0.32000669836997986
8694 print_dice: 0.44120246171951294,  print_iou: 0.28304025530815125
8695 Epoch 142/499:  45%|████▌     | 15/33 [01:41<01:57,  6.54s/it]print_dice: 0.5935313701629639
     ,  print_iou: 0.4220011830329895
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8696 Epoch 142/499:  48%|██████        | 16/33 [01:47<01:50,  6.51s/it]print_dice: 0.5151548385620117
     ,   print_iou: 0.3469417989253998
8697 Epoch 142/499:  52%|███████       | 17/33 [01:54<01:43,  6.47s/it]print_dice: 0.5156816840171814
     ,   print_iou: 0.3474198579788208
8698 Epoch 142/499:  55%|███████       | 18/33 [02:00<01:37,  6.49s/it]print_dice: 0.5419580936431885
     ,   print_iou: 0.3717027008533478
8699 print_dice: 0.4805992543697357,   print_iou: 0.3163084387779236
8700 Epoch 142/499:  61%|████████      | 20/33 [02:13<01:25,  6.57s/it]print_dice: 0.
     45723605155944824,   print_iou: 0.2963745892047882
8701 Epoch 142/499:  64%|████████      | 21/33 [02:20<01:18,  6.55s/it]print_dice: 0.
     46971797943115234,   print_iou: 0.30694863200187683
8702 Epoch 142/499:  67%|█████████     | 22/33 [02:26<01:11,  6.54s/it]print_dice: 0.5009966492652893
     ,   print_iou: 0.3342198431491852
8703 Epoch 142/499:  70%|█████████     | 23/33 [02:33<01:04,  6.47s/it]print_dice: 0.5228142738342285
     ,   print_iou: 0.3539259135723114
8704 Epoch 142/499:  73%|██████████    | 24/33 [02:39<00:58,  6.49s/it]print_dice: 0.
     48173168301582336,   print_iou: 0.31729021668434143
8705 print_dice: 0.48687544465065,   print_iou: 0.32176825404167175
8706 Epoch 142/499:  79%|███████████   | 26/33 [02:52<00:45,  6.54s/it]print_dice: 0.5224220752716064
     ,   print_iou: 0.3535665273666382
8707 print_dice: 0.5424920320510864,   print_iou: 0.3722051680088043
8708 Epoch 142/499:  85%|████████████  | 28/33 [03:06<00:32,  6.54s/it]print_dice: 0.53728187084198
     ,   print_iou: 0.36731740832328796
8709 Epoch 142/499:  88%|████████████  | 29/33 [03:12<00:26,  6.52s/it]print_dice: 0.5725308060646057
     ,   print_iou: 0.40108099579811096
8710 Epoch 142/499:  91%|█████████████ | 30/33 [03:19<00:19,  6.55s/it]print_dice: 0.
     455388830757141113,   print_iou: 0.2948238253593445
8711 Epoch 142/499:  94%|█████████████ | 31/33 [03:25<00:13,  6.51s/it]print_dice: 0.5206276774406433
     ,   print_iou: 0.3519246876239766
8712 Epoch 142/499:  97%|██████████████| 32/33 [03:32<00:06,  6.49s/it]print_dice: 0.500295877456665
     ,   print_iou: 0.3335963785648346
8713 print_dice: 0.42633408308029175,   print_iou: 0.2709178030490875
8714   [32/33]  eta: 0:00:06    time: 6.5138  data: 0.0004
8715 Epoch 142/499: 100%|██████████████| 33/33 [03:38<00:00,  6.63s/it]
8716  Total time: 0:03:38 (6.6314 s / it)
8717 Averaged stats: training_loss: -6.8772 (-6.8772)  loss_mask: -7.1620 (-7.1620)  loss_dice: 0
     .2848 (0.2848)
8718   0%|              | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402804611
8719 Validating...
8720 Valid_dataloader len: 12
8721   8%|█           | 1/12 [00:08<01:28,  8.06s/it]print_dice: 0.5166068077087402,  print_iou: 0.
     34826022386550903
8722   [ 0/12]  eta: 0:01:36    time: 8.0604  data: 3.9370
8723  17%|██          | 2/12 [00:12<00:57,  5.78s/it]print_dice: 0.5481404662132263,  print_iou: 0.
     37754371762275696
8724 print_dice: 0.4897424876689911,  print_iou: 0.32427749037742615
8725  33%|████        | 4/12 [00:21<00:39,  4.91s/it]print_dice: 0.4899415373802185,  print_iou: 0.
     3244520425796509
8726  42%|█████       | 5/12 [00:25<00:33,  4.72s/it]print_dice: 0.5423624515533447,  print_iou: 0.
     372208321690559387
8727  50%|██████      | 6/12 [00:30<00:27,  4.62s/it]print_dice: 0.4732652008533478,  print_iou: 0.
     3099852204322815
8728 print_dice: 0.4361724853515625,  print_iou: 0.2789134085178375
8729  67%|████████    | 8/12 [00:38<00:18,  4.51s/it]print_dice: 0.5150159597396851,  print_iou: 0.
     346815824508667
8730 print_dice: 0.5296287536621094,  print_iou: 0.3602006733417511
8731  83%|██████████  | 10/12 [00:47<00:08,  4.42s/it]print_dice: 0.5224060416221619,  print_iou: 0
     .35355180501937866
8732 print_dice: 0.5817374587059021,  print_iou: 0.4101761281490326
8733 100%|████████████| 12/12 [00:56<00:00,  4.36s/it]print_dice: 0.5503999590873718,  print_iou: 0
     .37969091534614563
8734   [11/12]  eta: 0:00:04    time: 4.6784  data: 0.3287
8735 100%|████████████| 12/12 [00:56<00:00,  4.72s/it]
8736  Total time: 0:00:56 (4.7193 s / it)
8737 =============================
8738 Averaged stats:
8739 Epoch 143/499:   0%|              | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
8740 epoch:    143   learning rate:   1.0000000000000004e-13
8741 Epoch 143/499:   3%|█           | 1/33 [00:11<05:55, 11.12s/it]print_dice: 0.5546618103981018
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8741 ,     print_iou: 0.38375917077064514
8742  [ 0/33]  eta: 0:06:06    time: 11.1171  data: 4.8179
8743 Epoch 143/499:   6%|█          | 2/33 [00:17<04:15,  8.23s/it]print_dice: 0.49875980615615845
     ,     print_iou: 0.3322318494319916
8744 print_dice: 0.5241742134094238,   print_iou: 0.3551734983921051
8745 Epoch 143/499:  12%|█▊         | 4/33 [00:30<03:28,  7.19s/it]print_dice: 0.4263257384300232
     ,     print_iou: 0.2709110379219055
8746 print_dice: 0.5209911465644836,   print_iou: 0.3522569537162781
8747 Epoch 143/499:  18%|██▌        | 6/33 [00:43<03:05,  6.87s/it]print_dice: 0.4719885289669037
     ,     print_iou: 0.308890700340271
8748 print_dice: 0.45713746547698975,   print_iou: 0.2962917685508728
8749 Epoch 143/499:  24%|███▎       | 8/33 [00:57<02:47,  6.68s/it]print_dice: 0.500295877456665
     ,     print_iou: 0.3335963785648346
8750 print_dice: 0.4952349066734314,   print_iou: 0.32911112904548645
8751 Epoch 143/499:  30%|████       | 10/33 [01:10<02:31,  6.59s/it]print_dice: 0.5412864685058594
     ,     print_iou: 0.37107110023498535
8752 Epoch 143/499:  33%|████▍      | 11/33 [01:16<02:24,  6.59s/it]print_dice: 0.4851044714450836
     ,     print_iou: 0.3202230632305145
8753 Epoch 143/499:  36%|████▊      | 12/33 [01:23<02:17,  6.56s/it]print_dice: 0.
     48884281516075134,   print_iou: 0.32348906993865967
8754 Epoch 143/499:  39%|█████▎     | 13/33 [01:29<02:11,  6.57s/it]print_dice: 0.5174461007118225
     ,     print_iou: 0.3490234613418579
8755 print_dice: 0.5212376713752747,   print_iou: 0.3524823784828186
8756 Epoch 143/499:  45%|██████     | 15/33 [01:42<01:57,  6.55s/it]print_dice: 0.5393187403678894
     ,     print_iou: 0.3692241311073303
8757 print_dice: 0.5377665758132935,   print_iou: 0.3677706718444824
8758 Epoch 143/499:  52%|██████▊    | 17/33 [01:55<01:45,  6.57s/it]print_dice: 0.5157440304756165
     ,     print_iou: 0.3474764823913574
8759 Epoch 143/499:  55%|███████▏   | 18/33 [02:02<01:37,  6.52s/it]print_dice: 0.5150151252746582
     ,     print_iou: 0.3468150794506073
8760 Epoch 143/499:  58%|███████▋   | 19/33 [02:09<01:31,  6.56s/it]print_dice: 0.4286386966705322
     ,     print_iou: 0.27278175950050354
8761 Epoch 143/499:  61%|████████   | 20/33 [02:15<01:24,  6.52s/it]print_dice: 0.5406742691993713
     ,     print_iou: 0.3704959750175476
8762 print_dice: 0.44929713010787964,   print_iou: 0.289737731218338
8763 Epoch 143/499:  67%|████████▊  | 22/33 [02:28<01:11,  6.54s/it]print_dice: 0.5472375154495239
     ,     print_iou: 0.37668752670288086
8764 print_dice: 0.5936256647109985,   print_iou: 0.42209646105766296
8765 Epoch 143/499:  73%|█████████▌ | 24/33 [02:41<00:58,  6.51s/it]print_dice: 0.4289081394672394
     ,     print_iou: 0.273000031709671
8766 Epoch 143/499:  76%|█████████▉ | 25/33 [02:48<00:52,  6.53s/it]print_dice: 0.5708633065223694
     ,     print_iou: 0.3994462490081787
8767 print_dice: 0.6165767908096313,   print_iou: 0.44568923115730286
8768 Epoch 143/499:  82%|██████████▋ | 27/33 [03:01<00:39,  6.53s/it]print_dice: 0.4825281500816345
     ,     print_iou: 0.3179816007614136
8769 print_dice: 0.5156816840171814,   print_iou: 0.3474198579788208
8770 Epoch 143/499:  88%|███████████▍ | 29/33 [03:14<00:26,  6.50s/it]print_dice: 0.5201411247253418
     ,     print_iou: 0.3514802157878876
8771 Epoch 143/499:  91%|███████████▊ | 30/33 [03:20<00:19,  6.49s/it]print_dice: 0.5113090872764587
     ,     print_iou: 0.3434622287750244
8772 print_dice: 0.44127124547958374,   print_iou: 0.28309687972068787
8773 Epoch 143/499:  97%|████████████▋| 32/33 [03:33<00:06,  6.48s/it]print_dice: 0.5363497734069824
     ,     print_iou: 0.36644667387008667
8774 print_dice: 0.48041918873786926,   print_iou: 0.3161524534225464
8775  [32/33]  eta: 0:00:06    time: 6.5150  data: 0.0005
8776 Epoch 143/499: 100%|█████████████| 33/33 [03:40<00:00,  6.68s/it]
8777  Total time: 0:03:40 (6.6792 s / it)
8778 Averaged stats: training_loss: 72.7523 (72.7523)  loss_mask: 72.4461 (72.4461)  loss_dice: 0
     .3062 (0.3062)
8779   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402804611
8780 Validating...
8781 Valid_dataloader len: 12
8782   8%|█         | 1/12 [00:07<01:27,  7.94s/it]print_dice: 0.5322252511978149,  print_iou: 0.
     36260688304901123
8783  [ 0/12]  eta: 0:01:35    time: 7.9379  data: 3.9075
8784 print_dice: 0.5481265187263489,  print_iou: 0.3775304853916168
8785  25%|██▌       | 3/12 [00:16<00:46,  5.16s/it]print_dice: 0.49467477202415466,  print_iou: 0
     .32861652970314026
8786  33%|███▎      | 4/12 [00:21<00:39,  4.92s/it]print_dice: 0.4899137318134308,  print_iou: 0.
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8786 32442766427993774
8787 print_dice: 0.5433764457702637,  print_iou: 0.3730383515357971
8788  50%|███████      | 6/12 [00:30<00:27,  4.63s/it]print_dice: 0.48083075881004333,  print_iou: 0
.3165090084075928
8789 print_dice: 0.4222128689289093,  print_iou: 0.26759812235832214
8790  67%|████████     | 8/12 [00:38<00:18,  4.52s/it]print_dice: 0.5245900750160217,  print_iou: 0.
3555554747581482
8791  75%|████████     | 9/12 [00:43<00:13,  4.48s/it]print_dice: 0.5124343633651733,  print_iou: 0.
3444784879684448
8792  83%|█████████    | 10/12 [00:47<00:08,  4.40s/it]print_dice: 0.5269341468811035,  print_iou: 0
.3577125370502472
8793  92%|██████████   | 11/12 [00:51<00:04,  4.39s/it]print_dice: 0.5817433595657349,  print_iou: 0
.41018199920654297
8794 100%|███████████| 12/12 [00:56<00:00,  4.41s/it]print_dice: 0.5552389621734619,  print_iou: 0
.3843119740486145
8795  [11/12] eta: 0:00:04   time: 4.6939  data: 0.3261
8796 100%|███████████| 12/12 [00:56<00:00,  4.73s/it]
8797  Total time: 0:00:56 (4.7345 s / it)
8798 ============================
8799 Averaged stats:
8800 Epoch 144/499:   0%|            | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
8801 epoch:    144   learning rate:   1.0000000000000004e-13
8802 Epoch 144/499:   3%|█            | 1/33 [00:10<05:38, 10.57s/it]print_dice: 0.5541771650314331
,  print_iou: 0.3832953870296478
8803  [ 0/33] eta: 0:05:48   time: 10.5737  data: 4.2430
8804 print_dice: 0.5240445137023926,  print_iou: 0.35505443811416626
8805 Epoch 144/499:   9%|█            | 3/33 [00:23<03:42,  7.42s/it]print_dice: 0.4598475992679596
,  print_iou: 0.2985727787017822
8806 print_dice: 0.5145511627197266,  print_iou: 0.346394419670105
8807 Epoch 144/499:  15%|█            | 5/33 [00:36<03:11,  6.85s/it]print_dice: 0.5936256647109985
,  print_iou: 0.42209646105766296
8808 Epoch 144/499:  18%|██           | 6/33 [00:43<03:01,  6.74s/it]print_dice: 0.5471773743629456
,  print_iou: 0.3766305446624756
8809 Epoch 144/499:  21%|██           | 7/33 [00:49<02:52,  6.63s/it]print_dice: 0.5156816840171814
,  print_iou: 0.3474198579788208
8810 Epoch 144/499:  24%|███          | 8/33 [00:56<02:45,  6.61s/it]print_dice: 0.4262370765209198
,  print_iou: 0.2708394527435303
8811 Epoch 144/499:  27%|███          | 9/33 [01:02<02:37,  6.56s/it]print_dice: 0.48061588406562805
,  print_iou: 0.31632283329963684
8812 Epoch 144/499:  30%|███          | 10/33 [01:09<02:30,  6.55s/it]print_dice: 0.4697575569152832
,  print_iou: 0.30698245763778687
8813 print_dice: 0.5363086462020874,  print_iou: 0.36640825867652893
8814 Epoch 144/499:  36%|███          | 12/33 [01:22<02:18,  6.58s/it]print_dice: 0.5010098814964294
,  print_iou: 0.3342316150665283
8815 print_dice: 0.4945879280567169,  print_iou: 0.3285399079322815
8816 Epoch 144/499:  42%|████         | 14/33 [01:35<02:05,  6.60s/it]print_dice: 0.5140712261199951
,  print_iou: 0.34595951437950134
8817 Epoch 144/499:  45%|████         | 15/33 [01:42<01:58,  6.61s/it]print_dice: 0.
48209553956985474,  print_iou: 0.31760600209236145
8818 print_dice: 0.6193805932998657,  print_iou: 0.4486251473426819
8819 Epoch 144/499:  52%|█████        | 17/33 [01:55<01:45,  6.59s/it]print_dice: 0.5389494895935059
,  print_iou: 0.368878036737442
8820 print_dice: 0.5708712935447693,  print_iou: 0.3994540870189667
8821 Epoch 144/499:  58%|█████        | 19/33 [02:08<01:31,  6.56s/it]print_dice: 0.5377665758132935
,  print_iou: 0.3677706718444824
8822 Epoch 144/499:  61%|██████       | 20/33 [02:15<01:25,  6.61s/it]print_dice: 0.5228142738342285
,  print_iou: 0.3539259135723114
8823 Epoch 144/499:  64%|██████       | 21/33 [02:21<01:19,  6.61s/it]print_dice: 0.5002604722976685
,  print_iou: 0.3335649073123932
8824 Epoch 144/499:  67%|██████       | 22/33 [02:28<01:12,  6.60s/it]print_dice: 0.4849799871444702
,  print_iou: 0.3201145529747009
8825 Epoch 144/499:  70%|███████      | 23/33 [02:34<01:05,  6.57s/it]print_dice: 0.5211166739463806
,  print_iou: 0.3523717224597931
8826 print_dice: 0.5412541627883911,  print_iou: 0.3710407316684723
8827 Epoch 144/499:  76%|███████      | 25/33 [02:47<00:52,  6.54s/it]print_dice: 0.5217199325561523
,  print_iou: 0.352936316680908
8828 print_dice: 0.44928696751594543,  print_iou: 0.2897292673587799
8829 Epoch 144/499:  82%|████████     | 27/33 [03:00<00:39,  6.55s/it]print_dice: 0.4299370050430298
,  print_iou: 0.2738342583179474
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8830 print_dice: 0.48842525482177734,  print_iou: 0.3231234550476074
8831 Epoch 144/499:  88%|████████▊ | 29/33 [03:13<00:26,  6.55s/it]print_dice: 0.5411784052848816
     ,  print_iou: 0.3709695637226105
8832 Epoch 144/499:  91%|█████████ | 30/33 [03:20<00:19,  6.55s/it]print_dice: 0.5134278535842896
     ,  print_iou: 0.3453770279843384
8833 Epoch 144/499:  94%|█████████▍| 31/33 [03:27<00:13,  6.55s/it]print_dice: 0.5171169638633728
     ,  print_iou: 0.3487240374082874
8834 print_dice: 0.42937690019607544,  print_iou: 0.27337998151779175
8835 Epoch 144/499: 100%|██████████| 33/33 [03:39<00:00,  6.45s/it]print_dice: 0.4492563009262085
     ,  print_iou: 0.28970375657081604
8836  [32/33] eta: 0:00:06   time: 6.5535  data: 0.0006
8837 Epoch 144/499: 100%|██████████| 33/33 [03:40<00:00,  6.68s/it]
8838  Total time: 0:03:40 (6.6765 s / it)
8839 Averaged stats: training_loss: 47.6255 (47.6255)  loss_mask: 47.3045 (47.3045)  loss_dice: 0
     .3210 (0.3210)
8840   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402804611
8841 Validating...
8842 Valid_dataloader len: 12
8843 print_dice: 0.5320993661880493,  print_iou: 0.3624900281429291
8844  [ 0/12] eta: 0:01:46   time: 8.8425  data: 4.6724
8845  17%|██        | 2/12 [00:13<01:01,  6.12s/it]print_dice: 0.5451397895812988,  print_iou: 0.
     37470248341560364
8846  25%|██        | 3/12 [00:17<00:47,  5.30s/it]print_dice: 0.506554365158081,  print_iou: 0.
     33918502926826477
8847  33%|███       | 4/12 [00:21<00:40,  5.02s/it]print_dice: 0.5007752180099487,  print_iou: 0.
     33402279019355774
8848  42%|████      | 5/12 [00:26<00:33,  4.80s/it]print_dice: 0.5419489145278931,  print_iou: 0.
     37169402837753296
8849  50%|████      | 6/12 [00:30<00:28,  4.70s/it]print_dice: 0.4835525155067444,  print_iou: 0.
     3188719153404236
8850 print_dice: 0.43614017963409424,  print_iou: 0.278887003660202
8851  67%|██████▋   | 8/12 [00:39<00:18,  4.56s/it]print_dice: 0.5156648755073547,  print_iou: 0.
     3474045991897583
8852 print_dice: 0.5273755192756653,  print_iou: 0.35811948776245117
8853  83%|████████▎ | 10/12 [00:48<00:08,  4.49s/it]print_dice: 0.524869978427887,  print_iou: 0.
     3558126986026764
8854  92%|█████████▏| 11/12 [00:53<00:04,  4.44s/it]print_dice: 0.5780412554740906,  print_iou: 0
     .406510591506958
8855 print_dice: 0.5474233627319336,  print_iou: 0.3768636882305145
8856  [11/12] eta: 0:00:04   time: 4.7762  data: 0.3899
8857 100%|██████████| 12/12 [00:57<00:00,  4.82s/it]
8858  Total time: 0:00:57 (4.8184 s / it)
8859 ============================
8860 Averaged stats:
8861 Epoch 145/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
8862 epoch:    145   learning rate:   1.0000000000000004e-13
8863 print_dice: 0.5113089084625244,  print_iou: 0.3434620499610901
8864  [ 0/33] eta: 0:05:44   time: 10.4497  data: 4.0081
8865 Epoch 145/499:   6%|▌         | 2/33 [00:16<04:07,  7.98s/it]print_dice: 0.6165767908096313
     ,  print_iou: 0.44568923115730286
8866 Epoch 145/499:   9%|▉         | 3/33 [00:23<03:41,  7.38s/it]print_dice: 0.45514968037605286
     ,  print_iou: 0.29462382197380066
8867 Epoch 145/499:  12%|█▏        | 4/33 [00:29<03:23,  7.00s/it]print_dice: 0.480655908584945947
     ,  print_iou: 0.3163575232028961
8868 Epoch 145/499:  15%|█▌        | 5/33 [00:36<03:13,  6.91s/it]print_dice: 0.5934016704559326
     ,  print_iou: 0.42187002301216125
8869 print_dice: 0.500295877456665,  print_iou: 0.3335963785648346
8870 Epoch 145/499:  21%|██        | 7/33 [00:49<02:55,  6.74s/it]print_dice: 0.5156656503677368
     ,  print_iou: 0.3474053144454956
8871 Epoch 145/499:  24%|██▍       | 8/33 [00:56<02:47,  6.69s/it]print_dice: 0.5424920320510864
     ,  print_iou: 0.3722051680088043
8872 Epoch 145/499:  27%|██▋       | 9/33 [01:02<02:39,  6.66s/it]print_dice: 0.4400861859321594
     ,  print_iou: 0.28212210536003113
8873 Epoch 145/499:  30%|███       | 10/33 [01:09<02:31,  6.59s/it]print_dice: 0.4288247227668762
     ,  print_iou: 0.2729324698448181
8874 Epoch 145/499:  33%|███▎      | 11/33 [01:15<02:24,  6.59s/it]print_dice: 0.4266462028026581
     ,  print_iou: 0.27116990089416504
8875 Epoch 145/499:  36%|███▌      | 12/33 [01:22<02:18,  6.58s/it]print_dice: 0.5007303357124329
     ,  print_iou: 0.3339828550815582
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8876 print_dice: 0.5268852114677429,    print_iou: 0.3576674461364746
8877 Epoch 145/499:  42%|███▉       | 14/33 [01:35<02:04,  6.57s/it]print_dice: 0.5394481420516968
     ,   print_iou: 0.36934542655944824
8878 print_dice: 0.5161228179931641,    print_iou: 0.3478204309940338
8879 Epoch 145/499:  48%|████▊      | 16/33 [01:48<01:51,  6.57s/it]print_dice: 0.5153874754905701
     ,   print_iou: 0.34715282917022705
8880 print_dice: 0.5377665758132935,    print_iou: 0.3677706718444824
8881 Epoch 145/499:  55%|█████▍     | 18/33 [02:01<01:37,  6.53s/it]print_dice: 0.
     487767736554145813,   print_iou: 0.3224691152572632
8882 print_dice: 0.5365175008773804,    print_iou: 0.366603285074234
8883 Epoch 145/499:  61%|██████     | 20/33 [02:14<01:24,  6.52s/it]print_dice: 0.5492745041847229
     ,   print_iou: 0.37862053513526917
8884 print_dice: 0.5210944414138794,    print_iou: 0.35235142707824707
8885 Epoch 145/499:  67%|██████▋    | 22/33 [02:28<01:13,  6.65s/it]print_dice: 0.
     494721561670330334,   print_iou: 0.3286578357219696
8886 Epoch 145/499:  70%|██████▉    | 23/33 [02:35<01:06,  6.64s/it]print_dice: 0.
     47201403975486755,   print_iou: 0.3089125454425812
8887 Epoch 145/499:  73%|███████▎   | 24/33 [02:41<00:59,  6.65s/it]print_dice: 0.4817383885383606
     ,   print_iou: 0.31729602813720703
8888 Epoch 145/499:  76%|███████▌   | 25/33 [02:48<00:53,  6.65s/it]print_dice: 0.5201742649078369
     ,   print_iou: 0.3515104651451111
8889 print_dice: 0.4852005541324615,    print_iou: 0.32030680775642395
8890 Epoch 145/499:  82%|████████▏  | 27/33 [03:01<00:39,  6.62s/it]print_dice: 0.5407418012619019
     ,   print_iou: 0.37055936455726624
8891 print_dice: 0.4283873438835144,    print_iou: 0.2725781798362732
8892 Epoch 145/499:  88%|████████▊  | 29/33 [03:14<00:26,  6.61s/it]print_dice: 0.5204694867134094
     ,   print_iou: 0.35178014636039734
8893 Epoch 145/499:  91%|█████████  | 30/33 [03:21<00:19,  6.61s/it]print_dice: 0.5709459781646729
     ,   print_iou: 0.39952725172042847
8894 Epoch 145/499:  94%|█████████▍ | 31/33 [03:27<00:13,  6.62s/it]print_dice: 0.
     45783334970474243,   print_iou: 0.2968766987323761
8895 Epoch 145/499:  97%|█████████▋ | 32/33 [03:34<00:06,  6.51s/it]print_dice: 0.5541669130325317
     ,   print_iou: 0.3832855522632599
8896 Epoch 145/499: 100%|██████████ | 33/33 [03:40<00:00,  6.48s/it]print_dice: 0.5209678411483765
     ,   print_iou: 0.35223567485809326
8897  [32/33]  eta: 0:00:06   time: 6.5699  data: 0.0005
8898 Epoch 145/499: 100%|██████████ | 33/33 [03:41<00:00,  6.70s/it]
8899  Total time: 0:03:41 (6.7024 s / it)
8900 Averaged stats: training_loss: 77.7823 (77.7823)  loss_mask: 77.3172 (77.3172)  loss_dice: 0
     .4652 (0.4652)
8901   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402804611
8902 Validating...
8903 Valid_dataloader len: 12
8904   8%|█        | 1/12 [00:08<01:28,  8.01s/it]print_dice: 0.4934942126274109,  print_iou: 0.
     3275753855705261
8905  [ 0/12]  eta: 0:01:36   time: 8.0114  data: 3.9336
8906 print_dice: 0.5496988892555237,  print_iou: 0.379023939371109
8907  25%|██       | 3/12 [00:16<00:46,  5.21s/it]print_dice: 0.506642758846283,  print_iou: 0.
     33926430344581604
8908 print_dice: 0.500813901424408,  print_iou: 0.3340572118759155
8909  42%|███▊     | 5/12 [00:25<00:33,  4.77s/it]print_dice: 0.5433800220489502,  print_iou: 0.
     373304171919822693
8910  50%|████     | 6/12 [00:30<00:27,  4.62s/it]print_dice: 0.47343650460243225,  print_iou: 0
     .3101322054862976
8911  58%|█████    | 7/12 [00:34<00:22,  4.57s/it]print_dice: 0.42258110642433167,  print_iou: 0
     .26789402961730957
8912 print_dice: 0.5186372995376587,  print_iou: 0.35010826587677
8913  75%|██████   | 9/12 [00:43<00:13,  4.51s/it]print_dice: 0.5266266465187073,  print_iou: 0.
     3574292063713074
8914 print_dice: 0.5330896377563477,  print_iou: 0.3634098172187805
8915  92%|████████ | 11/12 [00:52<00:04,  4.43s/it]print_dice: 0.5730276107788086,  print_iou: 0
     .40156880021095276
8916 100%|█████████| 12/12 [00:56<00:00,  4.38s/it]print_dice: 0.5503973960876465,  print_iou: 0
     .3796885013580322
8917  [11/12]  eta: 0:00:04   time: 4.7051  data: 0.3282
8918 100%|█████████| 12/12 [00:56<00:00,  4.74s/it]
8919  Total time: 0:00:56 (4.7429 s / it)
8920 =============================
8921 Averaged stats:
```

```
8922 Epoch 146/499:    0%|               | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
8923 epoch:    146    learning rate:    1.0000000000000004e-13
8924 print_dice: 0.540083555412292,    print_iou: 0.369945837509155
8925   [ 0/33] eta: 0:05:39    time: 10.2807  data: 3.8655
8926 Epoch 146/499:    6%|▌              | 2/33 [00:16<04:06,  7.96s/it]print_dice: 0.5946404337882996
    ,    print_iou: 0.4231233596801758
8927 print_dice: 0.4286465942859697,    print_iou: 0.2727881669998169
8928 Epoch 146/499:   12%|█▊             | 4/33 [00:29<03:24,  7.04s/it]print_dice: 0.5372475981712341
    ,    print_iou: 0.3672853708267212
8929 Epoch 146/499:   15%|██             | 5/33 [00:36<03:09,  6.79s/it]print_dice: 0.517396092414856
    ,    print_iou: 0.3489779829978943
8930 print_dice: 0.5546644330024719,    print_iou: 0.3837617337703705
8931 Epoch 146/499:   21%|███            | 7/33 [00:49<02:53,  6.67s/it]print_dice: 0.5428610444068909
    ,    print_iou: 0.3725527226924896
8932 Epoch 146/499:   24%|███▌           | 8/33 [00:55<02:46,  6.67s/it]print_dice: 0.5210944414138794
    ,    print_iou: 0.35235142707824707
8933 Epoch 146/499:   27%|████           | 9/33 [01:02<02:39,  6.64s/it]print_dice: 0.5027328133583069
    ,    print_iou: 0.33576691150665283
8934 Epoch 146/499:   30%|████▌          | 10/33 [01:09<02:32,  6.64s/it]print_dice: 0.4411683678627014
    ,    print_iou: 0.2830122113227844
8935 Epoch 146/499:   33%|█████          | 11/33 [01:15<02:24,  6.57s/it]print_dice: 0.5112449526786804
    ,    print_iou: 0.3434043824672699
8936 print_dice: 0.5471784472465515,    print_iou: 0.3766315281391144
8937 Epoch 146/499:   39%|█████▊         | 13/33 [01:28<02:11,  6.58s/it]print_dice: 0.
    46009060740470886,    print_iou: 0.29877769947052
8938 Epoch 146/499:   42%|██████▍        | 14/33 [01:35<02:05,  6.60s/it]print_dice: 0.429015189409256
    ,    print_iou: 0.2730867862701416
8939 print_dice: 0.5148696899414062,    print_iou: 0.34668317437171936
8940 Epoch 146/499:   48%|███████▏       | 16/33 [01:48<01:52,  6.59s/it]print_dice: 0.5201742649078369
    ,    print_iou: 0.3515104651451111
8941 print_dice: 0.4818432331085205,    print_iou: 0.31738701462745667
8942 Epoch 146/499:   55%|████████▎      | 18/33 [02:01<01:37,  6.51s/it]print_dice: 0.
    48158544301986694,    print_iou: 0.317163348197937
8943 Epoch 146/499:   58%|████████▋      | 19/33 [02:07<01:30,  6.50s/it]print_dice: 0.
    455194503068923 95,    print_iou: 0.29466137290000916
8944 Epoch 146/499:   61%|█████████▏     | 20/33 [02:14<01:24,  6.51s/it]print_dice: 0.4886402487754822
    ,    print_iou: 0.3233116865158081
8945 Epoch 146/499:   64%|█████████▋     | 21/33 [02:20<01:18,  6.52s/it]print_dice: 0.4852078855037689
    ,    print_iou: 0.3203131854534149
8946 Epoch 146/499:   67%|██████████     | 22/33 [02:27<01:12,  6.57s/it]print_dice: 0.4981282949447632
    ,    print_iou: 0.33167168498039246
8947 Epoch 146/499:   70%|██████████▌    | 23/33 [02:34<01:05,  6.56s/it]print_dice: 0.5209678411483765
    ,    print_iou: 0.35223567485809326
8948 Epoch 146/499:   73%|███████████    | 24/33 [02:40<00:59,  6.58s/it]print_dice: 0.
    47198835015296936,    print_iou: 0.30889052152633667
8949 print_dice: 0.4261114001274109,    print_iou: 0.2707379460334778
8950 Epoch 146/499:   79%|███████████▊   | 26/33 [02:53<00:45,  6.55s/it]print_dice: 0.5240247249603271
    ,    print_iou: 0.3550362288951874
8951 Epoch 146/499:   82%|████████████▎  | 27/33 [03:00<00:39,  6.50s/it]print_dice: 0.5707613229751587
    ,    print_iou: 0.39934638142585754
8952 print_dice: 0.6170955300331116,    print_iou: 0.446231484413147
8953 Epoch 146/499:   88%|█████████████▏ | 29/33 [03:13<00:26,  6.54s/it]print_dice: 0.5161175727844238
    ,    print_iou: 0.3478156626224518
8954 print_dice: 0.5158105492591858,    print_iou: 0.3475368916988373
8955 Epoch 146/499:   94%|██████████████ | 31/33 [03:26<00:12,  6.50s/it]print_dice: 0.4915255904197693
    ,    print_iou: 0.32584285736083984
8956 Epoch 146/499:   97%|██████████████▋| 32/33 [03:32<00:06,  6.51s/it]print_dice: 0.54133141040802
    ,    print_iou: 0.3711133599281311
8957 Epoch 146/499:  100%|███████████████| 33/33 [03:39<00:00,  6.49s/it]print_dice: 0.5394061207771301
    ,    print_iou: 0.3693060278892517
8958   [32/33] eta: 0:00:06    time: 6.5295  data: 0.0005
8959 Epoch 146/499:  100%|███████████████| 33/33 [03:39<00:00,  6.66s/it]
8960  Total time: 0:03:39 (6.6591 s / it)
8961 Averaged stats: training_loss: -72.9633 (-72.9633)  loss_mask: -73.0405 (-73.0405)
    loss_dice: 0.0772 (0.0772)
8962   0%|             | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402804611
8963 Validating...
8964 Valid_dataloader len: 12
8965   8%|█           | 1/12 [00:08<01:28,  8.01s/it]print_dice: 0.5321776866912842,   print_iou: 0.
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8965 36256271600723267
8966  [ 0/12]  eta: 0:01:36   time: 8.0099  data: 3.9806
8967 17%|██        | 2/12 [00:12<00:58,  5.89s/it]print_dice: 0.5481120944023132,  print_iou: 0.
     37751680612564087
8968 25%|██        | 3/12 [00:16<00:47,  5.26s/it]print_dice: 0.4978245198726654,  print_iou: 0.
     33140236139297485
8969 print_dice: 0.48367562890052795,  print_iou: 0.3189789950847626
8970 42%|████      | 5/12 [00:25<00:33,  4.76s/it]print_dice: 0.5493543744087219,  print_iou: 0.
     37869650012550354
8971 50%|█████     | 6/12 [00:30<00:27,  4.66s/it]print_dice: 0.4807991683483124,  print_iou: 0.
     31648164987564087
8972 58%|█████▊    | 7/12 [00:34<00:23,  4.64s/it]print_dice: 0.42093393206596375,  print_iou: 0
     .26657143235206604
8973 67%|██████▋   | 8/12 [00:39<00:18,  4.57s/it]print_dice: 0.5214690566062927,  print_iou: 0.
     352694034576416
8974 75%|███████▌  | 9/12 [00:43<00:13,  4.55s/it]print_dice: 0.5296114087104797,  print_iou: 0.
     3601846694946289
8975 print_dice: 0.5330638289451599,  print_iou: 0.3633858263492584
8976 92%|█████████▏| 11/12 [00:52<00:04,  4.45s/it]print_dice: 0.5881332159042358,  print_iou: 0
     .4165642261505127
8977 100%|██████████| 12/12 [00:56<00:00,  4.38s/it]print_dice: 0.5551989674568176,  print_iou: 0
     .3842736482620239
8978  [11/12]  eta: 0:00:04   time: 4.7327  data: 0.3321
8979 100%|██████████| 12/12 [00:57<00:00,  4.78s/it]
8980  Total time: 0:00:57 (4.7819 s / it)
8981 =============================
8982 Averaged stats:
8983 Epoch 147/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
8984 epoch:   147   learning rate:   1.0000000000000004e-13
8985 Epoch 147/499:   3%|▏         | 1/33 [00:10<05:36, 10.53s/it]print_dice: 0.5229671001434326
     ,  print_iou: 0.35406598448753357
8986  [ 0/33]  eta: 0:05:47   time: 10.5310  data: 3.9028
8987 Epoch 147/499:   6%|▌         | 2/33 [00:16<04:11,  8.10s/it]print_dice: 0.48767030239105225
     ,  print_iou: 0.32246294617652893
8988 Epoch 147/499:   9%|▊         | 3/33 [00:23<03:44,  7.48s/it]print_dice: 0.4807049036026001
     ,  print_iou: 0.3163999617099762
8989 Epoch 147/499:  12%|█▏        | 4/33 [00:30<03:26,  7.11s/it]print_dice: 0.481753408908844
     ,  print_iou: 0.31730908155441284
8990 Epoch 147/499:  15%|█▌        | 5/33 [00:36<03:13,  6.91s/it]print_dice: 0.5378522276878357
     ,  print_iou: 0.36785078048706055
8991 Epoch 147/499:  18%|█▊        | 6/33 [00:43<03:04,  6.82s/it]print_dice: 0.4720819890499115
     ,  print_iou: 0.30897074937820435
8992 Epoch 147/499:  21%|██        | 7/33 [00:49<02:55,  6.73s/it]print_dice: 0.5240262150764465
     ,  print_iou: 0.3550375998020172
8993 print_dice: 0.5413146615028381,  print_iou: 0.3710976243019104
8994 Epoch 147/499:  27%|██▋       | 9/33 [01:02<02:38,  6.62s/it]print_dice: 0.5212433338165283
     ,  print_iou: 0.35248756408691406
8995 print_dice: 0.5422563552856445,  print_iou: 0.3719833493232727
8996 Epoch 147/499:  33%|███▎      | 11/33 [01:16<02:24,  6.57s/it]print_dice: 0.500295877456665
     ,  print_iou: 0.3335963785648346
8997 print_dice: 0.5363588929176331,  print_iou: 0.36645519733428955
8998 Epoch 147/499:  39%|███▉      | 13/33 [01:29<02:11,  6.56s/it]print_dice: 0.5471784472465515
     ,  print_iou: 0.3766315281391144
8999 Epoch 147/499:  42%|████▏     | 14/33 [01:35<02:03,  6.52s/it]print_dice: 0.4266519844532013
     ,  print_iou: 0.2711745798587799
9000 Epoch 147/499:  45%|████▌     | 15/33 [01:42<01:57,  6.52s/it]print_dice: 0.4851987063884735
     ,  print_iou: 0.3203051686286926
9001 print_dice: 0.428834993839264,  print_iou: 0.2725750803947449
9002 Epoch 147/499:  52%|█████▏    | 17/33 [01:55<01:44,  6.51s/it]print_dice: 0.5708857774734497
     ,  print_iou: 0.39946824312210083
9003 Epoch 147/499:  55%|█████▌    | 18/33 [02:01<01:38,  6.54s/it]print_dice: 0.
     49162888526916504,  print_iou: 0.32593363523483276
9004 Epoch 147/499:  58%|█████▊    | 19/33 [02:08<01:31,  6.51s/it]print_dice: 0.6194621920585632
     ,  print_iou: 0.4487107992172241
9005 print_dice: 0.5008782744407654,  print_iou: 0.3341144919395447
9006 Epoch 147/499:  64%|██████▍   | 21/33 [02:21<01:18,  6.54s/it]print_dice: 0.5162935256958008
     ,  print_iou: 0.3479755222797394
9007 print_dice: 0.4492901861667633,  print_iou: 0.2897319495677948
9008 Epoch 147/499:  70%|███████   | 23/33 [02:34<01:05,  6.58s/it]print_dice: 0.5204694867134094
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9008 ,    print_iou: 0.35178014636039734
9009 Epoch 147/499:  73%|███████▎  | 24/33 [02:40<00:59,  6.56s/it]print_dice: 0.5155459046363831
     ,    print_iou: 0.3472966253757477
9010 Epoch 147/499:  76%|███████▌  | 25/33 [02:47<00:52,  6.57s/it]print_dice: 0.5547246336936951
     ,    print_iou: 0.3838193118572235
9011 Epoch 147/499:  79%|███████▉  | 26/33 [02:53<00:45,  6.52s/it]print_dice: 0.5112451910972595
     ,    print_iou: 0.3434045612812042
9012 print_dice: 0.5936473608016968,    print_iou: 0.4221184253692627
9013 Epoch 147/499:  85%|████████▍ | 28/33 [03:06<00:32,  6.53s/it]print_dice: 0.4285169839859009
     ,    print_iou: 0.27268317341804504
9014 Epoch 147/499:  88%|████████▊ | 29/33 [03:13<00:26,  6.57s/it]print_dice: 0.5161229968070984
     ,    print_iou: 0.34782060980796814
9015 Epoch 147/499:  91%|█████████ | 30/33 [03:20<00:19,  6.61s/it]print_dice: 0.5413577556610107
     ,    print_iou: 0.3711381256580353
9016 Epoch 147/499:  94%|█████████▍| 31/33 [03:27<00:13,  6.65s/it]print_dice: 0.5225729942321777
     ,    print_iou: 0.3537047803401947
9017 Epoch 147/499:  97%|█████████▋| 32/33 [03:33<00:06,  6.61s/it]print_dice: 0.
     44908037781715393,    print_iou: 0.28955745697021484
9018 print_dice: 0.45806190371513367,    print_iou: 0.29706892371177673
9019  [32/33]  eta: 0:00:06   time: 6.5457  data: 0.0004
9020 Epoch 147/499: 100%|██████████| 33/33 [03:40<00:00,  6.68s/it]
9021  Total time: 0:03:40 (6.6797 s / it)
9022 Averaged stats: training_loss: -72.3237 (-72.3237)  loss_mask: -72.4159 (-72.4159)
     loss_dice: 0.0922 (0.0922)
9023   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402804611
9024 Validating...
9025 Valid_dataloader len: 12
9026 print_dice: 0.5053704380989075,  print_iou: 0.33812418580055237
9027  [ 0/12]  eta: 0:01:36   time: 8.0234  data: 3.9480
9028  17%|█▋        | 2/12 [00:12<00:57,  5.80s/it]print_dice: 0.5496687889099121,  print_iou: 0.
     3789953291416168
9029 print_dice: 0.48555225133895874,  print_iou: 0.32061341404914856
9030  33%|███▎      | 4/12 [00:21<00:39,  4.91s/it]print_dice: 0.4899071753025055,  print_iou: 0.
     3244219124317169
9031  42%|████▏     | 5/12 [00:25<00:33,  4.77s/it]print_dice: 0.5492675304412842,  print_iou: 0.
     3786139488220215
9032 print_dice: 0.4761642515659332,  print_iou: 0.3124774098396301
9033  58%|█████▊    | 7/12 [00:34<00:23,  4.63s/it]print_dice: 0.41984620690345764,  print_iou: 0
     .2656995952129364
9034 print_dice: 0.524495005607605,  print_iou: 0.35546815395355225
9035  75%|███████▌  | 9/12 [00:43<00:13,  4.52s/it]print_dice: 0.529560923576355,  print_iou: 0.
     3601379692554474
9036 print_dice: 0.5383464694023132,  print_iou: 0.3683133125305176
9037  92%|█████████▏| 11/12 [00:52<00:04,  4.42s/it]print_dice: 0.5880872011184692,  print_iou: 0
     .41651809215545654
9038 100%|██████████| 12/12 [00:56<00:00,  4.38s/it]print_dice: 0.5551257729530334,  print_iou: 0
     .3842035233974457
9039  [11/12]  eta: 0:00:04   time: 4.7106  data: 0.3296
9040 100%|██████████| 12/12 [00:56<00:00,  4.75s/it]
9041  Total time: 0:00:56 (4.7467 s / it)
9042 =============================
9043 Averaged stats:
9044 Epoch 148/499:   0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
9045 epoch:    148   learning rate:   1.0000000000000004e-13
9046 Epoch 148/499:   3%|▎         | 1/33 [00:10<05:25, 10.16s/it]print_dice: 0.5946249961853027
     ,    print_iou: 0.42310771346092224
9047  [ 0/33]  eta: 0:05:35   time: 10.1572  data: 3.9226
9048 Epoch 148/499:   6%|▌         | 2/33 [00:16<04:05,  7.91s/it]print_dice: 0.4872562289237976
     ,    print_iou: 0.322100967168808
9049 Epoch 148/499:   9%|▉         | 3/33 [00:23<03:39,  7.30s/it]print_dice: 0.5209985971450806
     ,    print_iou: 0.35226374864578247
9050 print_dice: 0.4285343885421753,    print_iou: 0.2726972699165344
9051 Epoch 148/499:  15%|█▌        | 5/33 [00:36<03:12,  6.89s/it]print_dice: 0.48061588406562805
     ,    print_iou: 0.31632283329963684
9052 print_dice: 0.4847610294818878,    print_iou: 0.3199238181114197
9053 Epoch 148/499:  21%|██        | 7/33 [00:49<02:54,  6.71s/it]print_dice: 0.5010080933570862
     ,    print_iou: 0.3342300057411194
9054 Epoch 148/499:  24%|██▍       | 8/33 [00:55<02:46,  6.64s/it]print_dice: 0.4697575569152832
     ,    print_iou: 0.30698245763778687
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9055 print_dice: 0.5026809573173523,   print_iou: 0.33572065830230713
9056 Epoch 148/499:  30%|██          | 10/33 [01:09<02:31,  6.60s/it]print_dice: 0.5365831255912781
     ,   print_iou: 0.3666645586490631
9057 print_dice: 0.5541163086891174,   print_iou: 0.3832371234893799
9058 Epoch 148/499:  36%|███         | 12/33 [01:22<02:17,  6.56s/it]print_dice: 0.5471784472465515
     ,   print_iou: 0.3766315281391144
9059 print_dice: 0.6193727850914001,   print_iou: 0.44861698150634766
9060 Epoch 148/499:  42%|████        | 14/33 [01:35<02:03,  6.50s/it]print_dice: 0.5213395953178406
     ,   print_iou: 0.3525755703449249
9061 Epoch 148/499:  45%|████        | 15/33 [01:41<01:57,  6.54s/it]print_dice: 0.5204630494117737
     ,   print_iou: 0.35177427530288696
9062 print_dice: 0.5377665758132935,   print_iou: 0.3677706718444824
9063 Epoch 148/499:  52%|█████       | 17/33 [01:54<01:44,  6.52s/it]print_dice: 0.4573344886302948
     ,   print_iou: 0.29645732045173645
9064 Epoch 148/499:  55%|█████▌      | 18/33 [02:01<01:38,  6.54s/it]print_dice: 0.4289081394672394
     ,   print_iou: 0.273000031709671
9065 Epoch 148/499:  58%|█████▌      | 19/33 [02:07<01:31,  6.51s/it]print_dice: 0.5158105492591858
     ,   print_iou: 0.3475368916988373
9066 Epoch 148/499:  61%|██████      | 20/33 [02:14<01:24,  6.52s/it]print_dice: 0.5240445137023926
     ,   print_iou: 0.35505443811416626
9067 Epoch 148/499:  64%|██████▍     | 21/33 [02:20<01:18,  6.52s/it]print_dice: 0.4261367619037628
     ,   print_iou: 0.2707584500312805
9068 Epoch 148/499:  67%|██████▋     | 22/33 [02:27<01:11,  6.53s/it]print_dice: 0.5156678557395935
     ,   print_iou: 0.34740734100341797
9069 Epoch 148/499:  70%|██████▋     | 23/33 [02:33<01:05,  6.52s/it]print_dice: 0.5134278535842896
     ,   print_iou: 0.34537702798843384
9070 Epoch 148/499:  73%|███████▎    | 24/33 [02:40<00:58,  6.53s/it]print_dice: 0.4489714801311493
     ,   print_iou: 0.2894669473171234
9071 Epoch 148/499:  76%|███████▌    | 25/33 [02:46<00:52,  6.51s/it]print_dice: 0.515007734298706
     ,   print_iou: 0.34680837392807007
9072 Epoch 148/499:  79%|███████▉    | 26/33 [02:53<00:45,  6.52s/it]print_dice: 0.5410894751548767
     ,   print_iou: 0.370885968208313
9073 print_dice: 0.4490034580230713,   print_iou: 0.28949353098869324
9074 Epoch 148/499:  85%|████████▌   | 28/33 [03:06<00:32,  6.49s/it]print_dice: 0.5229138731956482
     ,   print_iou: 0.3540171980857849
9075 Epoch 148/499:  88%|████████▊   | 29/33 [03:12<00:25,  6.49s/it]print_dice: 0.
     48207172751426697,   print_iou: 0.3175853192806244
9076 print_dice: 0.4914560317993164,   print_iou: 0.3257817029953003
9077 Epoch 148/499:  94%|█████████▍  | 31/33 [03:25<00:13,  6.52s/it]print_dice: 0.5425590872764587
     ,   print_iou: 0.37226831912994385
9078 print_dice: 0.5725355744361877,   print_iou: 0.4010857045650482
9079 Epoch 148/499: 100%|██████████  | 33/33 [03:38<00:00,  6.44s/it]print_dice: 0.5394061207771301
     ,   print_iou: 0.3693060278892517
9080  [32/33]  eta: 0:00:06   time: 6.5018  data: 0.0006
9081 Epoch 148/499: 100%|██████████  | 33/33 [03:39<00:00,  6.64s/it]
9082  Total time: 0:03:39 (6.6374 s / it)
9083 Averaged stats: training_loss: -65.8156 (-65.8156)  loss_mask: -65.9367 (-65.9367)
     loss_dice: 0.1211 (0.1211)
9084   0%|          | 0/12 [00:00<?, ?it/s]Net parameter norm: 1054.8383402804611
9085 Validating...
9086 Valid_dataloader len: 12
9087 print_dice: 0.5321552157402039,  print_iou: 0.36254188418388367
9088   8%|█         | 1/12 [00:08<01:29,  8.11s/it] [ 0/12]  eta: 0:01:37   time: 8.1113  data
     : 3.9562
9089  17%|██        | 2/12 [00:12<00:57,  5.77s/it]print_dice: 0.5496824979782104,  print_iou: 0.
     379008412361145
9090  25%|██        | 3/12 [00:16<00:45,  5.11s/it]print_dice: 0.5066038370132446,  print_iou: 0.
     3392293453216553
9091 print_dice: 0.5007867217063904,  print_iou: 0.3340330123901367
9092  42%|████      | 5/12 [00:25<00:33,  4.79s/it]print_dice: 0.5433301329612732,  print_iou: 0.
     37299469113349915
9093  50%|█████     | 6/12 [00:30<00:28,  4.68s/it]print_dice: 0.48076799511909485,  print_iou: 0
     .31645461916923523
9094  58%|█████▌    | 7/12 [00:34<00:23,  4.64s/it]print_dice: 0.41873887181282043,  print_iou: 0
     .26481324434280396
9095  67%|██████▋   | 8/12 [00:39<00:18,  4.57s/it]print_dice: 0.5214403867721558,  print_iou: 0.
     35266780853271484
9096 print_dice: 0.5295887589454651,  print_iou: 0.36016371846199036
9097  83%|████████▎ | 10/12 [00:48<00:09,  4.52s/it]print_dice: 0.52351975440979,  print_iou: 0.
```

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9097 3545728027820587
9098 print_dice: 0.5816920399665833,  print_iou: 0.4101310074329376
9099 100%|████████| 12/12 [00:56<00:00,  4.39s/it]print_dice: 0.5503568053245544,  print_iou: 0
     .3796498477458954
9100  [11/12] eta: 0:00:04   time: 4.7281  data: 0.3302
9101  Total time: 0:00:57 (4.7640 s / it)
9102 ============================
9103 Averaged stats:
9104 100%|████████| 12/12 [00:57<00:00,  4.76s/it]
9105 Epoch 149/499:   0%|        | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
9106 epoch:    149   learning rate:   1.0000000000000004e-13
9107 Epoch 149/499:   3%|█      | 1/33 [00:10<05:39, 10.61s/it]print_dice: 0.513584554195404
     ,  print_iou: 0.34551888704299927
9108  [ 0/33] eta: 0:05:50   time: 10.6125  data: 4.1435
9109 Epoch 149/499:   6%|█      | 2/33 [00:16<04:11,  8.10s/it]print_dice: 0.5173991918563843
     ,  print_iou: 0.3489808142185211
9110 Epoch 149/499:   9%|█      | 3/33 [00:23<03:42,  7.43s/it]print_dice: 0.6165909171104431
     ,  print_iou: 0.4457039535045624
9111 Epoch 149/499:  12%|█      | 4/33 [00:30<03:24,  7.06s/it]print_dice: 0.47230738401412964
     ,  print_iou: 0.309163898229599
9112 Epoch 149/499:  15%|█      | 5/33 [00:36<03:13,  6.92s/it]print_dice: 0.46000054478645325
     ,  print_iou: 0.29870176315307617
9113 Epoch 149/499:  18%|██     | 6/33 [00:43<03:03,  6.81s/it]print_dice: 0.5268873572349548
     ,  print_iou: 0.3576694428920746
9114 print_dice: 0.48773109912872314,  print_iou: 0.3225161135196686
9115 Epoch 149/499:  24%|██     | 8/33 [00:56<02:48,  6.72s/it]print_dice: 0.4823979437351227
     ,  print_iou: 0.31786853075027466
9116 Epoch 149/499:  27%|██     | 9/33 [01:03<02:40,  6.70s/it]print_dice: 0.5425196886062622
     ,  print_iou: 0.37223121523857117
9117 print_dice: 0.5394481420516968,  print_iou: 0.36934542655944824
9118 Epoch 149/499:  33%|███    | 11/33 [01:16<02:26,  6.64s/it]print_dice: 0.5140957236289978
     ,  print_iou: 0.34598174691200256
9119 Epoch 149/499:  36%|███    | 12/33 [01:23<02:18,  6.62s/it]print_dice: 0.5947815775871277
     ,  print_iou: 0.42326629161834717
9120 Epoch 149/499:  39%|███    | 13/33 [01:29<02:12,  6.60s/it]print_dice: 0.4261367619037628
     ,  print_iou: 0.2707584500312805
9121 Epoch 149/499:  42%|███    | 14/33 [01:36<02:04,  6.56s/it]print_dice: 0.4905988276004791
     ,  print_iou: 0.32502877712249756
9122 print_dice: 0.5492745041847229,  print_iou: 0.37862053513526917
9123 Epoch 149/499:  48%|███    | 16/33 [01:49<01:51,  6.56s/it]print_dice: 0.5153827667236328
     ,  print_iou: 0.3471485674381256
9124 print_dice: 0.5219712853431702,  print_iou: 0.35315367579460144
9125 Epoch 149/499:  55%|████   | 18/33 [02:02<01:38,  6.58s/it]print_dice: 0.502702534198761
     ,  print_iou: 0.33573994040489197
9126 print_dice: 0.5161982178688049,  print_iou: 0.3478889465332031
9127 Epoch 149/499:  61%|████   | 20/33 [02:15<01:25,  6.56s/it]print_dice: 0.5413577556610107
     ,  print_iou: 0.3711381256580353
9128 print_dice: 0.5538841485977173,  print_iou: 0.38301509618759155
9129 Epoch 149/499:  67%|████   | 22/33 [02:28<01:11,  6.54s/it]print_dice: 0.5210946798324585
     ,  print_iou: 0.3523516058921814
9130 Epoch 149/499:  70%|█████  | 23/33 [02:35<01:05,  6.52s/it]print_dice: 0.5363588929176331
     ,  print_iou: 0.36645519733428955
9131 Epoch 149/499:  73%|█████  | 24/33 [02:41<00:58,  6.52s/it]print_dice: 0.5708749294281006
     ,  print_iou: 0.3994576036930084
9132 Epoch 149/499:  76%|█████  | 25/33 [02:48<00:52,  6.53s/it]print_dice: 0.
     48527106642723083,  print_iou: 0.3203682601451874
9133 print_dice: 0.44120246171951294,  print_iou: 0.28304025530815125
9134 Epoch 149/499:  82%|██████ | 27/33 [03:01<00:39,  6.51s/it]print_dice: 0.4493168294429779
     ,  print_iou: 0.28975409269332886
9135 print_dice: 0.42837652564048767,  print_iou: 0.2725694179534912
9136 Epoch 149/499:  88%|██████ | 29/33 [03:14<00:26,  6.58s/it]print_dice: 0.5201603174209595
     ,  print_iou: 0.3514977693557739
9137 Epoch 149/499:  91%|██████ | 30/33 [03:20<00:19,  6.54s/it]print_dice: 0.4300042986869812
     ,  print_iou: 0.27388882637023926
9138 print_dice: 0.49875980615615845,  print_iou: 0.3322318494319916
9139 Epoch 149/499:  97%|███████| 32/33 [03:33<00:06,  6.47s/it]print_dice: 0.4805992543697357
     ,  print_iou: 0.316308437779236
9140 Epoch 149/499: 100%|███████| 33/33 [03:40<00:00,  6.46s/it]print_dice: 0.5377209782600403
     ,  print_iou: 0.367728054523468
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9141     [32/33]  eta: 0:00:06   time: 6.5256  data: 0.0005
9142 Epoch 149/499: 100%|████████| 33/33 [03:40<00:00,  6.68s/it]
9143  Total time: 0:03:40 (6.6827 s / it)
9144 Averaged stats: training_loss: -45.5762 (-45.5762)  loss_mask: -45.7796 (-45.7796)
      loss_dice: 0.2034 (0.2034)
9145 Net parameter norm: 1054.8383402804611
9146 Validating...
9147 Valid_dataloader len: 12
9148    8%|█          | 1/12 [00:08<01:28,  8.05s/it]print_dice: 0.5322316884994507,  print_iou: 0.
      36261287331581116
9149    [ 0/12]  eta: 0:01:36   time: 8.0522  data: 3.9098
9150 print_dice: 0.5481300950050354,  print_iou: 0.377533882856369
9151   25%|██         | 3/12 [00:16<00:46,  5.18s/it]print_dice: 0.506670355796814,  print_iou: 0.
      3392890393733978
9152 print_dice: 0.4883436560307983,  print_iou: 0.3230520188808441
9153   42%|████       | 5/12 [00:25<00:33,  4.76s/it]print_dice: 0.5433761477470398,  print_iou: 0.
      37303808331489563
9154 print_dice: 0.48364725708961487,  print_iou: 0.31895431876182556
9155   58%|█████      | 7/12 [00:34<00:23,  4.61s/it]print_dice: 0.4266412854194641,  print_iou: 0.
      2711659371852875
9156   67%|██████     | 8/12 [00:39<00:18,  4.57s/it]print_dice: 0.514309823513031,  print_iou: 0.
      3461756706237793
9157 print_dice: 0.5199258923530579,  print_iou: 0.3512836992740631
9158   83%|████████   | 10/12 [00:47<00:08,  4.46s/it]print_dice: 0.5330957770347595,  print_iou: 0
      .36341553926467896
9159 print_dice: 0.5817363858222961,  print_iou: 0.41017505526542664
9160 100%|████████| 12/12 [00:56<00:00,  4.33s/it]print_dice: 0.5493510961532593,  print_iou: 0
      .3786933422088623
9161    [11/12]  eta: 0:00:04   time: 4.6920  data: 0.3263
9162 100%|████████| 12/12 [00:56<00:00,  4.73s/it]
9163  Total time: 0:00:56 (4.7309 s / it)
9164 =============================
9165 Averaged stats:
9166 Epoch 150/499:    0%|          | 0/33 [00:00<?, ?it/s]come here save at work_dirs/DrSAM_b
9167 epoch:    150   learning rate:   1.0000000000000004e-13
9168 print_dice: 0.5158718824386597,  print_iou: 0.3475925326347351
9169    [ 0/33]  eta: 0:05:53   time: 10.7213  data: 4.4115
9170 Epoch 150/499:    6%|█         | 2/33 [00:16<04:11,  8.10s/it]print_dice: 0.5428550839424133
      ,   print_iou: 0.37254709005355835
9171 Epoch 150/499:    9%|█         | 3/33 [00:23<03:40,  7.36s/it]print_dice: 0.5148553252220154
      ,   print_iou: 0.34667012095451355
9172 print_dice: 0.5156816840171814,  print_iou: 0.3474198579788208
9173 Epoch 150/499:   15%|█         | 5/33 [00:36<03:12,  6.86s/it]print_dice: 0.48673465847969055
      ,   print_iou: 0.32164525985717773
9174 print_dice: 0.4909578561782837,  print_iou: 0.3253440260887146
9175 Epoch 150/499:   21%|█         | 7/33 [00:49<02:53,  6.69s/it]print_dice: 0.5026634931564331
      ,   print_iou: 0.33570510149002075
9176 print_dice: 0.520632266998291,  print_iou: 0.3519289195537567
9177 Epoch 150/499:   27%|██        | 9/33 [01:02<02:37,  6.55s/it]print_dice: 0.4813670516014099
      ,   print_iou: 0.3169739246368408
9178 print_dice: 0.44120246171951294,  print_iou: 0.28304025530815125
9179 Epoch 150/499:   33%|███       | 11/33 [01:15<02:23,  6.52s/it]print_dice: 0.5947861671447754
      ,   print_iou: 0.42327094078063965
9180 print_dice: 0.5420230627059937,  print_iou: 0.37176382541656494
9181 Epoch 150/499:   39%|███       | 13/33 [01:28<02:09,  6.48s/it]print_dice: 0.5708712935447693
      ,   print_iou: 0.3994540870189667
9182 print_dice: 0.5201742649078369,  print_iou: 0.3515104651451111
9183 Epoch 150/499:   45%|████      | 15/33 [01:41<01:57,  6.50s/it]print_dice: 0.5010987520217896
      ,   print_iou: 0.33431071043014526
9184 Epoch 150/499:   48%|████      | 16/33 [01:48<01:50,  6.53s/it]print_dice: 0.5225898027420044
      ,   print_iou: 0.3537201814086914
9185 Epoch 150/499:   52%|████      | 17/33 [01:54<01:44,  6.50s/it]print_dice: 0.
      47195112705230713,   print_iou: 0.3088586628437042
9186 print_dice: 0.5412603616714478,  print_iou: 0.3710465729236603
9187 Epoch 150/499:   58%|█████     | 19/33 [02:07<01:31,  6.51s/it]print_dice: 0.4283866584300995
      ,   print_iou: 0.272576433944702
9188 print_dice: 0.428900361061062,  print_iou: 0.2729937434196472
9189 Epoch 150/499:   64%|██████    | 21/33 [02:20<01:18,  6.55s/it]print_dice: 0.
      46007201075553894,   print_iou: 0.2987620234489441
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9190 print_dice: 0.5542234778404236,   print_iou: 0.38333964347839355
9191 Epoch 150/499:  70%|████████▌   | 23/33 [02:33<01:05,  6.57s/it]print_dice: 0.
     44929713010787964,   print_iou: 0.289737731218338
9192 Epoch 150/499:  73%|████████▊   | 24/33 [02:40<00:59,  6.57s/it]print_dice: 0.5413577556610107
     ,   print_iou: 0.3711381256580353
9193 print_dice: 0.485197063884735,   print_iou: 0.3203051686286926
9194 Epoch 150/499:  79%|█████████▌  | 26/33 [02:53<00:45,  6.54s/it]print_dice: 0.5268968343734741
     ,   print_iou: 0.3576781749725342
9195 Epoch 150/499:  82%|█████████▊  | 27/33 [02:59<00:39,  6.51s/it]print_dice: 0.
     42648592591285706,   print_iou: 0.2710404396057129
9196 Epoch 150/499:  85%|██████████▏ | 28/33 [03:06<00:32,  6.53s/it]print_dice: 0.6197139024734497
     ,   print_iou: 0.44897493720054626
9197 print_dice: 0.48060017824172974,   print_iou: 0.31630921363830566
9198 Epoch 150/499:  91%|██████████▉ | 30/33 [03:19<00:19,  6.52s/it]print_dice: 0.5469684600830078
     ,   print_iou: 0.3764326274394989
9199 Epoch 150/499:  94%|███████████▎| 31/33 [03:25<00:13,  6.50s/it]print_dice: 0.5369966626167297
     ,   print_iou: 0.3670508563518524
9200 print_dice: 0.5108887553215027,   print_iou: 0.3430830240249634
9201 Epoch 150/499: 100%|████████████| 33/33 [03:38<00:00,  6.49s/it]print_dice: 0.5204212069511414
     ,   print_iou: 0.35173606872558594
9202   [32/33]  eta: 0:00:06   time: 6.5222  data: 0.0003
9203 Epoch 150/499: 100%|████████████| 33/33 [03:39<00:00,  6.65s/it]
9204  Total time: 0:03:39 (6.6478 s / it)
9205 Averaged stats: training_loss: -154.0848 (-154.0848)  loss_mask: -154.0861 (-154.0861)
     loss_dice: 0.0014 (0.0014)
9206 Net parameter norm: 1054.8383402804611
9207 Validating...
9208 Valid_dataloader len: 12
9209   8%|█          | 1/12 [00:08<01:28,  8.04s/it]print_dice: 0.5321844220161438,   print_iou: 0.
     3625689744949341
9210   [ 0/12]  eta: 0:01:36   time: 8.0412  data: 3.9166
9211  17%|██         | 2/12 [00:12<00:57,  5.76s/it]print_dice: 0.5481034517288208,   print_iou: 0.
     37750858068466187
9212  25%|██▌        | 3/12 [00:16<00:46,  5.16s/it]print_dice: 0.5066386461257935,   print_iou: 0.
     33926060795783997
9213  33%|███▎       | 4/12 [00:21<00:39,  4.91s/it]print_dice: 0.48991748690605164,   print_iou: 0
     .3244309425354004
9214 print_dice: 0.549365222454071,   print_iou: 0.37870675325393677
9215  50%|█████      | 6/12 [00:30<00:27,  4.63s/it]print_dice: 0.48360690474510193,   print_iou: 0
     .31891921162605286
9216  58%|█████▊     | 7/12 [00:34<00:23,  4.63s/it]print_dice: 0.4302780032157898,   print_iou: 0.
     27411097288131714
9217  67%|██████▋    | 8/12 [00:38<00:18,  4.54s/it]print_dice: 0.5245620608329773,   print_iou: 0.
     3555297553539276
9218 print_dice: 0.5266031622886658,   print_iou: 0.3574075698852539
9219  83%|████████▎  | 10/12 [00:48<00:09,  4.55s/it]print_dice: 0.5330397486686707,   print_iou: 0
     .36336344480514526
9220  92%|█████████▏ | 11/12 [00:52<00:04,  4.51s/it]print_dice: 0.5817054510116577,   print_iou: 0
     .4101443290710449
9221 100%|██████████| 12/12 [00:56<00:00,  4.42s/it]print_dice: 0.5503759980201721,   print_iou: 0
     .37966811656951904
9222   [11/12]  eta: 0:00:04   time: 4.7317  data: 0.3268
9223 100%|██████████| 12/12 [00:57<00:00,  4.77s/it]
9224  Total time: 0:00:57 (4.7704 s / it)
9225 ===========================
9226 Averaged stats:
9227 Traceback (most recent call last):
9228   File "D:\Anaconda\envs\sammed3d\lib\site-packages\torch\serialization.py", line 944, in
     save
9229     _save(
9230   File "D:\Anaconda\envs\sammed3d\lib\site-packages\torch\serialization.py", line 1216, in
     _save
9231     zip_file.write_record(name, storage, num_bytes)
9232 RuntimeError: [enforce fail at inline_container.cc:820] . PytorchStreamWriter failed writing
     file data/89: file write failed
9233
9234 During handling of the above exception, another exception occurred:
9235
9236 Traceback (most recent call last):
```

```
9237   File "D:\Desktop\3D_segmentation\3D-DRSAM\3D-DRSAM-Git\train_single_3D_debug.py", line
       1081, in <module>
9238     main(net, sam, train_datasets, valid_datasets, args)
9239   File "D:\Desktop\3D_segmentation\3D-DRSAM\3D-DRSAM-Git\train_single_3D_debug.py", line 683
       , in main
9240     train(args, net, sam, optimizer, optimizer_sam, train_dataloaders, valid_dataloaders,
       lr_scheduler,
9241   File "D:\Desktop\3D_segmentation\3D-DRSAM\3D-DRSAM-Git\train_single_3D_debug.py", line 860
       , in train
9242     misc.save_on_master(sam.state_dict(), args.output + '/sam' + model_name)
9243   File "D:\Desktop\3D_segmentation\3D-DRSAM\3D-DRSAM-Git\utils\misc.py", line 327, in
       save_on_master
9244     torch.save(*args, **kwargs)
9245   File "D:\Anaconda\envs\sammed3d\lib\site-packages\torch\serialization.py", line 943, in
       save
9246     with _open_zipfile_writer(f) as opened_zipfile:
9247   File "D:\Anaconda\envs\sammed3d\lib\site-packages\torch\serialization.py", line 784, in
       __exit__
9248     self.file_like.write_end_of_file()
9249 RuntimeError: [enforce fail at inline_container.cc:626] . unexpected pos 376121472 vs
       376121360
9250
9251 Process finished with exit code 1
9252
```