Final Model Performance Comparison

Legend: Step LR (21 epochs), Cosine LR (49 epochs)

Metric	Step LR (21 epochs)	Cosine LR (49 epochs)	Change
BBox mAP@0.5:0.95	0.426	0.433	+1.6%
BBox mAP@0.5	0.603	0.617	+2.3%
Mask mAP@0.5:0.95	0.375	0.378	+0.7%
Mask mAP@0.5	0.572	0.589	+2.9%