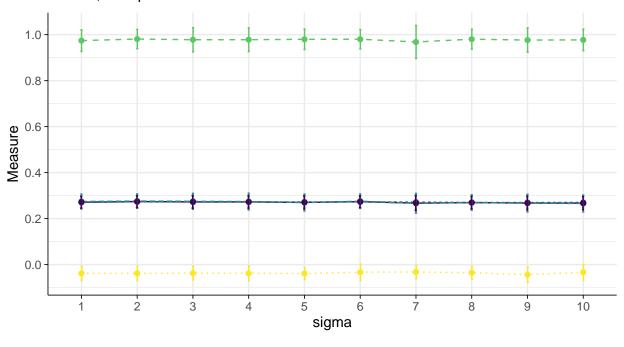The effect of increasing sigma on performance

2 views, 80 repetitions.