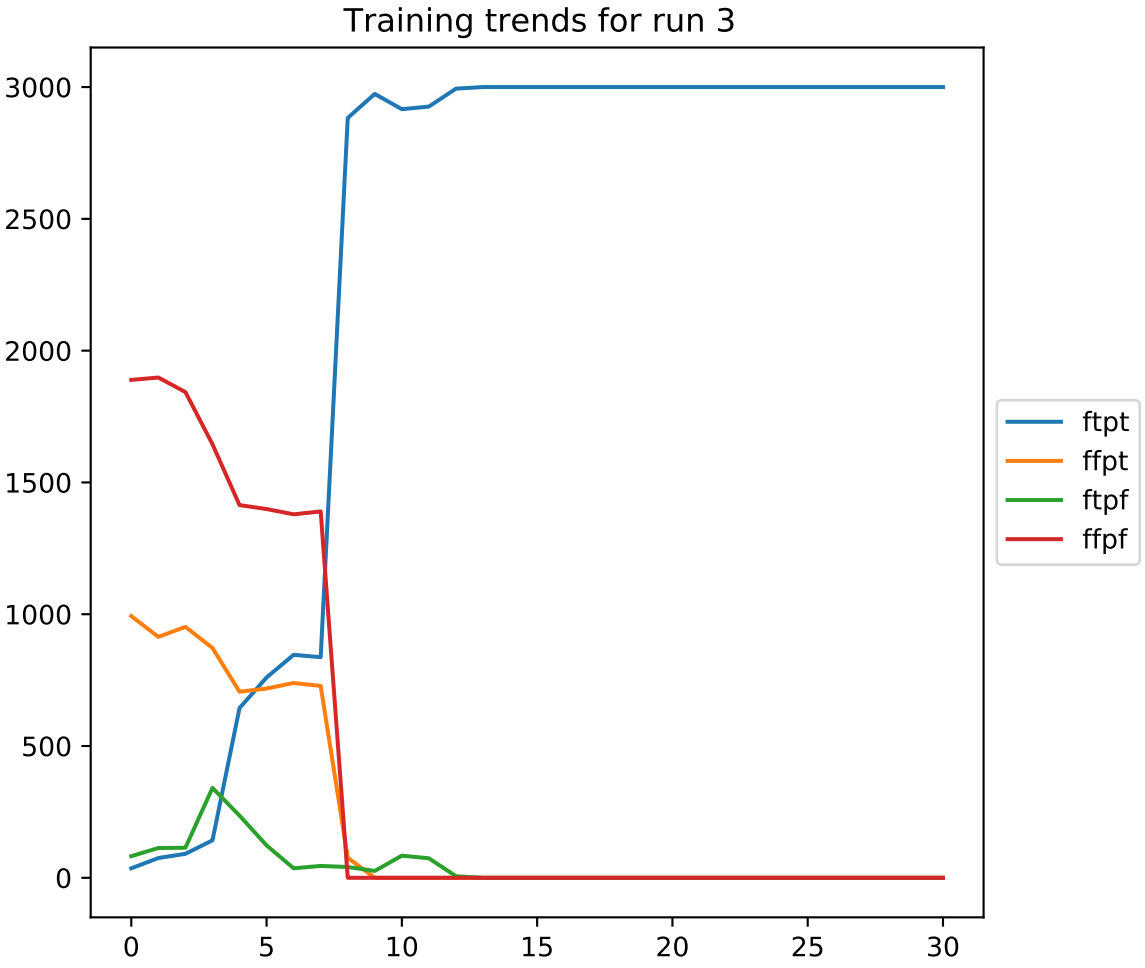
Training trends for run 3
3000
2500
2000
1500
1000
500
0
0
5
10
15
20
25
30
ftpt
ffpt
ftpf
ffpf