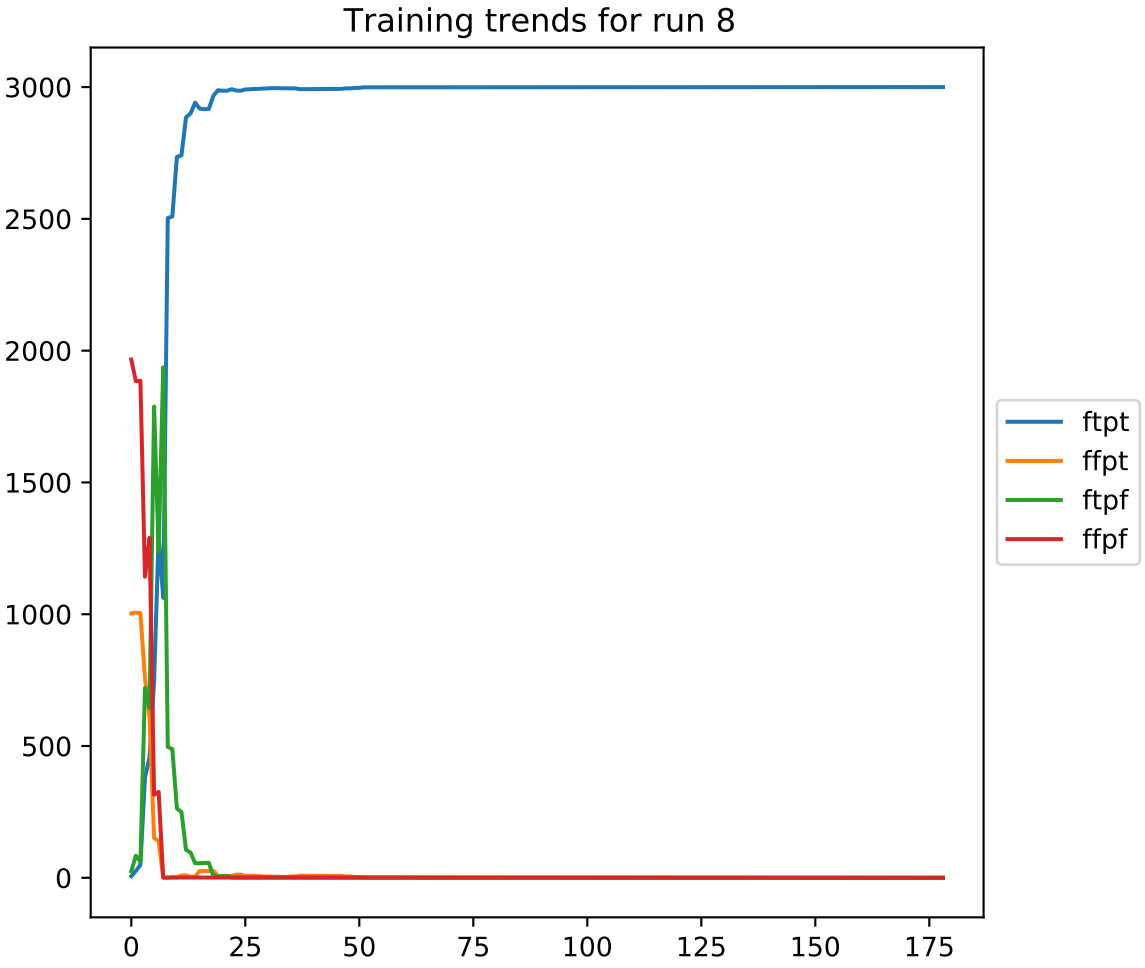
Training trends for run 8
3000
2500
2000
1500
1000
500
0
0
25
50
75
100
125
150
175
ftpt
ffpt
ftpf
ffpf