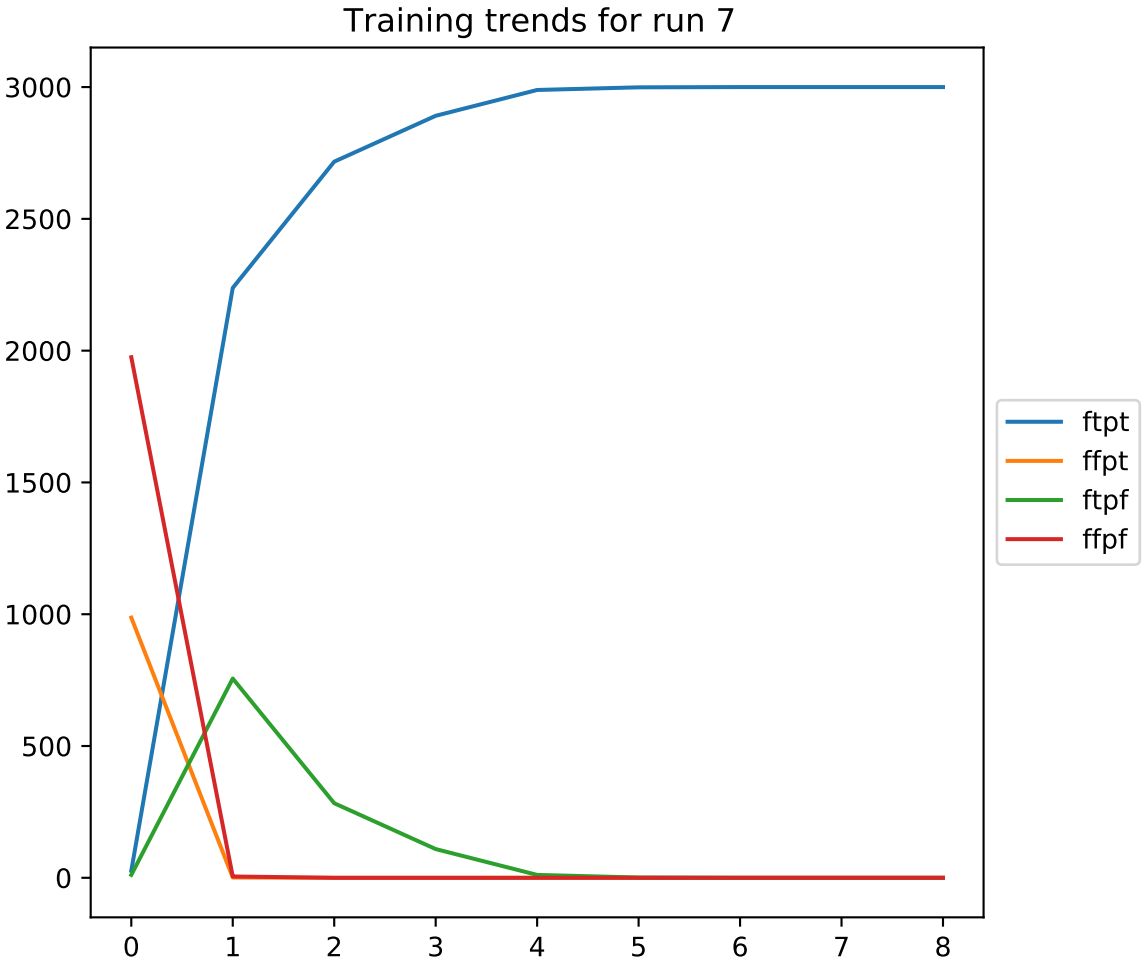
Training trends for run 7
3000
2500
2000
1500
1000
500
0
0
1
2
3
4
5
6
7
8
ftpt
ffpt
ftpf
ffpf