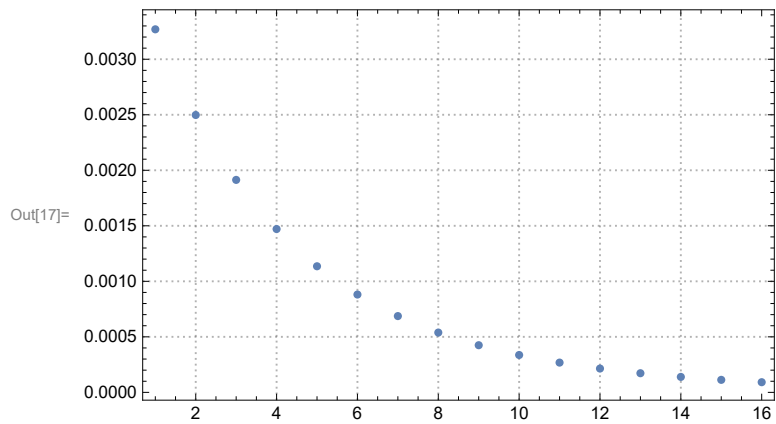In[16]:= `d = Import[NotebookDirectory[] <> "~log.txt", "Table"];`

In[17]:= `ListPlot[d[[All, 2]], PlotTheme → "Detailed", PlotRange → All]`

Out[17]=

In[18]:= `ListPlot[Transpose@d[[All, 4 ;; 6]], PlotTheme → "Detailed", PlotRange → All]`

Out[18]=