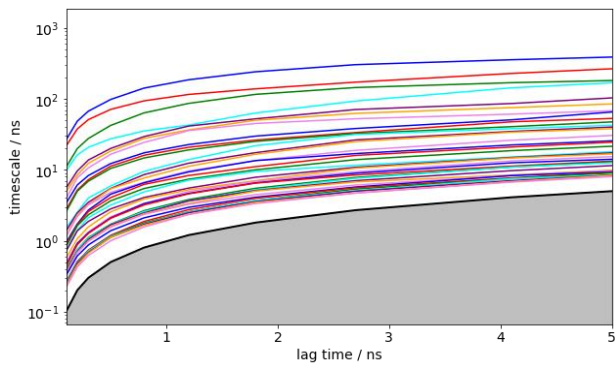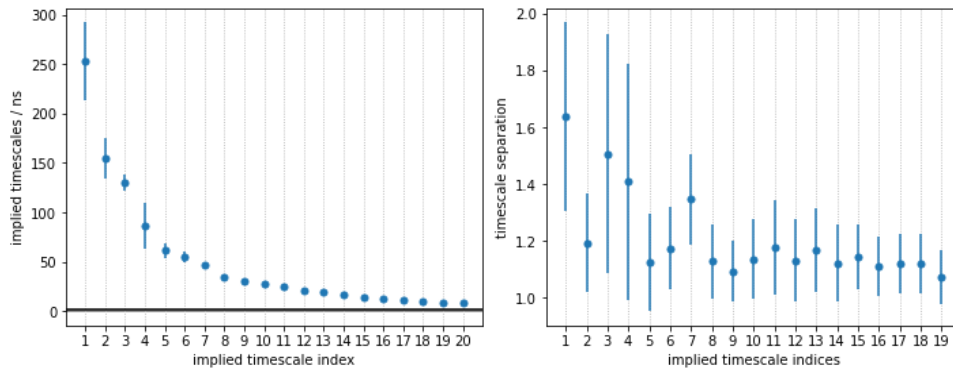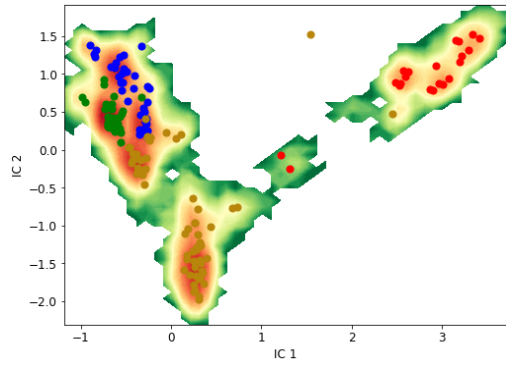Free Energy Plot

Implied time scale plot

Spectral plot

Metastable distribution