GM fam

I am wondering that will the withdrawal periods for Arbitrum Orbit based Layer 3s be 14 days?

7 days challenge period to Arbitrum L2 and Arbitrum L2's 7 day challenge period to Ethereum.

So if Orbit L3 users want to exit their funds to Ethereum, does it take 14 days?

[Additional question - is this the same as superchains built using OP Stack?]

Thanks in advance fam