seed	$C \to E$	$\mathrm{E} \to \mathrm{C}$	Outer	Inner
50	4.1	4.8	60.8	66.2
100	5.1	5.5	65.6	69.8
500	7.5	8.4	70.4	72.5
1,000	22.4	23.1	73.6	74.3