

time (mm:ss)

45:00
40:00
35:00
30:00
25:00
20:00
15:00
10:00
05:00
00:00



4 8 16
5

4 8 16
10

4 8 16
20

4 8 16
5

4 8 16
10

4 8 16
20

4 8 16
5

4 8 16
10

4 8 16
20

1000

5000

10000

