

Aptitude	Max Essence	Recovery/hr
20	160	16
40	320	32
60	480	48
80	640	64
99	792	79

Hours to next rank			
Rank 2	Rank 3	Rank 4	Rank 5
-	-	-	-
Breakeven	-	-	-
95	Breakeven	-	-
42	147	Breakeven	-
25	71	213	-

Formula: (Wall HP - Current Essence)/(Recovery - Wall Recovery)

Large Realms		
Target Rank	Wall HP	Recovery/hr
Rank 2	2000	32
Rank 3	3000	48
Rank 4	4000	64
Rank 5	5000	80

Small Realms	
Target Stage	Wall HP
Middle	250
Upper	500
Peak	1000