Fig. 3: (Colour on-line) Mean of the work ($*$) and effective free energy difference ($\times$) for different procedures. The over-forced procedures (red) have a proportion of success $P_S \sim 95\%$, the optimized procedures (black) have $P_S > 91\%$, the under-forced procedures have $P_S > 83\%$ (except the last point, that has $P_S \approx 75\%$). The fit (blue line) is $\langle W(\tau) \rangle_{\to 0} = k_B T \ln(2) + B/\tau$ with B a constant. For reader's convenience the error-bars on the mean work ($*$) are not shown but were estimated to be $\pm 0.15 k_B T$.