

FAST S S M S L M | S L S | M M S S M S | L S S S L L | P

1 2 3 4 5 6 | 7 8 9 | 10 11 12 13 14 | 1 2 3 4 5 6 |

II PPP I I f | f f f | f f f | PPP f I f f |

M S L S S | M S | M M S S | L S S | S M L | L L S S S S

7 8 9 10 11 12 | 13 14 1 2 | 3 4 5 | 6 7 8 | 9 10 11 12 13 14 |

mp I II PPP I f | I I f f | f I f f f | PPP I PPP |

→ VERY FAST SLOW

F

G

H