|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Type | 30 | 60 | 120 | 180 | 240 | 300 | 360 |
| Average | 56 | 83 | 142 | 194 | 236 | 269 | 346 |
| Median | 50 | 75 | 137 | 192 | 233 | 268 | 351 |
| SD | 35 | 44 | 44 | 51 | 60 | 68 | 67 |

Unit: minutes