

$$\begin{array}{ccc}
 & & T \\
 & & \downarrow \text{TCofib} \\
 0 & \longrightarrow & E \\
 \downarrow \text{TCofib} & \nearrow & \downarrow \text{Fib} \\
 S & \xlongequal{\quad} & S \\
 & & \downarrow \delta
 \end{array}$$