

**SPEED**

**TIME**

- |                        |              |
|------------------------|--------------|
| 1. <b>Random</b> hertz | 1. 1 minute  |
| 2. <b>1.0</b> hertz    | 2. 2 minute  |
| 3. <b>2.0</b> hertz    | 3. 5 minute  |
| 4. <b>3.0</b> hertz    | 4. 10 minute |
| 5. <b>4.5</b> hertz    | 5. 20 minute |
| 6. <b>5.0</b> hertz    | 6. 30 minute |

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