





		X	MAX		M=1 sec
		X	100 g	10–20 s	2
		X	100 g	5–15 s	2
		X	50 g		(1–3)xM
		X	15x		(2–5)xM
		X	10 g		(2–5)xM
		X	60 g	40–60 s	2
		X	50 g		(5–10)xM
		X	100 g	40–60 s	2
		X	50 g	40–60 s	2

