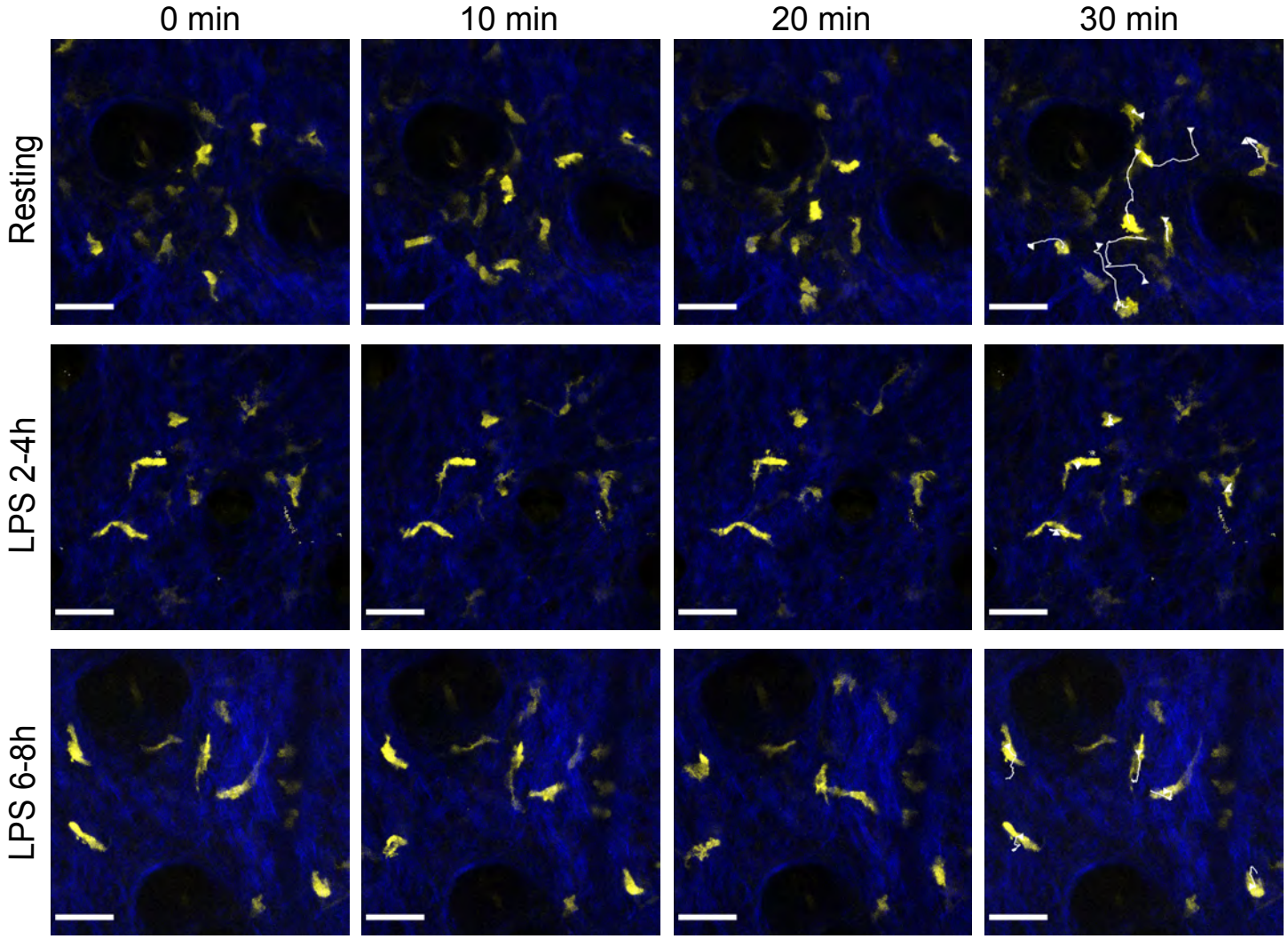
0 min
10 min
20 min
30 min
Resting
LPS 2-4h
LPS 6-8h