



TRAINING EFFECTIVENESS

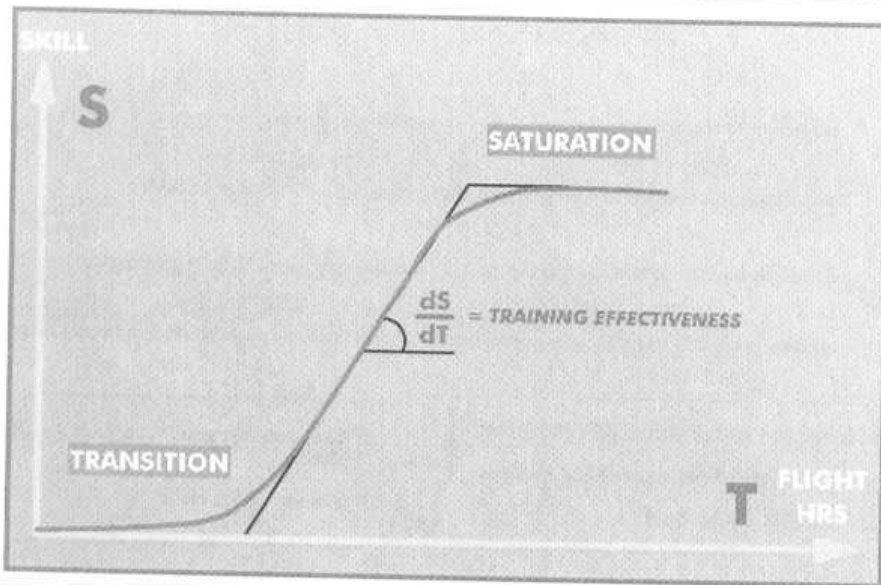


fig 5



TIME TO SATURATION

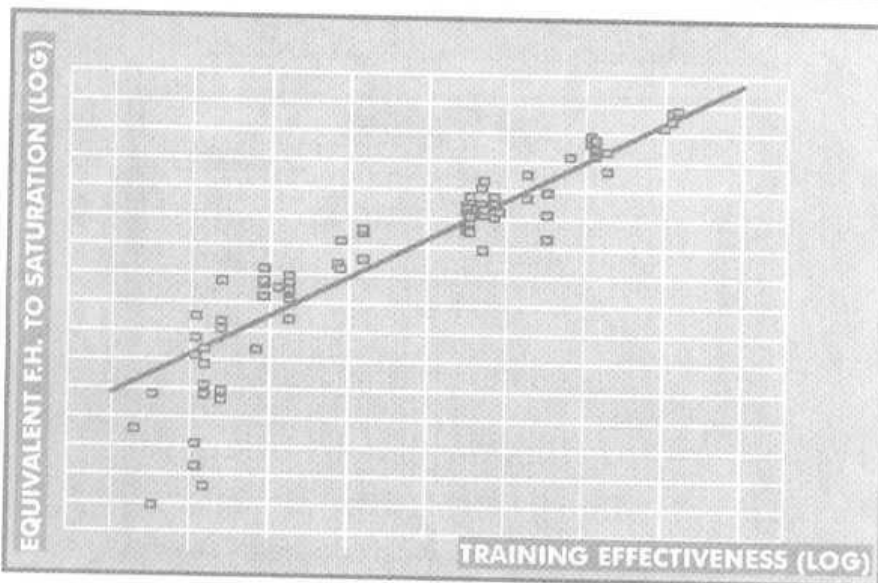


fig 6