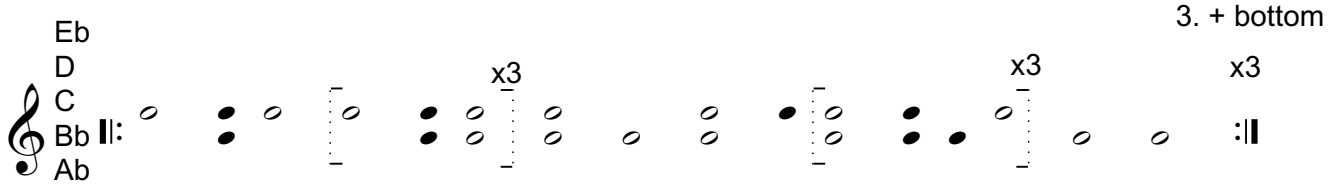
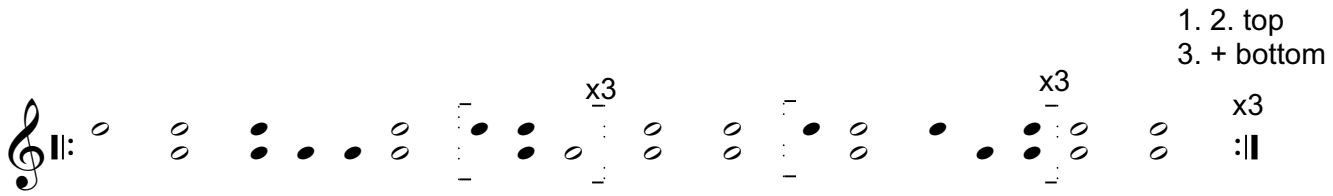
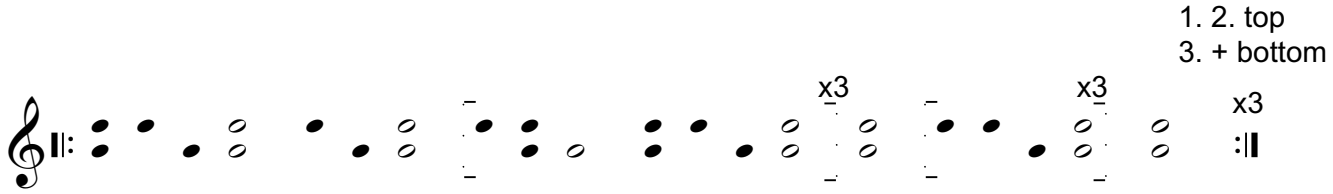
medium speed



Sine 1: 0:00-6:30
Sine 2: 1:00-2:30
Sine 3: 2:15-4:45
Sine 4: 3:15-6:00
Sine 5: 4:15-6:30