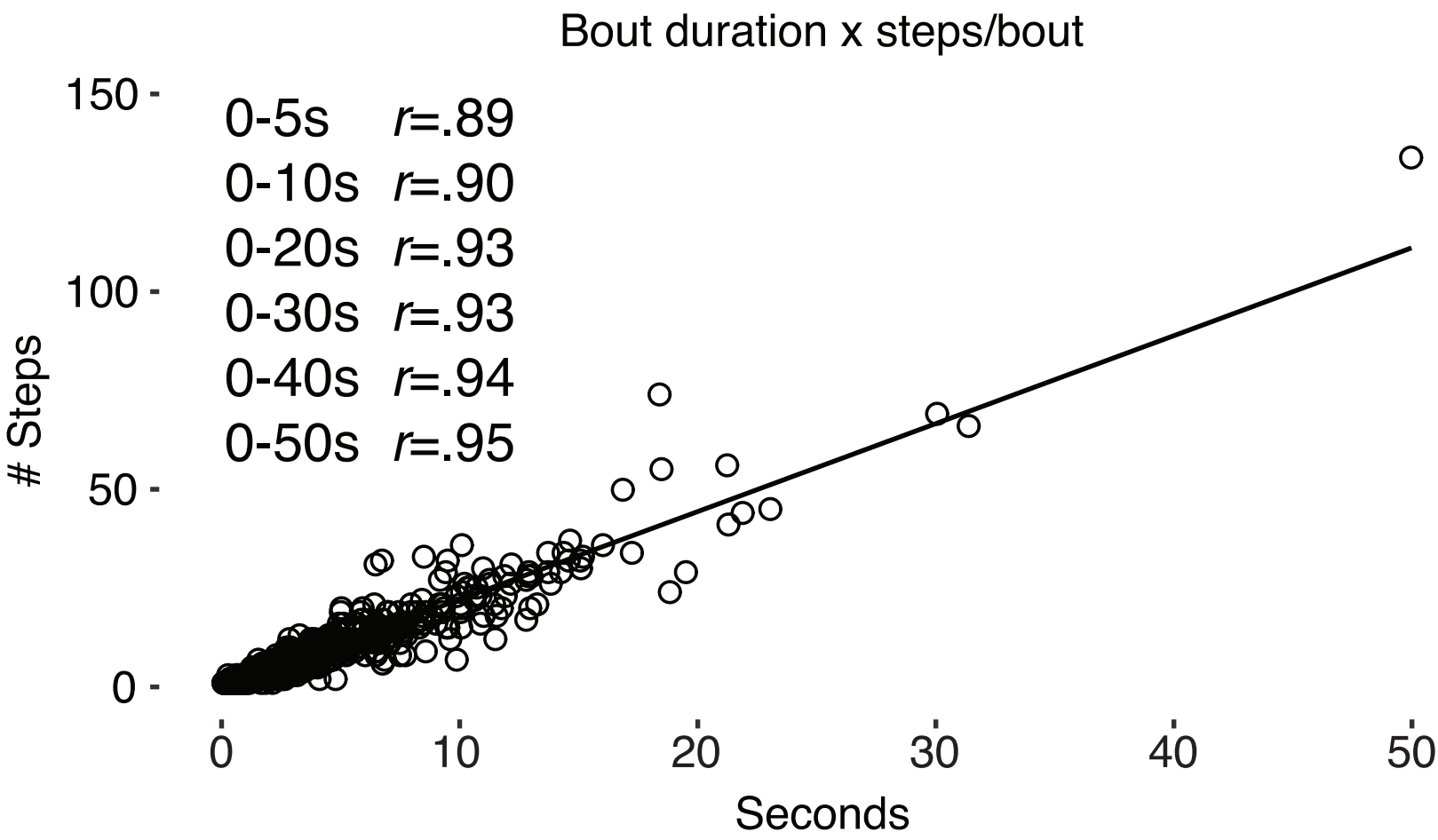

Bout duration x steps/bout
150
100
50
0
Steps
0-5s r=.89
0-10s r=.90
0-20s r=.93
0-30s r=.93
0-40s r=.94
0-50s r=.95
0
10
20
30
40
50
Seconds