





		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

