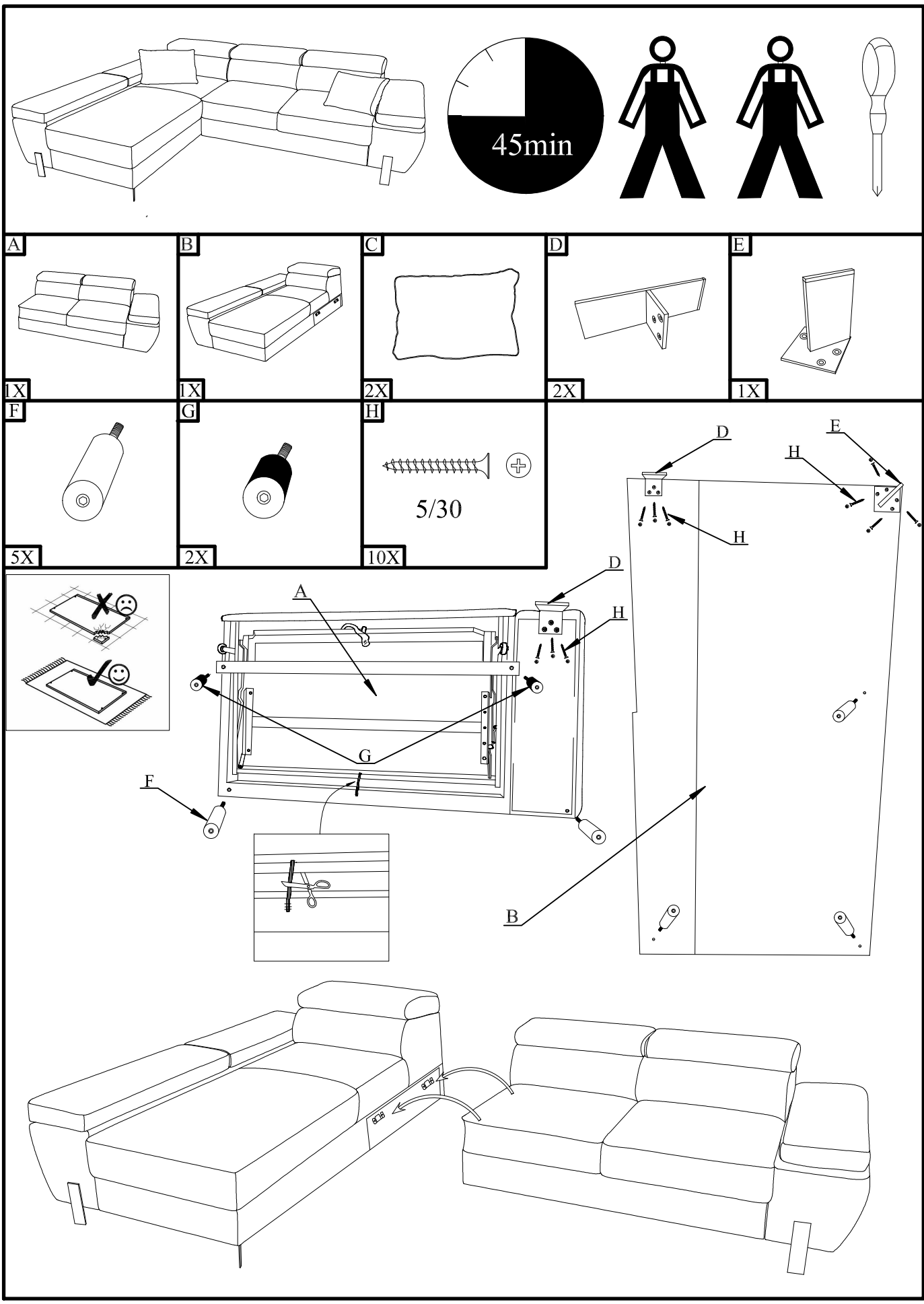
45min
A
1X
B
1X
C
2X
D
2X
E
1X
F
5X
G
2X
H
5/30
10X
D
E
H
H
D
A
H
G
F
B