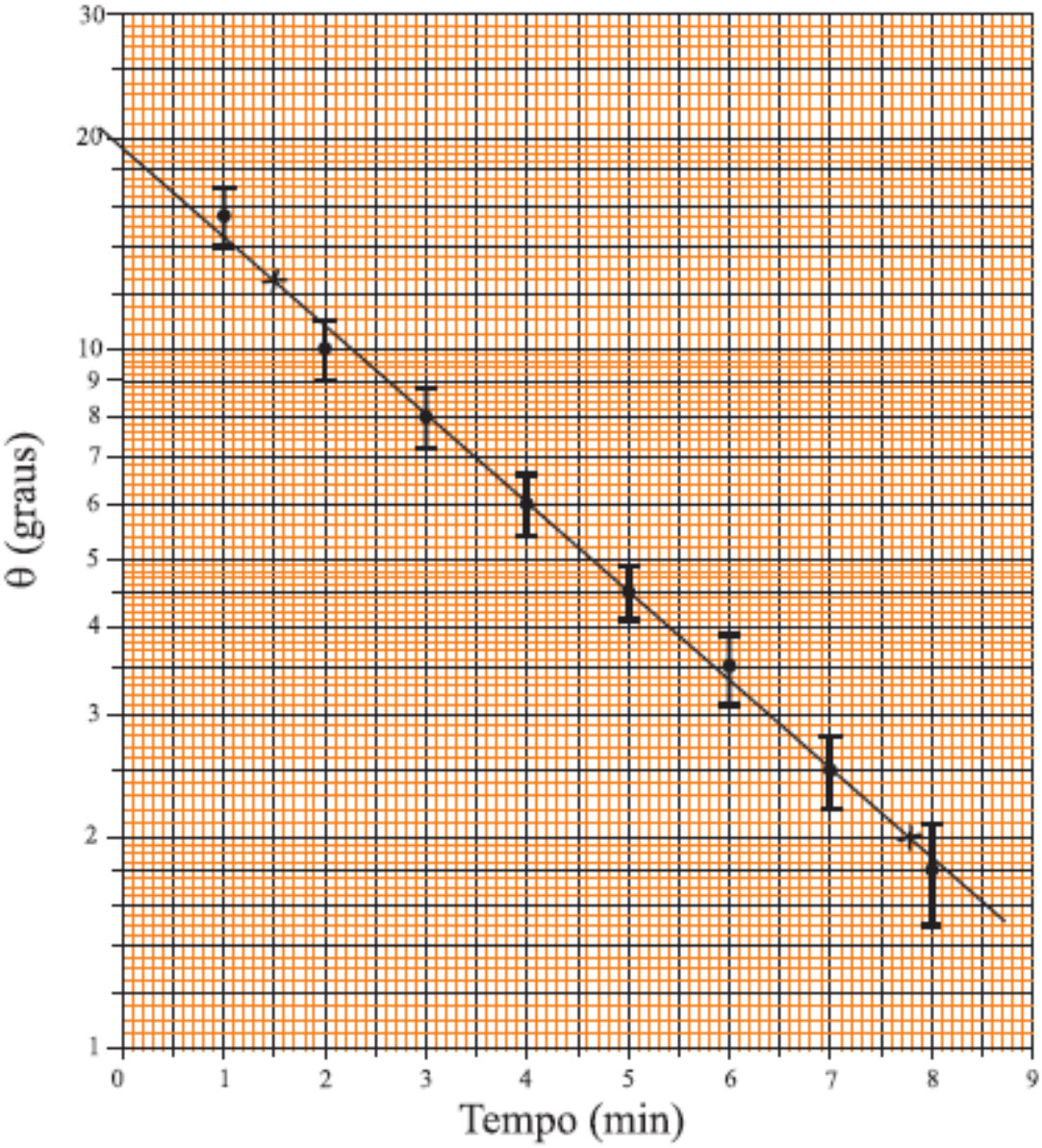
θ (graus)
Tempo (min)
30
20
10
9
8
7
6
5
4
3
2
1
0
1
2
3
4
5
6
7
8
9