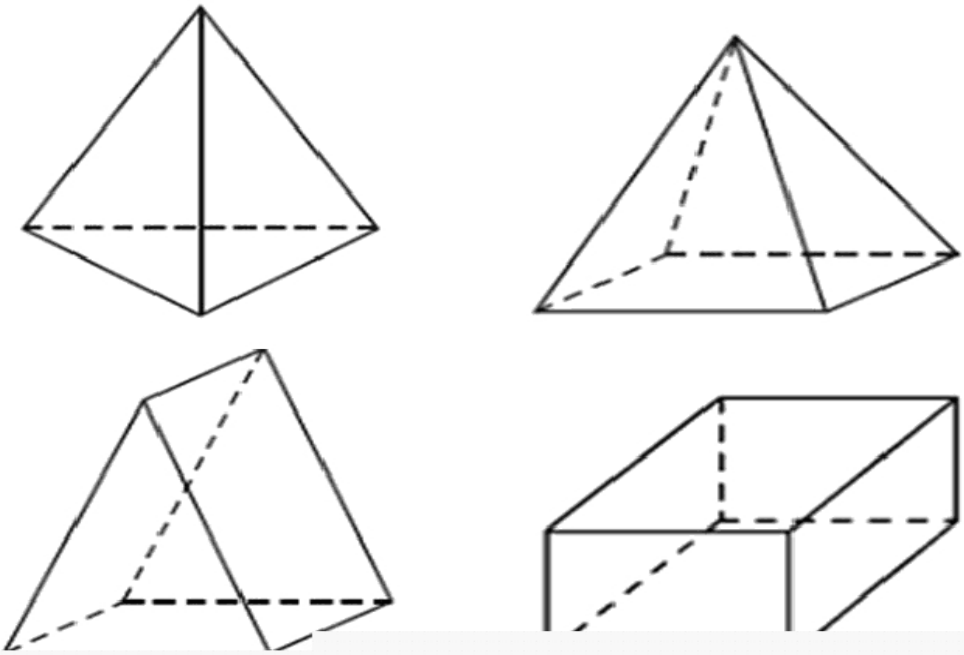

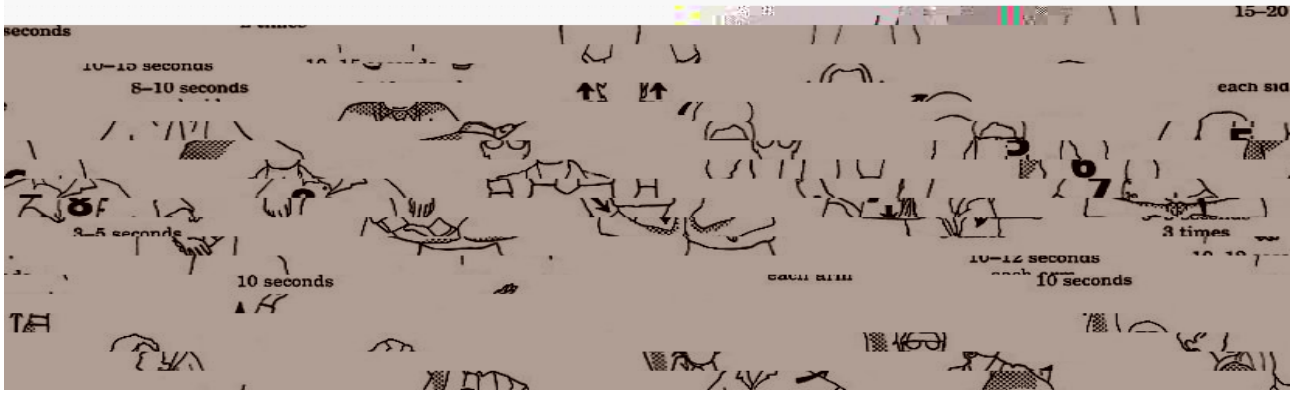
seconds
10–15 seconds
8–10 seconds
15–20
each sid
3 times
10 seconds
10–12 seconds
10 seconds