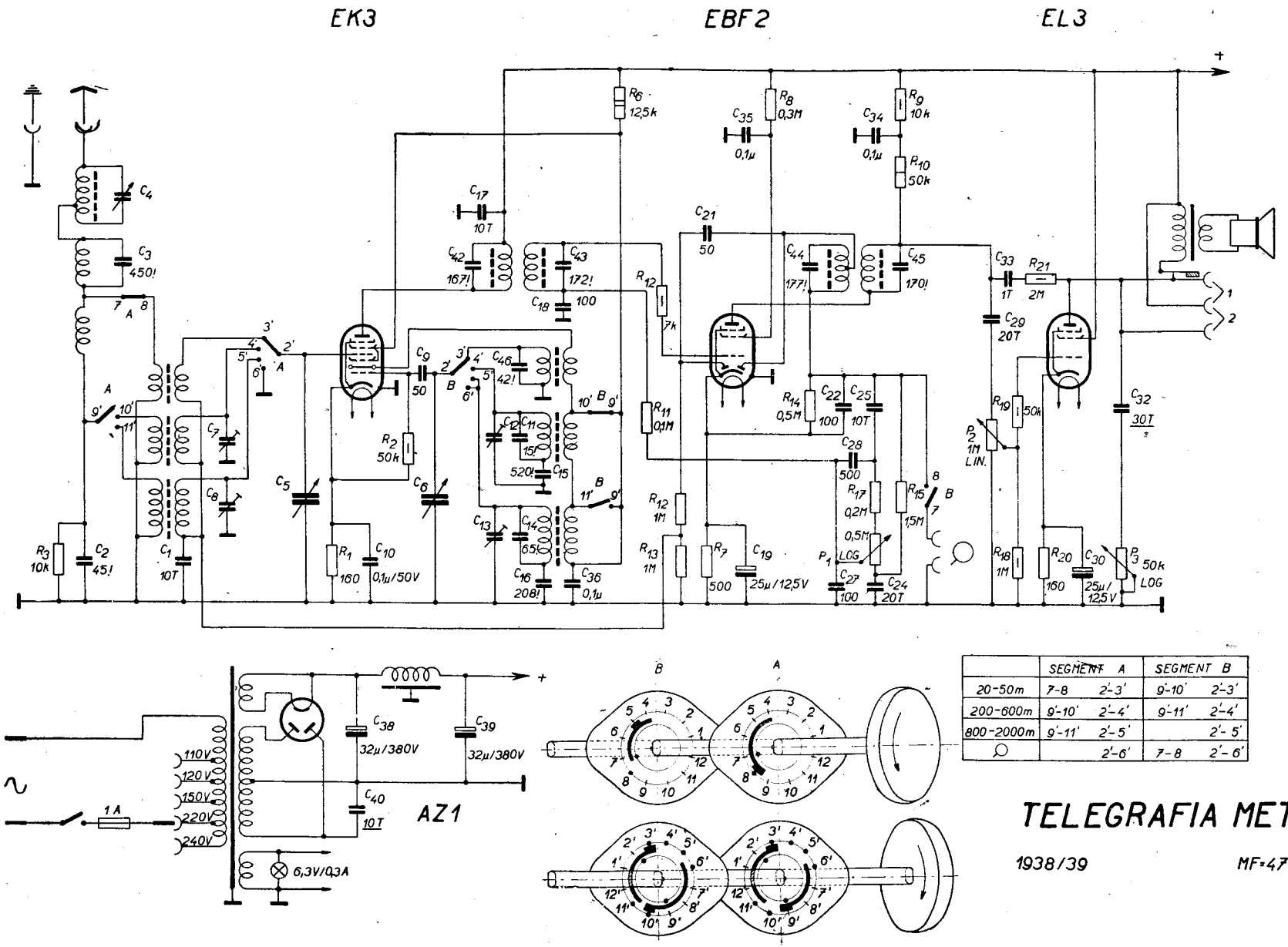

	SEGMENT A		SEGMENT B	
20-50m	7-8	2'-3'	9'-10'	2'-3'
200-600m	9'-10'	2'-4'	9'-11'	2'-4'
800-2000m	9'-11'	2'-5'		2'-5'
⌕		2'-6'	7-8	2'-6'