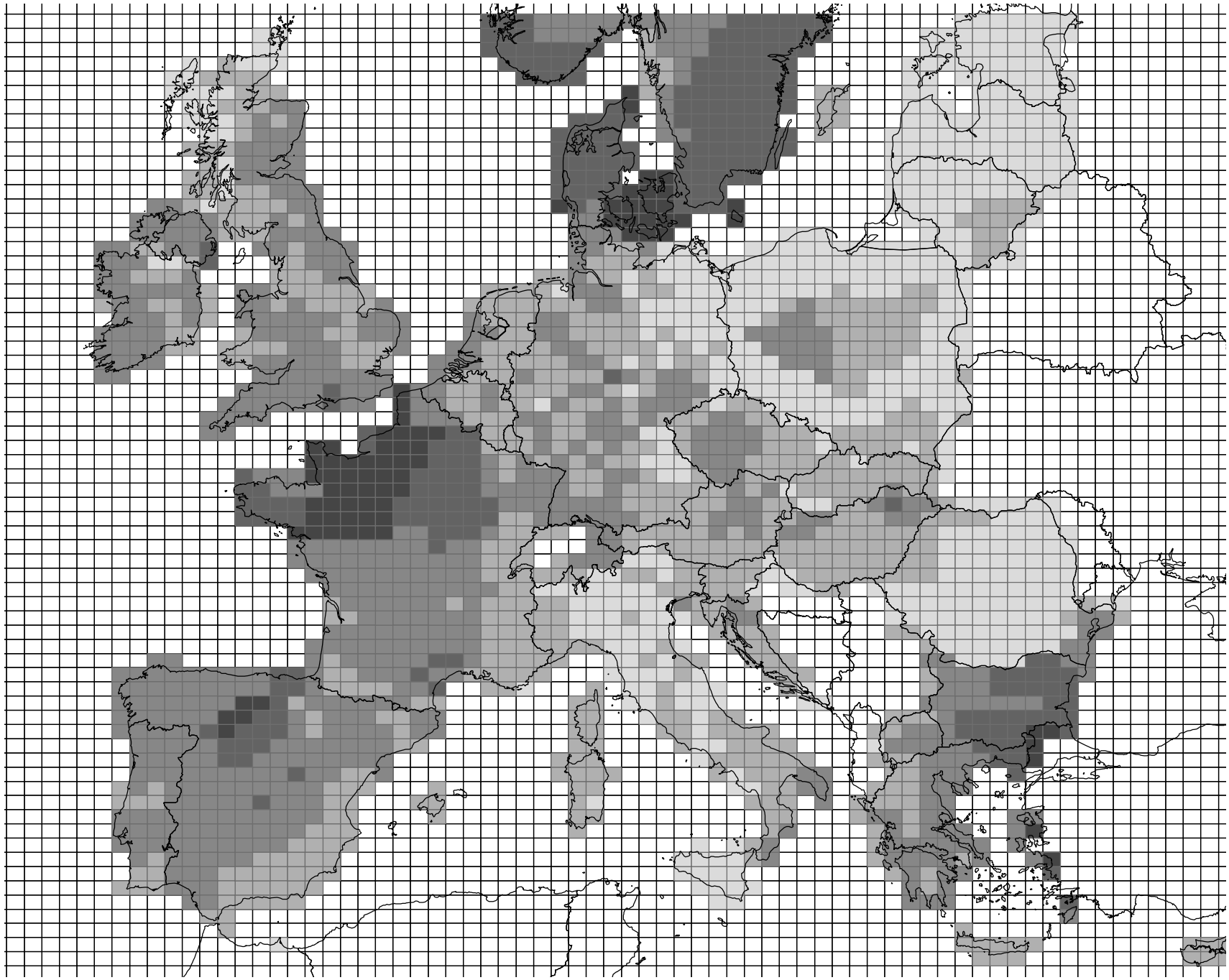Mean State Duration