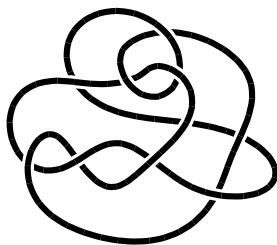
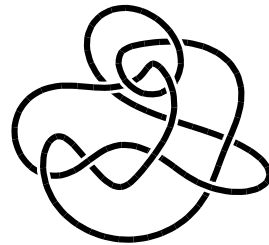


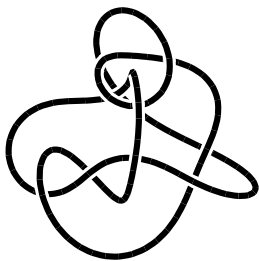
$T = 0, E_{\text{MD}} = 335$



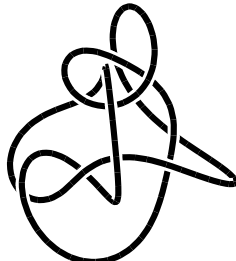
$T = 17, E_{\text{MD}} = 304$



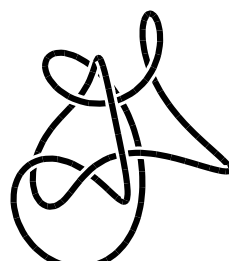
$T = 220, E_{\text{MD}} = 277$



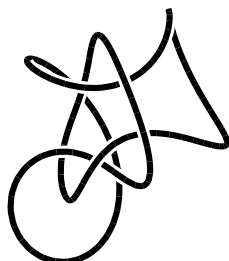
$T = 741, E_{\text{MD}} = 253$



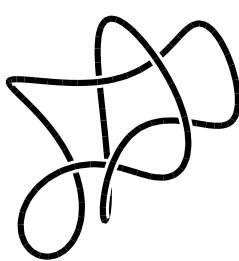
$T = 1756, E_{\text{MD}} = 228$



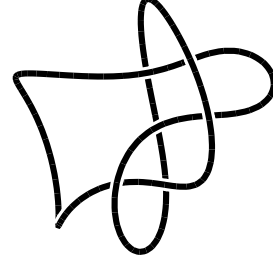
$T = 3144, E_{\text{MD}} = 203$



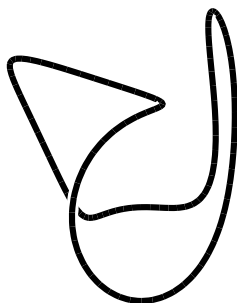
$T = 5514, E_{\text{MD}} = 176$



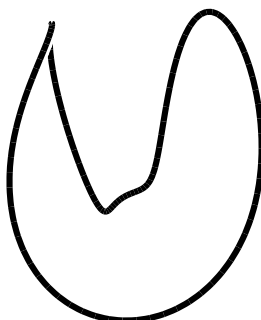
$T = 13310, E_{\text{MD}} = 144$



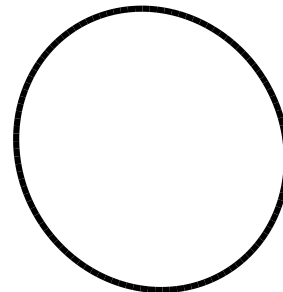
$T = 31121, E_{\text{MD}} = 116$



$T = 54518, E_{\text{MD}} = 70$



$T = 80000, E_{\text{MD}} = 49$



$T = \infty, E_{\text{MD}} = 10$

Relaxation of the “monster” unknot, shown at approximately equal steps in E_{MD} .