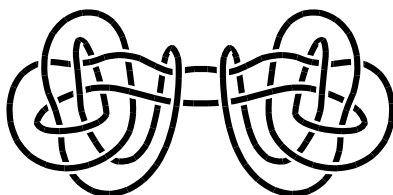


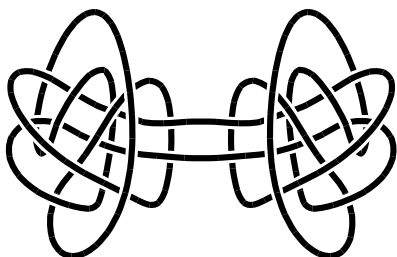
$T = 0, E_{\text{MD}} = 1217$



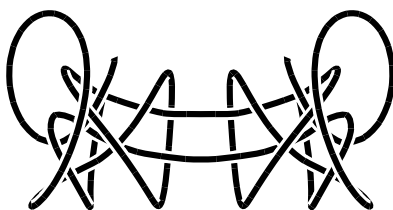
$T = 23, E_{\text{MD}} = 1132$



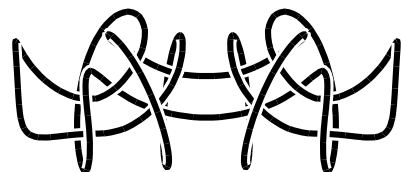
$T = 226, E_{\text{MD}} = 1048$



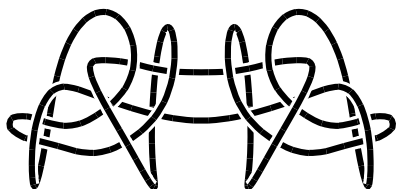
$T = 5460, E_{\text{MD}} = 963$



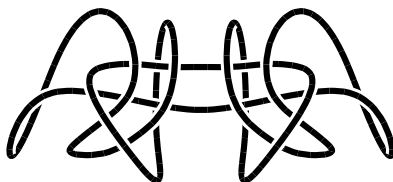
$T = 6800, E_{\text{MD}} = 877$



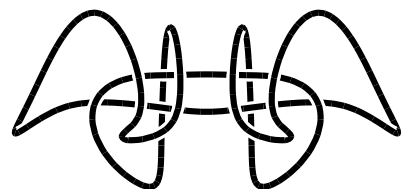
$T = 9860, E_{\text{MD}} = 794$



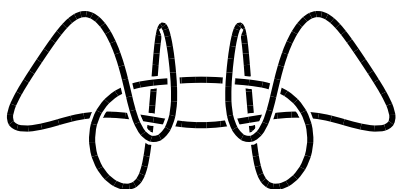
$T = 12880, E_{\text{MD}} = 708$



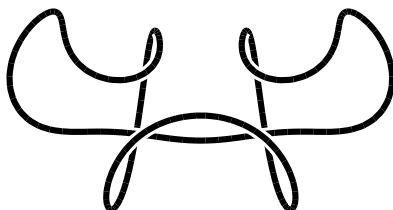
$T = 13360, E_{\text{MD}} = 624$



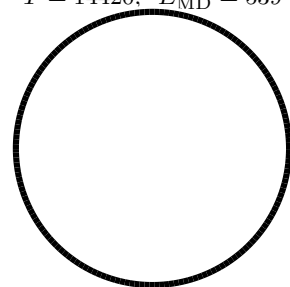
$T = 14420, E_{\text{MD}} = 539$



$T = 15360, E_{\text{MD}} = 455$



$T = 21180, E_{\text{MD}} = 371$



$T = \infty, E_{\text{MD}} = 286$

Relaxation of the “Freedman” unknot, shown at approximately equal steps in  $E_{\text{MD}}$ .