



METABOLIC TYPING DIET

Metabolic Typing Diet

CL Gary



Metabolic Typing Diet:

Thank you very much for reading **Metabolic Typing Diet**. Maybe you have knowledge that, people have look hundreds times for their favorite readings like this Metabolic Typing Diet, but end up in malicious downloads.

Rather than enjoying a good book with a cup of tea in the afternoon, instead they juggled with some harmful virus inside their desktop computer.

Metabolic Typing Diet is available in our book collection an online access to it is set as public so you can get it instantly. Our digital library saves in multiple locations, allowing you to get the most less latency time to download any of our books like this one.

Kindly say, the Metabolic Typing Diet is universally compatible with any devices to read

https://staging.gilderlehrman.org/book/uploaded-files/default.aspx/Pilates_For_Seniors_The_Osteoporosis_Workout.pdf

Table of Contents Metabolic Typing Diet

1. Understanding the eBook Metabolic Typing Diet
 - The Rise of Digital Reading Metabolic Typing Diet
 - Advantages of eBooks Over Traditional Books
2. Identifying Metabolic Typing Diet
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Metabolic Typing Diet
 - User-Friendly Interface
4. Exploring eBook Recommendations from Metabolic Typing Diet
 - Personalized Recommendations
 - Metabolic Typing Diet User Reviews and Ratings

- Metabolic Typing Diet and Bestseller Lists
- 5. Accessing Metabolic Typing Diet Free and Paid eBooks
 - Metabolic Typing Diet Public Domain eBooks
 - Metabolic Typing Diet eBook Subscription Services
 - Metabolic Typing Diet Budget-Friendly Options
- 6. Navigating Metabolic Typing Diet eBook Formats
 - ePub, PDF, MOBI, and More
 - Metabolic Typing Diet Compatibility with Devices
 - Metabolic Typing Diet Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Metabolic Typing Diet
 - Highlighting and Note-Taking Metabolic Typing Diet
 - Interactive Elements Metabolic Typing Diet
- 8. Staying Engaged with Metabolic Typing Diet
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Metabolic Typing Diet
- 9. Balancing eBooks and Physical Books Metabolic Typing Diet
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Metabolic Typing Diet
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Metabolic Typing Diet
 - Setting Reading Goals Metabolic Typing Diet
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Metabolic Typing Diet
 - Fact-Checking eBook Content of Metabolic Typing Diet
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Metabolic Typing Diet Introduction

Metabolic Typing Diet Offers over 60,000 free eBooks, including many classics that are in the public domain. Open Library: Provides access to over 1 million free eBooks, including classic literature and contemporary works. Metabolic Typing Diet Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. Metabolic Typing Diet : This website hosts a vast collection of scientific articles, books, and textbooks. While it operates in a legal gray area due to copyright issues, its a popular resource for finding various publications. Internet Archive for Metabolic Typing Diet : Has an extensive collection of digital content, including books, articles, videos, and more. It has a massive library of free downloadable books. Free-eBooks Metabolic Typing Diet Offers a diverse range of free eBooks across various genres. Metabolic Typing Diet Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. Metabolic Typing Diet Provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific Metabolic Typing Diet, especially related to Metabolic Typing Diet, might be challenging as theyre often artistic creations rather than practical blueprints. However, you can explore the following steps to search for or create your own Online Searches: Look for websites, forums, or blogs dedicated to Metabolic Typing Diet, Sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some Metabolic Typing Diet books or magazines might include. Look for these in online stores or libraries. Remember that while Metabolic Typing Diet, sharing copyrighted material without permission is not legal. Always ensure youre either creating your own or obtaining them from legitimate sources that allow sharing and downloading. Library Check if your local library offers eBook lending services. Many libraries have digital catalogs where you can borrow Metabolic Typing Diet eBooks for free, including popular titles. Online Retailers: Websites like Amazon, Google Books, or Apple Books often sell eBooks. Sometimes, authors or publishers offer promotions or free periods for certain books. Authors Website Occasionally, authors provide excerpts or short stories for free on their websites. While this might not be the Metabolic Typing Diet full book , it can give you a taste of the authors writing style. Subscription Services Platforms like Kindle Unlimited or Scribd offer subscription-based access to a wide range of Metabolic Typing Diet eBooks, including some

popular titles.

FAQs About Metabolic Typing Diet Books

1. Where can I buy Metabolic Typing Diet books? Bookstores: Physical bookstores like Barnes & Noble, Waterstones, and independent local stores. Online Retailers: Amazon, Book Depository, and various online bookstores offer a wide range of books in physical and digital formats.
2. What are the different book formats available? Hardcover: Sturdy and durable, usually more expensive. Paperback: Cheaper, lighter, and more portable than hardcovers. E-books: Digital books available for e-readers like Kindle or software like Apple Books, Kindle, and Google Play Books.
3. How do I choose a Metabolic Typing Diet book to read? Genres: Consider the genre you enjoy (fiction, non-fiction, mystery, sci-fi, etc.). Recommendations: Ask friends, join book clubs, or explore online reviews and recommendations. Author: If you like a particular author, you might enjoy more of their work.
4. How do I take care of Metabolic Typing Diet books? Storage: Keep them away from direct sunlight and in a dry environment. Handling: Avoid folding pages, use bookmarks, and handle them with clean hands. Cleaning: Gently dust the covers and pages occasionally.
5. Can I borrow books without buying them? Public Libraries: Local libraries offer a wide range of books for borrowing. Book Swaps: Community book exchanges or online platforms where people exchange books.
6. How can I track my reading progress or manage my book collection? Book Tracking Apps: Goodreads, LibraryThing, and Book Catalogue are popular apps for tracking your reading progress and managing book collections. Spreadsheets: You can create your own spreadsheet to track books read, ratings, and other details.
7. What are Metabolic Typing Diet audiobooks, and where can I find them? Audiobooks: Audio recordings of books, perfect for listening while commuting or multitasking. Platforms: Audible, LibriVox, and Google Play Books offer a wide selection of audiobooks.
8. How do I support authors or the book industry? Buy Books: Purchase books from authors or independent bookstores. Reviews: Leave reviews on platforms like Goodreads or Amazon. Promotion: Share your favorite books on social media or recommend them to friends.
9. Are there book clubs or reading communities I can join? Local Clubs: Check for local book clubs in libraries or community centers. Online Communities: Platforms like Goodreads have virtual book clubs and discussion groups.

10. Can I read Metabolic Typing Diet books for free? Public Domain Books: Many classic books are available for free as they're in the public domain. Free E-books: Some websites offer free e-books legally, like Project Gutenberg or Open Library.

Find Metabolic Typing Diet :

[pilates for seniors the osteoporosis workout](#)

pikes circus day

~~pinnae studio 8 for windows visual quickstart guide~~

[pilgrims one of the mars rebellion](#)

pieces of rainbow

piel del cielo

[pilgrimage to freedom armenian](#)

[picturepedia 4 sea life](#)

pictorial history of michigan later year

pigs on the farm

~~pinnae liquid edition 6~~

pink floyd cd ser

pilot of fortune

pilgrim stories from margaret pumphreys pilgrim stories

[pills poppers and caffeine](#)

Metabolic Typing Diet :

bookmark file answer key speak out workbook upper - Mar 29 2022

web we provide new headway pre intermediate workbook answer key and numerous books collections from fictions to scientific research in any way among them is this new

new headway upper intermediate workbook with answers - Feb 25 2022

web binding paperback dimensions 275x219 mm with its proven methodology headway is the course you can always trust the strong grammar focus clear vocabulary syllabus

[new headway upper intermediate fourth edition](#) - Jun 12 2023

web download headway upper intermediate workbook answer key pdf 22 mar 2021 this file will help students studying the upper intermediate level of the headway 5th

headway upper intermediate workbook without key - Aug 14 2023

web pages 96 binding paperback dimensions 276x219 mm headway 5th edition provides fresh relevant english instruction needed for success today headway and its award

headway upper intermediate workbook answer key pdf prof - May 11 2023

web video format mp4 zip size 411 mb download drive google headway upper intermediate workbook with key 5th edition liz john soars jo mccauley 2019

headway upper intermediate workbook without answer key - Apr 29 2022

web headway intermediate workbook with key read online for free thing 11 expressing opinions 29 review 11 review 29 tenses 2 5 asking questions 14 negi 14 grammar

headway 5th edition upper intermediate workbook - Mar 09 2023

web 484 9 headway upper intermediate workbook with key 2019 96p free download as pdf file pdf or read online for free

headway upper intermediate workbook with key oxford - Sep 03 2022

web it will no question ease you to look guide headway upper intermediate workbook without answer key as you such as by searching the title publisher or authors of

headway upper intermediate students book workbook - Apr 10 2023

web new headway intermediate workbook without key fourth edition format paperback the world s best selling english course a perfectly balanced syllabus with a strong

new headway intermediate workbook without key - Feb 08 2023

web oxford university press headway 5th edition intermediate student s book with online practice workbook without key bhr 000004 trendyol com 650 00 tl new

new headway intermediate workbook with key - May 31 2022

web new headway upper intermediate workbook with answer key second edition by soars liz john published by oxford university press upper intermediate key features

new headway upper intermediate third edition workbook with - Oct 24 2021

el112 new headway - Oct 04 2022

web new headway upper intermediate 4 ed workbook answers unit 1 3 free download as pdf file pdf or read online for free answers answers headway 5th edition

headway upper intermediate workbook without answer key pdf - Nov 05 2022

web english course upper intermediate workbook with key pdf 4kmnebfkt4h0 new headway english course upper intermediate workbook with key pdf authors liz

new headway pre intermediate workbook with key - Sep 22 2021

[new headway upper intermediate workbook answer key 4th](#) - Jul 01 2022

web the answer key allows students to check their own answers and review their progress new headway john soars 2015 new headway upper intermediate third edition

buy your books for english language learning as well as higher - Jan 27 2022

web headway upper intermediate workbook with key fifth edition format paperback updated with new texts topics and themes headway 5th edition provides fresh and

[new headway upper intermediate workbook pdf](#) - Jul 13 2023

web the world's best selling english course a perfectly balanced syllabus with a strong grammar focus and full support at all six levels part of new headway language level

[9 headway upper intermediate workbook with key scribd](#) - Jan 07 2023

web introduction headway upper intermediate workbook without answer key pdf pdf headway beginner liz soars 2019 provides additional activities for further

new headway pre intermediate workbook answer key - Nov 24 2021

[headway upper intermediate workbook with key adults young](#) - Aug 22 2021

new headway english course upper intermediate workbook - Aug 02 2022

web sep 8 2023 this online declaration answer key speak out workbook upper intermediate can be one of the options to accompany you past having extra time

headway fiyatları cimri.com - Dec 06 2022

web jul 11 2019 description trusted worldwide inspired by you updated with new texts topics and themes headway fifth edition provides fresh and relevant english instruction that is

[headway intermediate workbook with key pdf scribd](#) - Dec 26 2021

shoe dog het verhaal van de oprichter van nike phil knight - Dec 07 2022

web shoe dog het verhaal van de oprichter van nike phil knight auteur nog niet in een vlaamse bibliotheek waar staat het inhoud details autobiografie van de oprichter van nike een wereldwijd bedrijf dat sportschoenen fabriceert onderwerp knight phil 1938 nike andere talen onbekend beschikbaarheid in vlaamse bibliotheken

shoe dog het verhaal van de oprichter van nike sneaker - Apr 30 2022

web shoe dog het verhaal van de oprichter van nike 14 95 phil knight richtte in 1964 samen met hardlooptoestapper bill bowerman blue ribbon sports op in het begin als distributeur voor de japanse schoenmaker onitsuka tiger ze begonnen met een startkapitaal van slechts 1200

shoe dog het verhaal van de oprichter van nike boekblog - Apr 11 2023

web shoe dog het verhaal van de oprichter van nike de oprichter zelf phil knight geeft een verhelderende inkijk in het idee achter nike de start van het bedrijf in het afgelegen oregon en het uitgroeien tot een van de bekendste wereldmerken

shoe dog het verhaal van de oprichter van nike amazon nl - Mar 10 2023

web dit item shoe dog het verhaal van de oprichter van nike phil knight paperback 10 00 op voorraad verzonden en verkocht door amazon je hebt het al in huis op morgen 8 feb de antwoorden op de grote vragen de antwoorden op de grote vragen stephen hawking mass market paperback

shoe dog phil knight 9789000357598 boeken bol com - Feb 26 2022

web dit boek gaat over oprecht ondernemerschap en passie voor sport het verhaal zoals de oprichter van nike het zelf heeft ervaren en door hem zelf is opgeschreven leest als een jongensboek inspirerend en integer ik las het in een adem uit

shoe dog het verhaal van de oprichter van nike gent leest - May 12 2023

web shoe dog is het verhaal van phil knight de oprichter van schoenenmerk nike hij vertelt hoe hij als hardlooffanaat in de jaren 60 het gekke idee had om japanse loopschoenen te introduceren in de verenigde staten zijn bedrijfje heette eerst blue ribbon en werd later omgedoopt tot nike

shoe dog het verhaal van de oprichter van nike paperback - Oct 05 2022

web shoe dog het verhaal van de oprichter van nike knight phil ridder rob de amazon com be books

shoe dog het verhaal van de oprichter van nike door phil knight - Feb 09 2023

web de oprichter zelf phil knight geeft een verhelderende inkijk in het idee achter nike de start van het bedrijf in het afgelegen oregon en het uitgroeien tot een van de bekendste wereldmerken in de kloekke hardcover van het spectrum neemt hij daarvoor 412 bladzijden en beschrijft de ups and downs open en eerlijk

shoe dog het verhaal van de oprichter van nike goodreads - Jun 13 2023

web apr 24 2016 read 16 2k reviews from the world s largest community for readers in this candid and riveting memoir for the first time ever nike founder and ceo phil k

[shoe dog book summary reviews z lib](#) - Mar 30 2022

web explore shoe dog in z library and find free summary reviews read online quotes related books ebook resources 22 525 200 books books 284 837 643 articles articles shoe dog het verhaal van de oprichter van nike dutch edition 5 0 5 0 0 comments categories biografieën en memoires ondernemers sport en recreatie bedrijven en

shoe dog het verhaal van de oprichter van nike boekrecensie - Jul 02 2022

web shoe dog het verhaal van de oprichter van nike is geschreven door knight phil en werd in 2017 uitgebracht met code 9000357594 waar kan ik shoe dog het verhaal van de oprichter van nike van knight phil kopen

shoe dog phil knight dwarsligger bibliotheek nl - Aug 03 2022

web jeugd jongeren zoekopdracht kies de collectie om te doorzoeken nu catalogus phil knight shoe dog het verhaal van de oprichter van nike dwarsligger autobiografie van de oprichter van nike een wereldwijd bedrijf dat sportschoenen fabriceert genre

shoe dog phil knight boek 9789000357598 bruna - Jan 28 2022

web dwarsligger 624 is shoe dog van phil knight de bestseller van de oprichter van nike over de beginjaren van nike tot een van s werelds meest iconische merken midprice van 10 euro autobiografie van de grootste sportschoenenmaker ter wereld *shoe dog paperback phil knight de ridder rob boek alle* - Dec 27 2021

web fnac het verhaal van de oprichter van nike shoe dog phil knight de ridder rob unieboek het spectrum levering bij je thuis of in de winkel en 5 korting op alle boeken koop nieuw of tweedehands

recensie van jan m jorna over shoe dog hebban nl - Sep 04 2022

web jun 20 2017 het boeiende verhaal van de oprichter van nike jan m jorna 20 juni 2017 phil knight een redelijke mijl hardloper schrijft tijdens zijn studie op stanford een paper waarin hij beweert dat de japanse hardloopschoen weleens hetzelfde kan gaan doen als het japanse fototoestel namelijk de amerikaanse markt overnemen

shoe dog het verhaal van de oprichter van nike paperback - Jan 08 2023

web buy shoe dog het verhaal van de oprichter van nike 1 by knight phil isbn 9789000357598 from amazon s book store everyday low prices and free delivery on eligible orders

[shoe dog phil knight 9789000357598 boeken bol com](#) - Aug 15 2023

web de swoosh van nike werd in 1971 voor slechts 35 ontworpen door carolyn davidson knight was niet razend enthousiast over het logo ik zal er wel aan wennen was zijn eerste reactie foto wikipedia beschikbaar onder de licentie creative commons naamsvermelding gelijk delen alles van phil knight samenvatting

shoe dog ebook phil knight 9789000351480 boeken bol com - Nov 06 2022

web may 4 2016 het verhaal zoals de oprichter van nike het zelf heeft ervaren en door hem zelf is opgeschreven leest als

een jongensboek inspirerend en integer ik las het in een adem uit geschreven bij shoe dog fantastisch boek over de oprichter van 1 van de grootste sportmerken ter wereld zo niet het grootste alles wordt stap voor stap

shoe dog het verhaal van de oprichter van nike google books - Jul 14 2023

web may 4 2016 de swoosh van nike werd in 1971 voor slechts 35 ontworpen door carolyn davidson knight was niet razend enthousiast over het logo ik zal er wel aan wennen was zijn eerste reactie

boek review shoe dog alen sirovica - Jun 01 2022

web het shoe dog boek vertelt het verhaal van phil knight oprichter van nike en hoe hij nike heeft gebracht tot het bedrijf dat het nu is het is een persoonlijk verhaal geschreven vanuit het perspectief van de oprichter zelf het is vooral een verhaal het boek gaat niet in op specifieke tactieken theorieën of strategieën

grade thresholds 2013 oct nov whatdotheyknow - Jun 17 2023

may 12 2014 i want to know the grade thresholds for the 2013 october november exams for the followig subjects
mathematics 0580 chemistry 0620 biology 0610 ict 0417 accounting 0452 english first language 0500 physics 0625

igcse grade boundaries 2013 whatdotheyknow - Jul 06 2022

feb 12 2014 physics 0625 geography 0460 economics 0455 yours faithfully vashita cysylltwch â hwn report tom scoville 06
mawrth 2014 17 atodiad igcse additional maths 0606 june 2013 grade thresholds pdf pdf igcse additional maths 0606
november 2013 grade thresholds pdf pdf

grade thresholds november 2019 cambridge assessment - Oct 09 2022

cambridge igcse physics 0625 grade thresholds taken for syllabus 0625 physics in the november 2019 examination minimum
raw mark required for grade maximum raw mark available a b c d e f g component 11 40 25 22 20 18 17 component 12 40 25
23 20 17 14 component 13 40 22 20 18 16 14

cie 2013 physics grade thresholds copy uniport edu - Apr 03 2022

aug 24 2023 cie 2013 physics grade thresholds is available in our book collection an online access to it is set as public so
you can get it instantly our digital library saves in multiple countries allowing you to get the most less latency time to
download

grade thresholds cambridge international as a level - Sep 20 2023

we publish grade thresholds after each exam series a grade threshold is the minimum number of marks that a candidate
needs to obtain a particular grade in a paper or in a subject before reading the grade threshold document there is some
important information you need to know about how we set the thresholds how do we set grade thresholds

grade thresholds CE june 2023 aleveldocs com - Dec 11 2022

cambridge international as a level physics 9702 grade thresholds taken for syllabus 9702 p hysics in the june 2023

examination minimum raw mark required for grade maximum raw mark available a b c d e component 11 40 28 25 22 19 17
component 12 40 29 24 20 17 13 component 13 40 29 25 22 19 17

grade thresholds november 2015 cambridge assessment - May 16 2023

the overall thresholds for the different grades were set as follows option combination of components a a b c d e ax1 11 21 31
41 51 176 155 134 115 97 79 grade thresholds continued cambridge international as a level physics 9702

grade thresholds november 2018 cambridge assessment - Jan 12 2023

cambridge igcsetm 9 1 physics 0972 grade thresholds taken for syllabus 0972 physics in the november 2018 examination the
maximum total mark for this syllabus after weighting has been applied is 200 the overall thresholds for the different grades
were set as follows learn more

grade thresholds june 2019 cambridge assessment - Jul 18 2023

cambridge international as a level physics 9702 grade thresholds taken for syllabus 9702 physics in the june 2019

examination minimum raw mark required for grade maximum raw mark available a b c d e component 11 40 30 25 22 19 16
component 12 40 30 26 23 20 17 component 13 40 29 26 23 20 17

grade thresholds june 2023 - Mar 02 2022

grade thresholds taken for syllabus 0450 business studies in the june 2023 examination minimum raw mark required for
grade maximum raw mark available a b c d e f g component 11 80 43 34 25 21 17 13 9 component 12 80 39 31 24 19 15 11 7
component 13 80 39 31 24 19 15 11 7 component 21 80 39 31 24 19 15 12 9

grade thresholds june 2017 xtremepapers - Nov 10 2022

grade thresholds june 2017 cambridge as a level physics 9702 grade thresholds taken for syllabus 9702 physics in the june
2017 examination minimum raw mark required for grade maximum raw mark available a b c d e component 11 40 32 27 24
21 18 component 12 40 29 26 22 18 15 component 13 40 27 24 20 16 13 component 21

grade thresholds june 2021 gce guide - Aug 07 2022

cambridge igcse physics 0625 grade thresholds taken for syllabus 0625 physics in the june 2021 examination minimum raw
mark required for grade maximum raw mark available a b c d e f g component 11 40 20 18 16 14 13 component 12 40 17 15
14 13 12 component 13 40 18 16 15 13 11

cie 2013 physics grade thresholds wrbb neu edu - May 04 2022

we allow cie 2013 physics grade thresholds and numerous book collections from fictions to scientific research in any way in
the midst of them is this cie 2013 physics grade thresholds that can be your partner

grade thresholds march 2019 cie notes - Feb 13 2023

cambridge igcse physics 0625 grade thresholds taken for syllabus 0625 physics in the march 2019 examination minimum raw

mark required for grade maximum raw mark available a b c d e f g component 12 40 24 22 19 16 13 component 22 40 28 25
22 19 16 14 12 component 32 80 51 43 35 26 18

grade threshold tables for cambridge o level - Aug 19 2023

the table in the grade threshold document shows the thresholds taken in a particular examination series for each paper or other component that we marked so not for teacher marked components for example the table also shows the thresholds used for the options available

0625 w13 ms 33 physics maths tutor - Feb 01 2022

mark scheme for the october november 2013 series 0625 physics 0625 33 paper 3 extended theory maximum raw mark 80 this mark scheme is published as an aid to teachers and candidates to indicate the requirements of the examination it shows the basis on which examiners were instructed to award marks it does not

cie 2013 physics grade thresholds pdf admin store motogp - Jun 05 2022

cie 2013 physics grade thresholds downloaded from admin store motogp com by guest maximilian bowers sage handbook of research on classroom assessment cambridge university press the authors argue in this book that social theory can usefully be conceived in terms of four broad paradigms based upon different

grade thresholds june 2018 save my exams - Sep 08 2022

the overall thresholds for the different grades were set as follows option combination of components 9 8 7 6 5 4 3 2 1 bx 21
41 51 156 138 121 106 91 77 64 51 38 cx 21 41 61 158 141 124 109 94 79 65 51 38 fx 11 31 51 126 112 91 71 51

grade thresholds june 2019 cambridge assessment - Apr 15 2023

cambridge igcse physics 0625 grade thresholds taken for syllabus 0625 physics in the june 2019 examination minimum raw mark required for grade maximum raw mark available a b c d e f g component 11 40 24 21 19 17 15 component 12 40 22 19
16 14 12 component 13 40 27 24 21 18 15

grade thresholds november 2020 caie master - Mar 14 2023

the overall thresholds for the different grades were set as follows options with the suffix j e g bxj refer to a2 only options
option combination of components a b c d e ax 11 21 31 41 51 185 166 147 122 98 74 ay 12 22 33 42 52 191 169 147 123
99 75 az 13 23 35 43 53 196 173 150 123 97 71