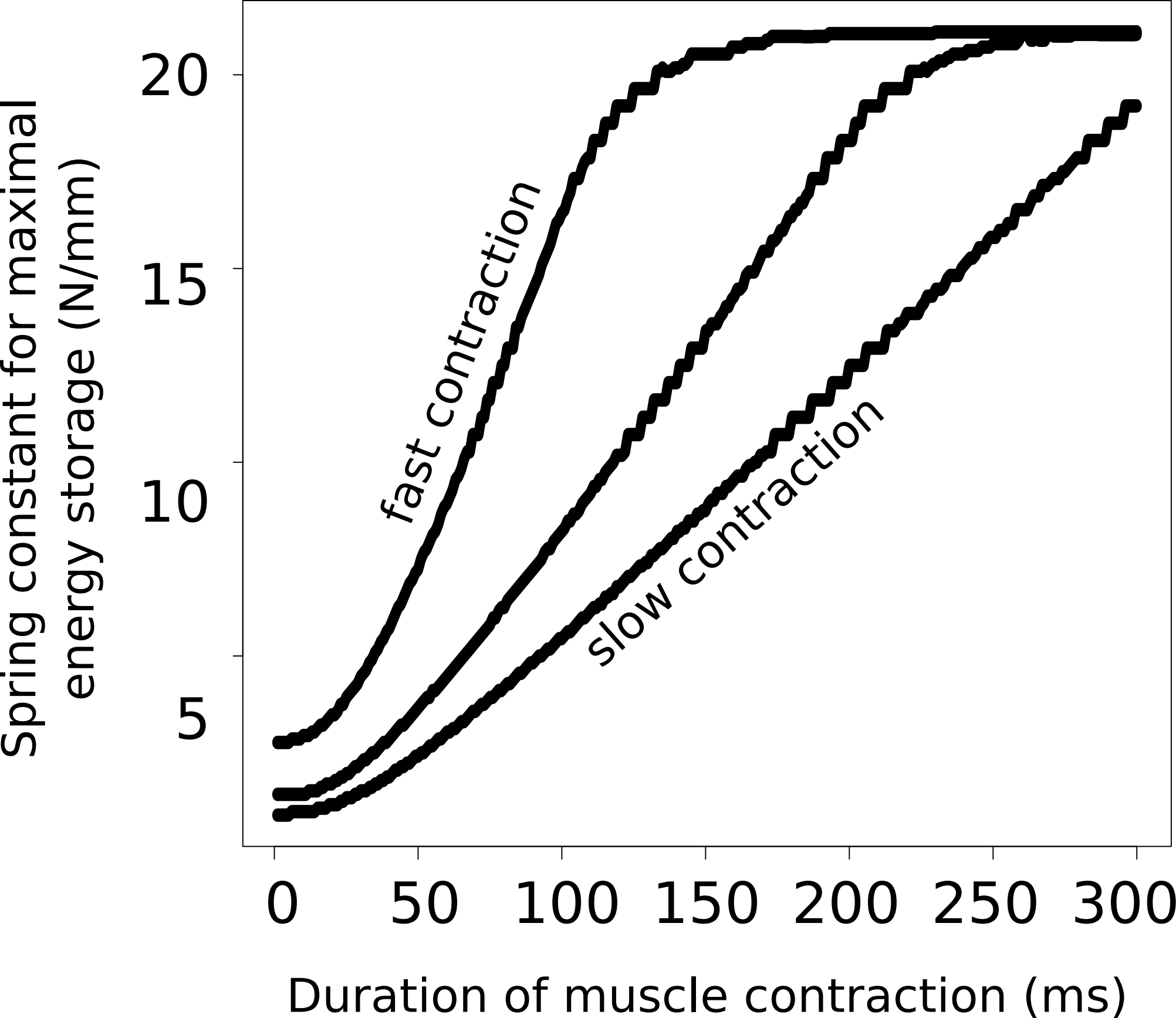
Spring constant for maximal energy storage (N/mm)
20
15
10
5
fast contraction
slow contraction
0
50
100
150
200
250
300
Duration of muscle contraction (ms)