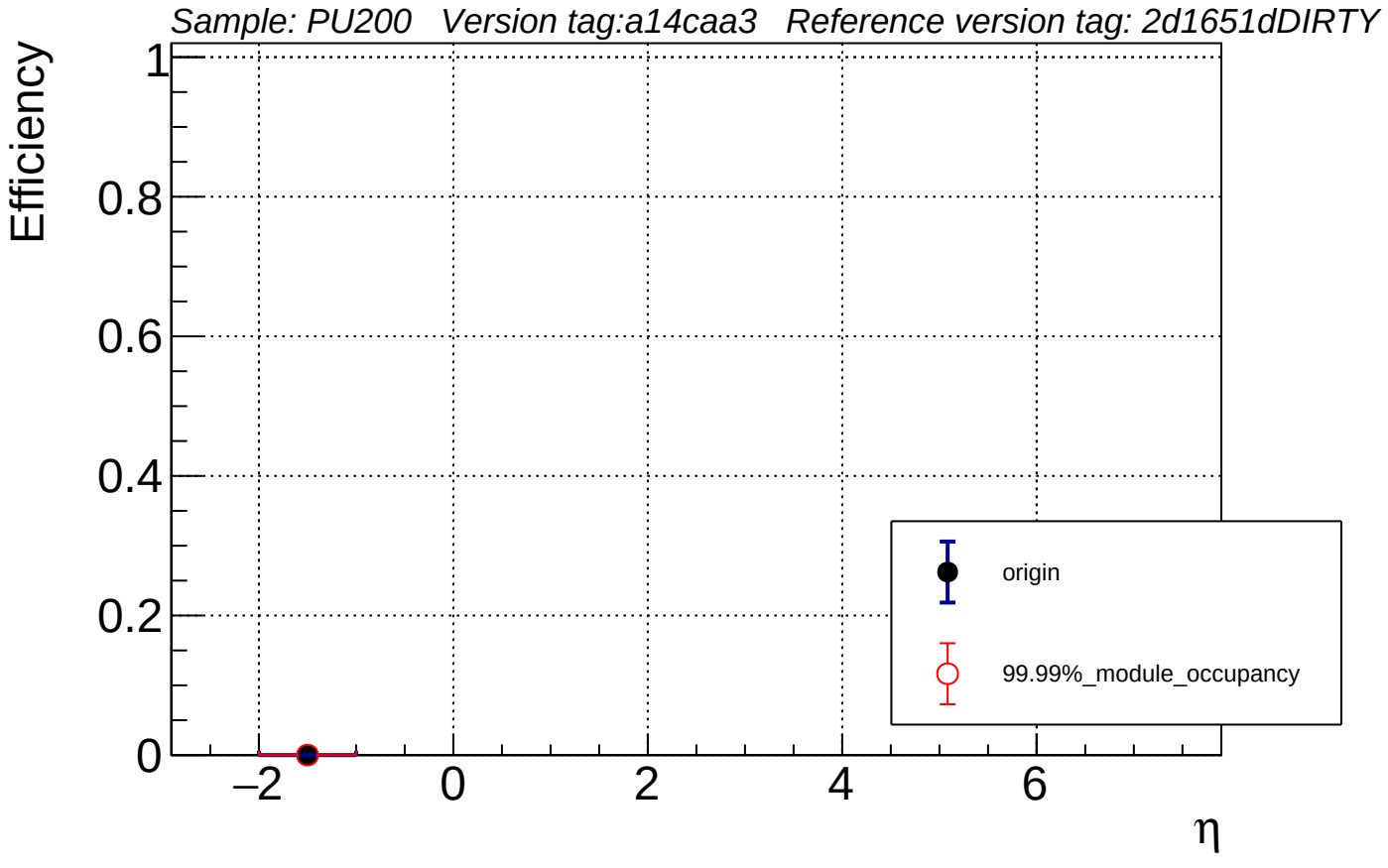Efficiency of Quadruplet w/ or w/o gap of all types