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

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

$T = 220, \ E_{\mathrm{MD}} = 277$
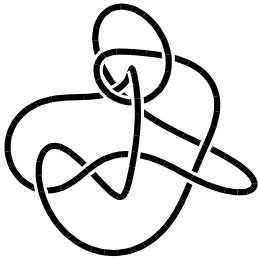
$T = 741, \ E_{\mathrm{MD}} = 253$
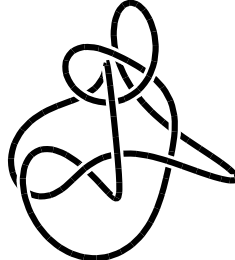
$T = 1756, \ E_{\mathrm{MD}} = 228$
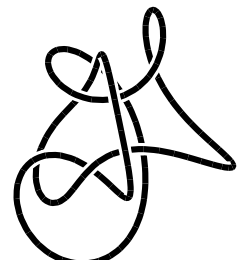
$T = 3144, \ E_{\mathrm{MD}} = 203$
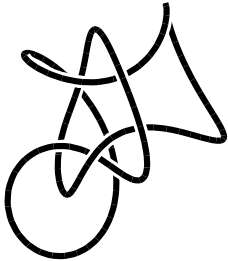
$T = 5514, \ E_{\mathrm{MD}} = 176$
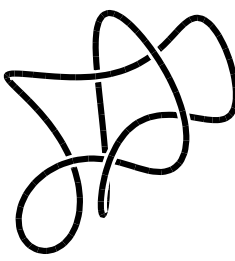
$T = 13310, \ E_{\mathrm{MD}} = 144$
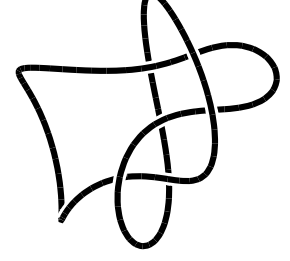
$T = 31121, \ E_{\mathrm{MD}} = 116$
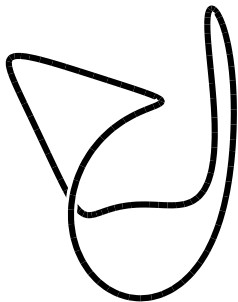
$T = 54518, \ E_{\mathrm{MD}} = 70$
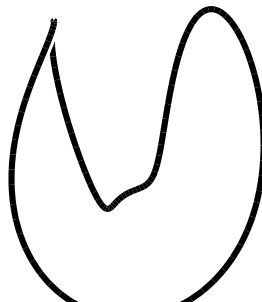
$T = 80000, \ E_{\mathrm{MD}} = 49$
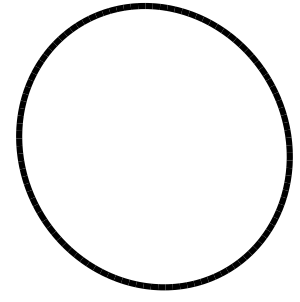
$T = \infty, \ E_{\mathrm{MD}} = 10$

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

Figure from *Interactive Topological Drawing* (1998) by R. G. Scharein

www.pims.math.ca/knotplot/