



November 5, 2025

IGAL/SECT/11-25/3

To
National Stock Exchange of India Limited
Exchange Plaza, C - 1, Block G
Bandra Kurla Complex, Bandra - (E)
Mumbai - 400 051
Symbol: INDIGO

To
BSE Limited
Phiroze Jeejeebhoy Towers
Dalal Street
Mumbai - 400 001
Scrip Code: 539448

Subject: Newspaper Publications

Ref: Financial Results for the Quarter and half year ended September 30, 2025

Dear Sir/ Madam,

In compliance with Regulation 30 and 47 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, please find enclosed copies of newspaper publications in relation to unaudited standalone and consolidated financial results for the quarter and half year ended September 30, 2025, published in Financial Express (English - all editions) and Jansatta (Hindi- Delhi edition) on November 5, 2025.

This disclosure is also being made available on the Company's website at www.goindigo.in.

The above is for your information.

Thanking you,
For **InterGlobe Aviation Limited**

Neerja Sharma
Company Secretary & Chief Compliance Officer

Encl: a/a

INTERGLOBE AVIATION LIMITED

CIN: L62100DL0004PLC129768

Registered Office: Upper Ground Floor, Thapar House, Gate No. 2,
Western Wing, 124 Janpath, New Delhi - 110001, India
Tel: +91 96500 98905; Fax: +91 11 4351 3200

E-mail: investors@gointdgo.in; Website: www.gointdgo.in

UNAUDITED STANDALONE AND CONSOLIDATED FINANCIAL RESULTS
FOR THE QUARTER AND HALF YEAR ENDED SEPTEMBER 30, 2025

In compliance with Regulation 33 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015 ("SEBI Listing Regulations"), the Board of Directors of InterGlobe Aviation Limited ("Company") at its meeting held on Tuesday, November 4, 2025 approved the unaudited financial results (standalone and consolidated) for the quarter and half year ended September 30, 2025 ("results").

The results, along with the Limited review reports by M/s. S.R. Batliboi & Co. LLP, Statutory Auditors of the Company are available on the website of the Company at <https://www.gointdgo.in/information/investor-relations.html>, and on websites of the Stock Exchanges i.e. BSE Limited and National Stock Exchange of India Limited at www.bseindia.com and www.nseindia.com, respectively.

In compliance with Regulation 47 of the SEBI Listing Regulations, we hereby notify that the same can also be accessed by scanning the following QR code:

Place : Gurugram
Date: November 4, 2025

For InterGlobe Aviation Limited

Sd/-
Neeraj Sharma
Company Secretary & Chief Compliance Officer

INTERWORLD DIGITAL LIMITED

CIN: L72900DL1999PLC067068

Regd. Off. : 701, Anurachal Building, 19, Barakhamba Road, Connaught Place, New Delhi-110001
Tel: 011-43574044-45; Fax: 011-43571047 Email: interworlddigital.in@gmail.com; Website: www.interworlddigital.inNOTICE OF ANNUAL GENERAL MEETING,
BOOK CLOSURE AND REMOTE E-VOTING INFORMATION

Notice is hereby given that the 30th Annual General Meeting (AGM) of the Company will be held on Saturday, 29th November, 2025 at 11.30 AM at 701, Anurachal Building, 19, Barakhamba Road, Connaught Place, New Delhi - 110001 to transact the business set out in notice dated 03rd November, 2025 of the AGM. The Notice of AGM and Annual Report for the FY 2024-2025 has been sent to all the members through permitted mode on 04th November, 2025.

Pursuant to Regulation 42 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015 and Section 91 of the Companies Act, 2013 along with the applicable Rules there under, it is hereby intimated that the Register of Members and share transfer books of the Company will remain closed from Sunday, 23rd November, 2025 to Saturday, 29th November, 2025 for the purpose of AGM.

In compliance with the provisions of Section 108 of the Companies Act, 2013 and Rule 20 of the Companies (Management and Administration) Rules, 2014 the Company has provided electronic voting facility for transacting of the business items as mentioned in the AGM notice dated 03rd November, 2025 through the Remote e-voting facility on the platform of Central Depository Services (India) Limited (CDSL). Remote e-voting will commence on 28th November, 2025 at 09:00 AM and on 28th November, 2025 at 5:00 PM. No Remote e-voting shall be allowed beyond the said date and time. The notice of the Annual General Meeting along with Remote e-voting instructions has also been displayed on the website of the Company www.interworlddigital.in and on the website of the Agency www.evotingindia.com. The Members of Company holding shares as on Saturday, 22nd November, 2025 may cast their vote Electronically through Remote e-voting platform of CDSL at www.evotingindia.com or vote at the General Meeting through the Ballot Form. Members may participate in the General Meeting even after Remote e-voting but shall not be eligible to vote at the meeting. Voting, if exercised will be invalid and the vote cast through Remote e-voting will be considered. Members are requested to read the instructions pertaining to e-voting as printed in the AGM Notice carefully. In case members have any queries or issues regarding Remote e-voting, they may refer the Frequently Asked Questions (FAQ) and Remote e-voting manual available at www.evotingindia.com under help section or write an e-mail to helpdesk.evoting@cdsindia.com. Shareholders may contact Registrar & Share Transfer Agent, M/s Skyline Financial Services Private Limited, contact no. 011-4050193 to 97 or their respective Depositories for registration/update of their email IDs and other matters.

Any person who acquires shares of the Company and becomes a Member of the Company after dispatch of the Notice and holding shares as on the cut-off date i.e. 22nd November, 2025 may obtain the user ID and password by sending the request at helpdesk.evoting@cdsindia.com. However, if the person is already registered with CDSL for remote voting then existing user ID and password can be used for casting vote.

Members holding shares in physical form are requested to get their shares Dematerialised pursuant to SEBI Circular No. SEBI/AD-NRO/GM/2018/2 dated 08th June, 2018. Members who hold shares in physical mode and have not registered / updated their email addresses/PAN/KYC with the Company, are requested to register / update the details in the prescribed Form ISRI - 1 and other relevant forms with the Registrar & Share Transfer Agent of the Company Skyline Financial Services Private Limited ("RTA"). Pursuant to the SEBI Circular No. SEBI/HO/MRSD/MRSD-PoP-1/P/CIR/2023/37 dated March 16, 2023, the Company has sent letters to the shareholders holding shares in physical form to furnish the KYC details which are not registered in their respective folios. Further the shareholders can also access the relevant forms on Company's website at www.interworlddigital.in. Members holding shares in demat form are requested to update their email address/PAN/KYC details with their respective DP's.

Further, in terms of SEBI Circular No. SEBI/HO/MRSD/MRSD-PoP/CIR/2023/97 dated 2nd July, 2023, a Special Window has been opened for re-lodgement of transfer deeds, which were lodged prior to the deadline of 1st April 2019 and rejected / returned / not attended due to deficiency in the documents / process or otherwise. The re-lodgement window shall remain open for a period of six months i.e. from 7th July, 2023 till 6th January, 2026. During this period, the securities that are re-lodged / transfer (including those requests that are pending with the Company / RTA, as on date) shall be issued only in demat mode. Due process shall be followed for such transfer-cum-demat requests. Shareholders who have missed the earlier deadline of 31st March 2021 are encouraged to take advantage of this opportunity by furnishing the necessary documents to the Company's Registrar and Share Transfer Agents (RTA), i.e. M/s. Skyline Financial Services Private Limited.

For Interworld Digital Limited

Sd/-
Peeyush Kumar Aggarwal
Director
DIN: 00990423Place: New Delhi
Date: 05th November, 2025

CREMICA AGRO FOODS LIMITED

Regd. Office: 455, Sohan Palace, 2nd Floor, The Mall, Ludhiana, Punjab-141001, CIN: L16146PB1989PLC009676
E-mail: contact@cremicagro.com; Ph: 01826-222826; Website: www.cremicagro.com

Extract of Standalone Un-Audited Financial Results for the Quarter & Half Year ended on 30th September, 2025

Sr No	Particulars	Quarter ended		Half Year ended		Year ended
		30.09.2025 (Un-Audited)	30.06.2025 (Un-Audited)	30.09.2024 (Un-Audited)	30.06.2024 (Un-Audited)	31.03.2025 (Audited)
1	Total Income from Operations	1,259.00	1,152.00	1,191.00	2,411.00	4,540.00
2	Net Profit/(Loss) for the period (before Tax, Exceptional and/or Extraordinary Items)	631.00	853.00	733.00	1,484.00	2,855.00
3	Net Profit/(Loss) for the period before tax (after Exceptional and/or Extraordinary Items)	631.00	853.00	733.00	1,484.00	2,855.00
4	Net Profit/(Loss) for the period after tax (after Exceptional and/or Extraordinary Items)	(886.00)	638.00	548.00	(249.00)	2,137.00
5	Total Comprehensive Income for the period (Comprising Profit/(Loss) for the period (after tax) and Other Comprehensive Income (after tax))	(886.00)	638.00	548.00	(249.00)	2,137.00
6	Paid-up Equity Share Capital (Face value of Rs. 10/- each)	44,955.00	44,955.00	44,955.00	44,955.00	44,955.00
7	Reserves (excluding Revaluation Reserve) as shown in the Audited Balance Sheet as at 31st March	-	-	-	-	42,956.00
8	Earnings Per Share (of Rs. 10/- each) (for continuing and discontinued operations):					
	Basic:	(0.20)	0.14	0.12	(0.06)	0.24
	Diluted:	(0.20)	0.14	0.12	(0.06)	0.24

Notes:

- These financial results have been prepared in accordance with the Companies (Indian Accounting Standards) Rules, 2015, as prescribed under Section 133 of the Companies Act, 2013 read with relevant rules issued there under.
- The Above result were reviewed by the Audit Committee and approved by the Board of Directors of the Company in their meeting held on 04th November, 2025. The Statutory Auditor has expressed an unmodified conclusion on the aforesaid results.

On behalf of Board
For CREMICA AGRO FOODS LIMITEDSd/-
Nem Chand Jain
(Director)
DIN: 02894923Place: Phillaur
Date: 04.11.2025

HERO FINCORP LIMITED
 CIN: L74980DL1989PLC049374
 Regd. Office: 34, Community Centre, Basant Lok, Vasant Vihar, New Delhi - 110057
 Corporate Office: 9, Community Centre, Basant Lok, Vasant Vihar, New Delhi - 110057
 Website: www.heroincorp.com Email: investors@herofincorp.com Tel: 011-49487150

NOTICE TO SHAREHOLDERS
OPENING OF SPECIAL WINDOW FOR RELODGE/MENT OF TRANSFER REQUESTS OF PHYSICAL SHARES
 Notice is hereby given that in terms of SEBI Circular No. SEBI/HO/MRSD/MRSD-PoP/CIR/2023/97 dated July 2, 2023, a special window has been opened only for re-lodgement of transfer deeds, which were lodged prior to the deadline of April 1, 2019 and rejected / returned / not attended, due to deficiency in the documents / process or otherwise. The re-lodgement window shall remain open for a period of six months i.e. from July 7, 2023 till January 6, 2026.
 Eligible shareholders are requested to contact the Company's Registrar and Share Transfer Agent (RTA), MUGF Intime India Private Limited at Email ID rtm.helpdesk@mugf.in or at their office at Noble Heights, 1st Floor, Plot NH 2, C-1 Block, LSC, Near Savita Market, Janapuri, New Delhi - 110058 or the Company at investors@herofincorp.com for further assistance.
 During this period, the securities that are re-lodged for transfer (including those requests that are pending with the Company / RTA as on date) shall be issued only in demat mode, along with the documents are found in order by RTA. The lodger must have demat account and provide its Client Master List (CML), once all the transfer documents and share certificates, while re-lodging the documents for transfer with RTA.
 For Hero Fincorp Limited
 Sd/-
 Shivendra Suran
 Company Secretary and Compliance Officer

Place: New Delhi
 Date: November 04, 2025

TATA POWER
 (Corporate Contracts Department, 4th Floor Station B)
 Tata Power, Trombay Thermal Power Station Chembur-Mahul, Maharashtra, India
 (Board Line: 022-47173329; Mobile: 7288092025) CIN: L28220MH1919PLC005657

NOTICE INVITING TENDER
 The Tata Power Company Limited invites tender from eligible vendors for the following package:
 1) OLA for Fire Safety improvement at Bhivpuri & Bhivpuri Headworks.
 2) OLA for Comprehensive service for maintaining Fire alarm system & LHS Cable at Bhivpuri & Khopoli Hydro Power Station.
 Interested and eligible bidders to submit Tender Fee and Authorization Letter before 1500 hrs. of 15th Nov 2025. For detailed NIT, please visit Tender section on website <https://www.tatapower.com>. Also, all future corrigendum/s if any, to the said tender will be published on Tender section of above website (Tata Power >Business Affairs >Tender Documents) only.

Motilal Oswal
 Mutual Fund
Motilal Oswal Asset Management Company Limited
 Registered & Corporate Office: 10th Floor, Motilal Oswal Tower, Rahmullah Sayani Road, Opposite Parel ST Depot, Prabhadevi, Mumbai - 400 025
 • Toll Free No.: +91 8108622222, +91 22 40548002 • Email: amc@motilaloswal.com
 • CIN No.: U67120MH2008PLC188186 • Website: www.motilaloswalmf.com

NOTICE
DECLARATION OF DISTRIBUTION OF INCOME & CAPITAL UNDER THE SCHEME, MOTILAL OSWAL BALANCED ADVANTAGE FUND
 NOTICE is hereby given that Motilal Oswal Trustee Company Limited, Trustee to Motilal Oswal Mutual Fund has approved the declaration of Distribution of Income & Capital under the Quarterly Income Distribution cum Capital Withdrawal (ICDW) option(s) of the Scheme, **Motilal Oswal Balanced Advantage Fund**, an open ended dynamic asset allocation fund, as under:

Name of the Scheme(Plan/s)	Quantum of ICDW (₹ Per Unit)*	NAV as on November 03, 2025 (₹ Per Unit)	Record Date**	Face Value (₹ Per Unit)
Motilal Oswal Balanced Advantage Fund - Regular Plan - Quarterly ICDW Option	0.16	12.5047	November 10, 2025	
Motilal Oswal Balanced Advantage Fund - Direct Plan - Quarterly ICDW Option	0.17	13.4222	November 10, 2025	10.00

* As reduced by the amount of applicable statutory levy, if any.
 ** Immediately following Business Day, if that day is not a Business Day.

Pursuant to payment of ICDW, the NAV of the ICDW Option of the above mentioned Plans of the Scheme will fall to the extent of payout and statutory levy (if applicable).

The above ICDW is subject to the availability of distributable surplus and may be lower to the extent of distributable surplus available on the Record Date.

In case the distributable surplus is less than the quantum of ICDW on the record date/ex-ICDW date, the entire available distributable surplus in the scheme/plan will be declared as ICDW.

ICDW will be paid to those Unitholders/Beneficial Owners whose names appear in the Register of Unit holders maintained by the Mutual Fund/Statement of beneficial ownership maintained by the Depositories, as applicable, under the ICDW Option of the aforesaid plans of the Scheme as on the record date.

Pursuant to Chapter 11 of SEBI Master circular No. SEBI/HO/MRSD/IMD-PoD-1/P/CIR/2024/90 dated July 27, 2024 on review of ICDW option(s)/Plan(s) in case of Mutual Fund Schemes shall be applicable for calculation of distributable surplus.

In view of individual nature of tax consequences, each investor is advised to consult his/her own professional financial/tax advisor.

For Motilal Oswal Asset Management Company Limited
 (Investment Manager for Motilal Oswal Mutual Fund)
 Sd/-
 Prateek Agrawal
 Managing Director & Chief Executive Officer

Place : Mumbai
 Date : November 04, 2025

MUTUAL FUND INVESTMENTS ARE SUBJECT TO MARKET RISKS, READ ALL SCHEME RELATED DOCUMENTS CAREFULLY.

COLGATE-PALMOLIVE (INDIA) LIMITED
 Regd. Off: Colgate Research Centre, Main Street, Hiranandani Gardens, Powai, Mumbai 400 076.
 Email ID: investors_grievance@colpal.com
 Website: www.colgatepalmolive.co.in

NOTICE TO SHAREHOLDERS
 Pursuant to SEBI Circular No. SEBI/HO/MRSD/MRSD-PoP/CIR/2023/97 dated July 2, 2025, all shareholders are hereby informed that a Special Window is being opened for a period of six months, from July 7, 2025 to January 6, 2026 to facilitate re-lodgement of transfer requests of physical shares.
 This facility is available for Transfer deeds lodged prior to April 01, 2019 and which were rejected, returned, or not attended to due to deficiencies in documents/process or otherwise.
 Investors who have missed the earlier deadline of March 31, 2021 are encouraged to take advantage of this opportunity by furnishing the necessary documents to the Company's Registrar and Transfer Agent, i.e. MUGF Intime India Private Limited (Formerly known as Link Intime India Private Limited) at C-101, Embassy 247, L.B.S. Marg, Vikhroli (West), Mumbai - 400 083.
 The shares that are re-lodged for transfer shall be issued only in demat form. In case of any queries, shareholders are requested to raise a service request at investor.helpdesk@colpal.com or investors_grievance@colpal.com or logging in to SWAYAM Portal on <https://swayam.in.mugf.com>.
 In addition to the above, attention of shareholders is drawn to the "100 days Campaign - Saksham Niveshak", initiative from the Ministry of Corporate Affairs, under which the Company continues to assist shareholders in claiming their unpaid/unclaimed dividends.
 The Shareholders who have not claimed their dividends can update their KYC details and claim the said dividends. The process to update the KYC along with draft forms are available on the website of the Company at <https://www.colgateinvestors.co.in/investor-jsp> or on the RTA's website - <https://www.colpal.mugf.com> --> Downloads --> KYC --> Formats for KYC.
Mode of dispatch-
 By post: Physical copies, self-attested and dated to MUGF, C 101, 247 Embassy, L B S Marg, Vikhroli West, Mumbai 400083 or;
 By email: From your registered email ID, with digitally signed documents to investor.helpdesk@colpal.com or investors_grievance@colpal.com or <https://swayam.in.mugf.com>.
SWAYAM Portal: Upload via MUGF's website: <https://swayam.in.mugf.com>
 Shareholders are kindly requested to take note of the above instructions and act accordingly.

For Colgate-Palmolive (India) Limited
 Sd/-
 Jashishan Shah
 Deputy Company Secretary and
 Manager - Legal & Compliance Officer
 ICSI Membership Number - A34948

Place: Mumbai
 Date: 05.11.2025

ASPINWALL AND COMPANY LIMITED
 CIN : L74999KL1920PLC001389
 Registered Office: Aspinwall House, T.C.No. 24/2269 (7), Kaudwari - Kuravankonam Road, Kaudwari, Thiruvananthapuram - 695 003.
 Phone: 0471-2738900; Website: www.aspinwall.in; Email: investors@aspinwall.in

Extract of Financial Results for the quarter and six months ended 30 September 2025 (₹ in Lakhs)

Particulars	For the quarter ended			For the six months ended			For the year ended			Consolidated		
	30 September 2025 (Un-audited)	30 September 2024 (Un-audited)	30 September 2023 (Un-audited)	30 September 2025 (Un-audited)	30 September 2024 (Un-audited)	30 September 2023 (Un-audited)	31 March 2025 (Audited)	31 March 2024 (Un-audited)	31 March 2023 (Audited)	30 September 2025 (Un-audited)	30 September 2024 (Un-audited)	31 March 2025 (Audited)
1. Total income from operations	8,116	7,343	17,068	15,714	33,459	8,393	7,520	17,302	16,036	34,229		
2. Net (loss)/profit for the period before exceptional items and tax	(323)	332	(773)	739	1,554	(249)	383	(846)	841	1,810		
3. Net profit/(loss) for the period before tax, after exceptional items	253	332	(197)	739	1,554	327	383	(70)	841	1,810		
4. Net profit/(loss) for the period after exceptional items and tax	225	339	(141)	666	1,440	280	378	(47)	745	1,453		
5. Total comprehensive income/(loss) for the period (comprising of profit/(loss) for the period after tax and other comprehensive loss for the period, year after tax)	193	277	(181)	606	1,395	248	315	(88)	684	1,406		
6. Equity share capital (Face value of ₹ 10 each)	782	782	782	782	782	782	782	782	782	782		
7. Reserves (excluding revaluation reserve) as shown in the audited balance sheet of the year	-	-	-	-	17,735	-	-	-	-	18,481		
8. Earnings per share (of ₹ 10 each) [In ₹]												
- Basic and diluted (net annualised for the quarters and six months ended)	2.88	4.34	(1.80)	8.52	18.42	3.58	4.84	(0.60)	9.53	18.59		

Note:
 1. The above is an extract of the detailed format of the financial results filed with the Stock Exchange under Regulation 33 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015. The full format of the financial results are available on the website of the Stock Exchange, www.sebiindia.com and is also available on the Company's website, www.aspinwall.in
 2. Prior period year figures have been reclassified wherever required to confirm to the classification of the current period year.

Kochi
 03 November 2025

MAFATAL INDUSTRIES LIMITED
 Regd. Office: 301-302, Heritage Horizon, 3rd Floor, Off C.G. Road, Navrangpura, Ahmedabad - 380 009
 Tel: 079-2644404-06 Email: ahmedabad@mafatal.com; Website: www.mafatal.com
 Corporate Identification No.: L17110G1913PLC000035

EXTRACT OF UNAUDITED STANDALONE AND CONSOLIDATED STATEMENT OF FINANCIAL RESULTS FOR THE QUARTER AND HALF YEAR ENDED SEPTEMBER 30, 2025 (Rs. in crores)

Sr. No.	PARTICULARS	For the three months ended on			For the half year ended on			For the three months ended on			For the half year ended on		
		September 30, 2025	June 30, 2025	September 30, 2024	September 30, 2025	September 30, 2024	March 31, 2025	September 30, 2025	June 30, 2025	September 30, 2024	September 30, 2025	September 30, 2024	March 31, 2025
1	Total Income from Operations	1,040.60	1,244.79	1,009.31	2,285.39	1,467.04	2,845.30	1,040.63	1,244.84	1,009.36	2,285.47	1,467.14	2,845.53
2	Net Profit/(Loss) for the period (before Tax, Exceptional and/or Extraordinary Items)	28.96	42.26	25.90	71.22	49.47	80.54	28.30	41.88	25.90	70.18	49.47	80.33
3	Net Profit/(Loss) for the period before tax (after Exceptional and/or Extraordinary Items)	28.96	42.26	19.94	71.22	43.51	74.54	28.30	41.88	19.94	70.18	43.51	74.33
4	Net Profit/(Loss) for the period after tax (after Exceptional and/or Extraordinary Items)	22.18	45.94	19.97	68.12	50.35	96.14	21.52	45.56	19.97	67.08	50.35	97.93
5	Total Comprehensive Income for the period (Comprising Profit/(Loss) for the period (after tax) and Other Comprehensive Income (after tax))	(30.16)	98.01	47.17	67.83	138.86	(69.46)	(30.84)	97.63	47.17	66.79	138.86	(69.67)
6	Equity Share Capital	14.41	14.39	14.37	14.41	14.37	14.38	14.41	14.39	14.37	14.41	14.37	14.38
7	(as shown in the Balance Sheet of previous year)	-	-	-	-	-	726.99	-	-	-	-	-	726.68
8	Earnings per share (face value of Rs. 2/- per share) *												
	- Basic (Rs.)	3.08	6.39	2.78	9.47	7.02	13.66	2.99	6.33	2.78	9.32	7.02	13.65
	- Diluted (Rs.)	3.08	6.37	2.76	9.45	6.98	13.59	2.98	6.32	2.76	9.30	6.98	13.58

* Earning per share for the interim period is not annualised.

Notes:
 1. The above standalone and consolidated financial results for the quarter and half year ended September 30, 2025 were reviewed by the Audit Committee and approved by the Board of Directors and taken on record at the meetings held on November 04, 2025.
 2. The above is an extract of the detailed format of the financial results for the quarter ended September 30, 2025 filed with the Bombay Stock Exchange under Regulation 33 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015. The full format of the said financial results are available on the website of the Company at <https://www.mafatal.com/investors/> and also available on the website of Stock Exchange at www.sebiindia.com.

For Mafatal Industries Limited
 H. A. MAFATAL
 CHAIRMAN
 DIN:- 00009872

Place: Mumbai
 Date: November 04, 2025

दिनांक-04.11.2025 प्रकाश दिदेशक

Figure 1. Schematic representation of the experimental design. The first part of the experiment consisted of a 10-min familiarization period. The second part consisted of 10 trials, each with a 10-min rest period. The third part consisted of 10 trials, each with a 10-min rest period. The fourth part consisted of 10 trials, each with a 10-min rest period. The fifth part consisted of 10 trials, each with a 10-min rest period. The sixth part consisted of 10 trials, each with a 10-min rest period. The seventh part consisted of 10 trials, each with a 10-min rest period. The eighth part consisted of 10 trials, each with a 10-min rest period. The ninth part consisted of 10 trials, each with a 10-min rest period. The tenth part consisted of 10 trials, each with a 10-min rest period.