**Time stamps of related steps (each is a collection of substeps) (corresponds to video file « Herz OP kurzere version»)**

2.2.3. 0:00-0:20

2.2.4. 0:21-0:59

2.2.5. 1:00-1:58

2.2.6. 1:59-2:16

2.2.8. 2:17-3:08

2.3.3. 3:08-4:00

2.3.4. 4:00-4:39

2.3.5. 4:39-5:19

2.4.1. 5:19-5:21

2.4.2. 5:22-6:19

2.4.3. 6:19-7:51

2.4.4. 7:51-7:54

2.4.3. 7:54-8:15

2.5.1. 8:15-8:33

2.5.2. 8:33-8:57

2.5.3. 8:57-9:37

2.6.1. 9:38-10:49

2.6.2. 10:49-10:57

2.6.3. 10:57-11:00

2.6.4. 11:00-11:30

2.6.5. 11:30-12:11