Brought to you by Church of the Clown - AP Refresh Testing

This chart shows how long it takes me to go from 0 AP back to full bar, with no perks, perks, armor, and no armor.

sinseer.com	0 armor	1 armor	2 armor	3 armor	4 armor	5 armor
Clean (no perk)	17.10			5.46		2.88
AB 3	12.33	6.61		4.46		2.17
FOOD						
AB3 + FOOD						

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(I hate testing, these numbers are for my character, and may not be accurate - but I need to know for myself - Work in Progress)

