Solution					
$\boldsymbol{u}_1^T, \boldsymbol{v}^T$	[0.034	0.977	-0.209],	[0.046	0.940	-0.339]
$\boldsymbol{u}_1^{*T}, \boldsymbol{v}^{*T}$	[-0.060	0.001	0.998],	[0.315	0.472	0.823]
$\boldsymbol{m}_1^T, \boldsymbol{f}_1^T$	[77.912	51.128	-57.268],	[65.009	51.316	-58.496]
$\boldsymbol{m}_1^{*T}, \boldsymbol{f}_1^{*T}$	[-1.274	13.621	-29.122],	[-66.515	64.028	-33.042]