4.9 months to get final version of the UM = RS, after 11 versions
2 months to get the first version (using the planned duration of requirements specification as estimate)

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2.9 months to converge from first version to final version with 10 versions
If Ou had implemented the first version of the manual:

7 months, using the plan, which allocated 7 months to implement

These estimates are usually optimistic. One rule of thumb is double the estimate

14 months, doubled estimate

If you believe that coding costs 10 times writing a spec, then the estimate is 2 months * 10

20 months, factor of 10 estimate

So from 7 to 20 months implementing the first version.
If the agile game is played in which each revision represents a new spike, and you believe that correcting an error during coding costs 10 times correcting it during writing the spec 29 months to fix the defects that the revisions represent.

So, if the agile game were played, the total time to implement would be between:

36 months, 7 + 29

and

49 months, 20 + 29