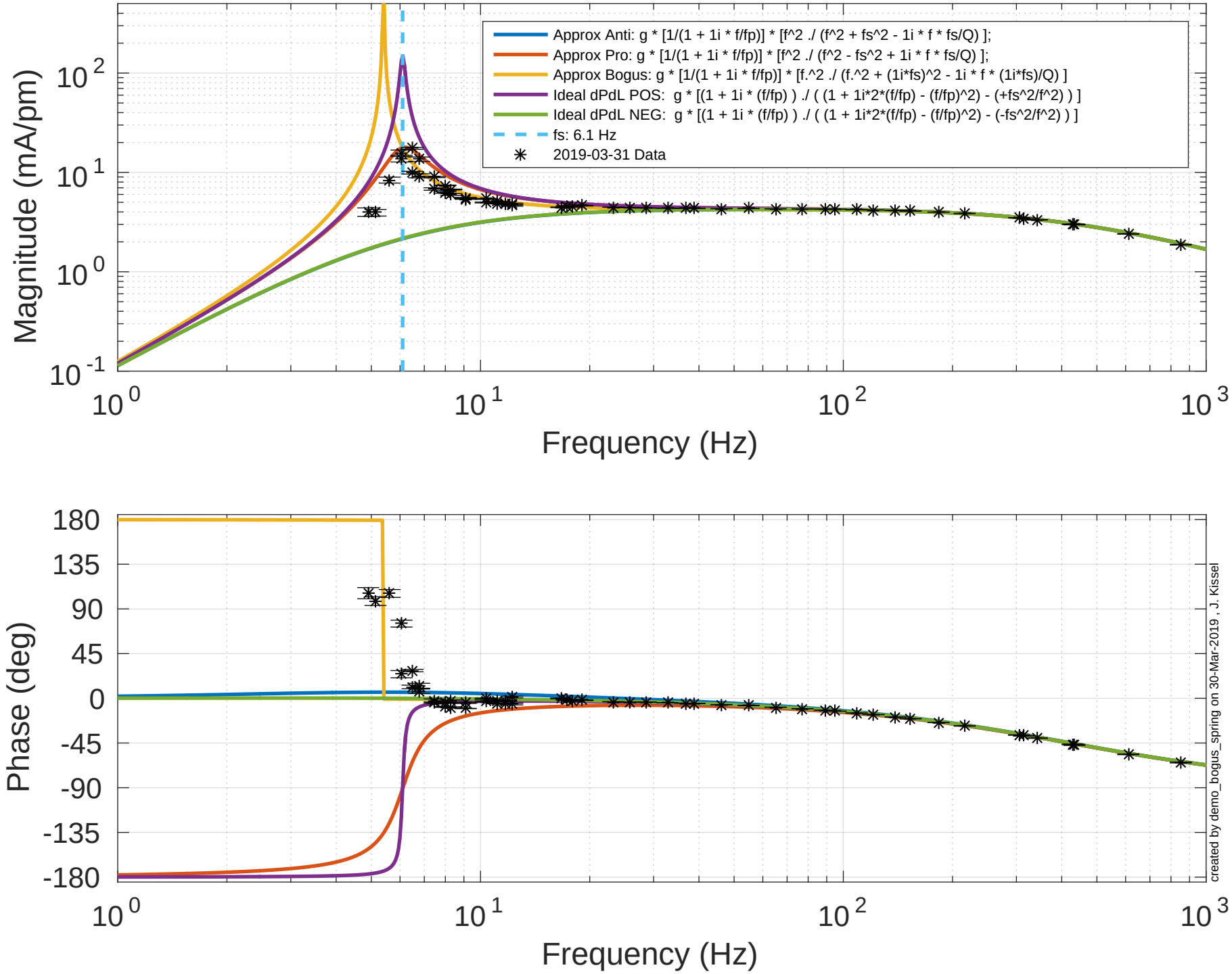Pole Frequency, fp: 421.6 Hz, Spring Frequency, fs: 6.1 Hz, Spring Q: 4.1