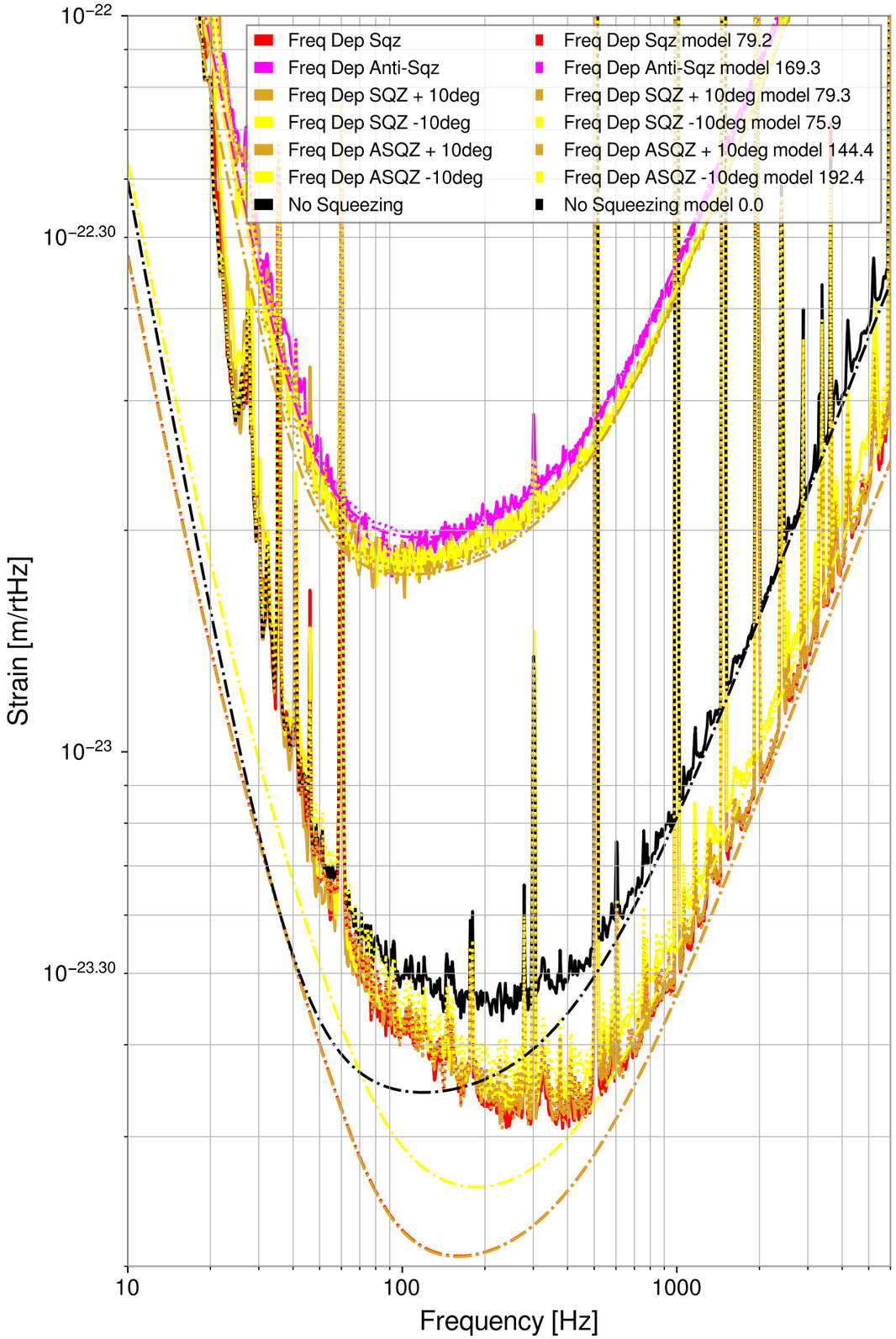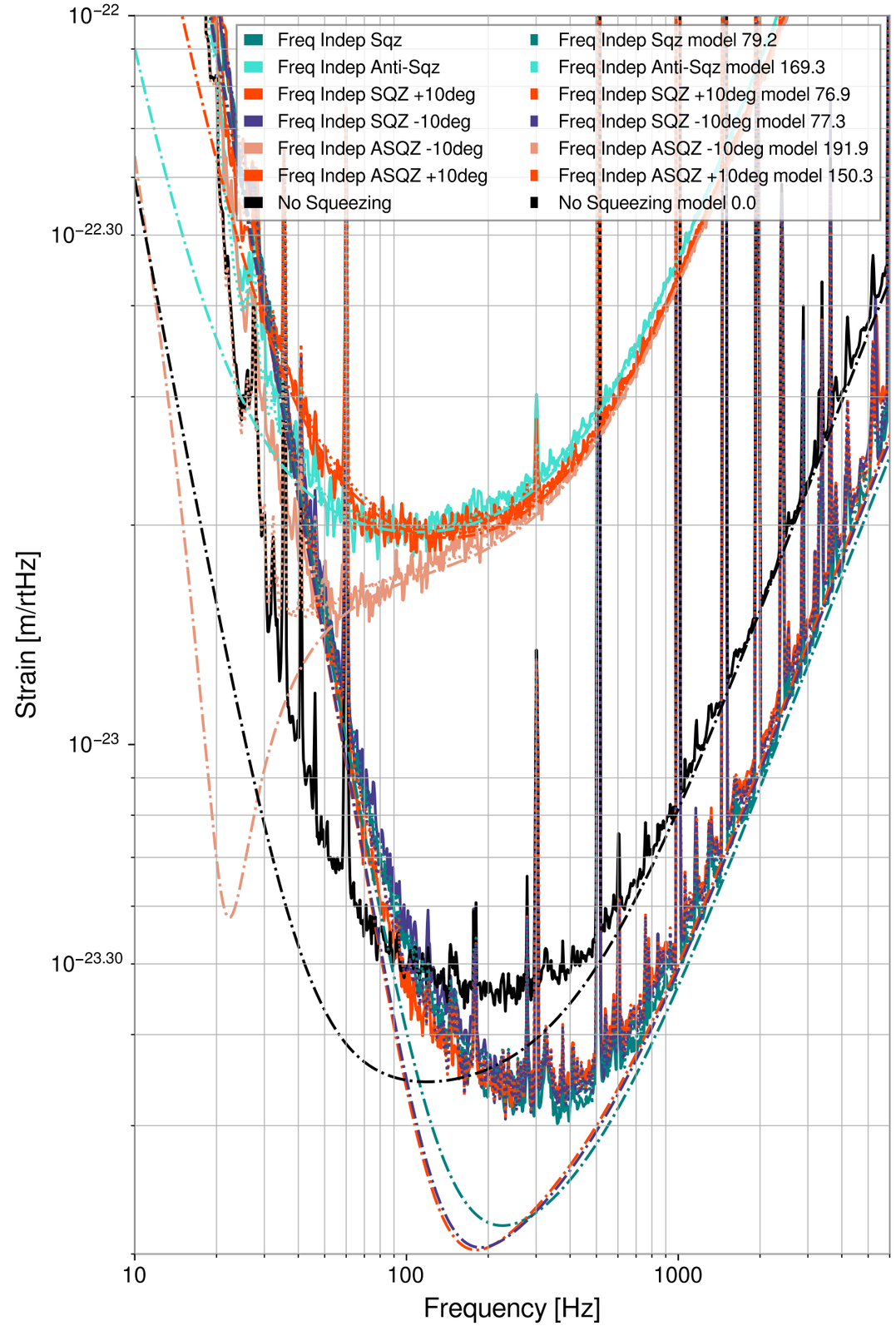arm power: 365.0 kW, IFO readout efficiency 82.0%, HD angle 10.8 deg, SRCL: 0.000 deg, SQZ: 12.10 % injection losses, SQZ generated: -16.51 dB