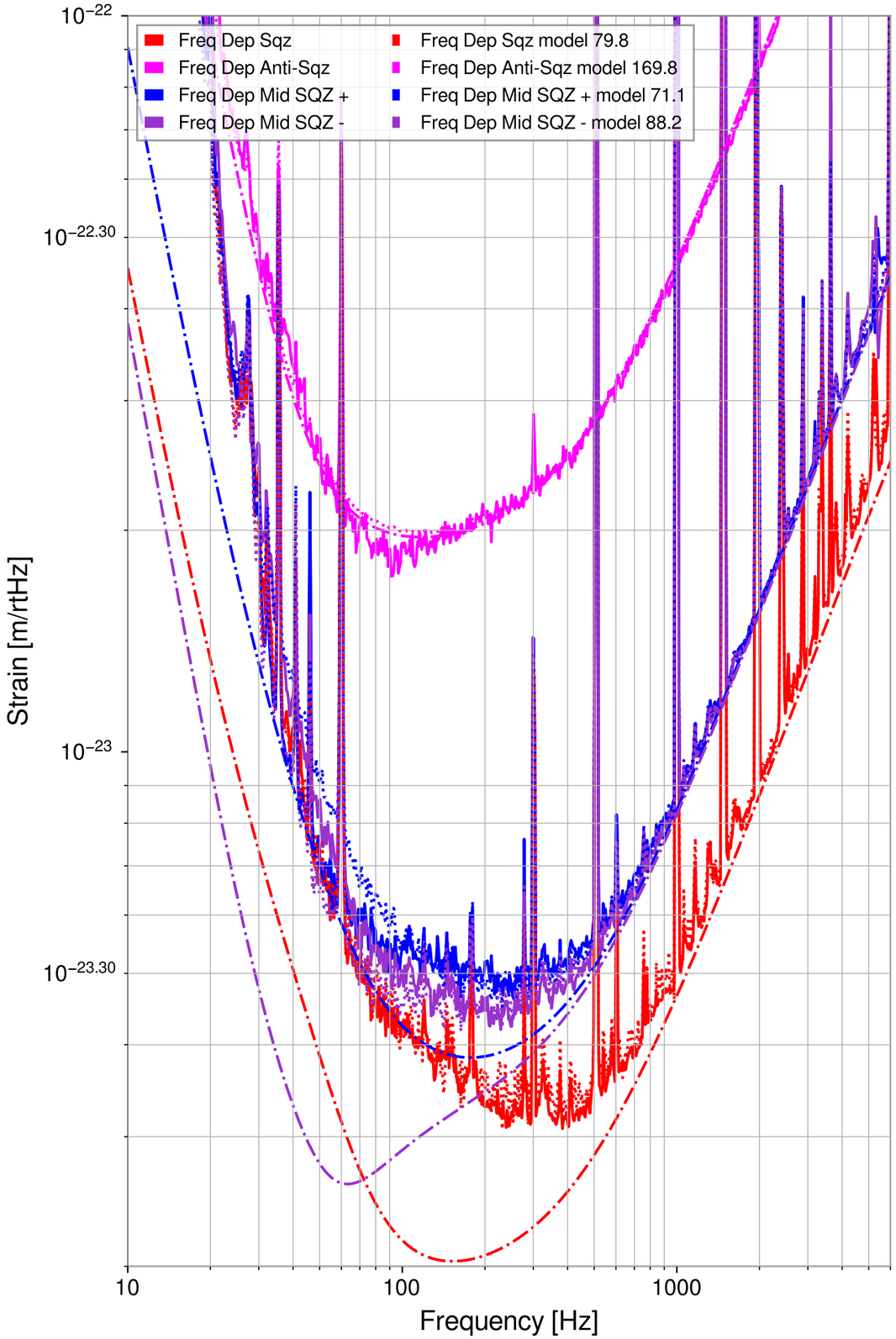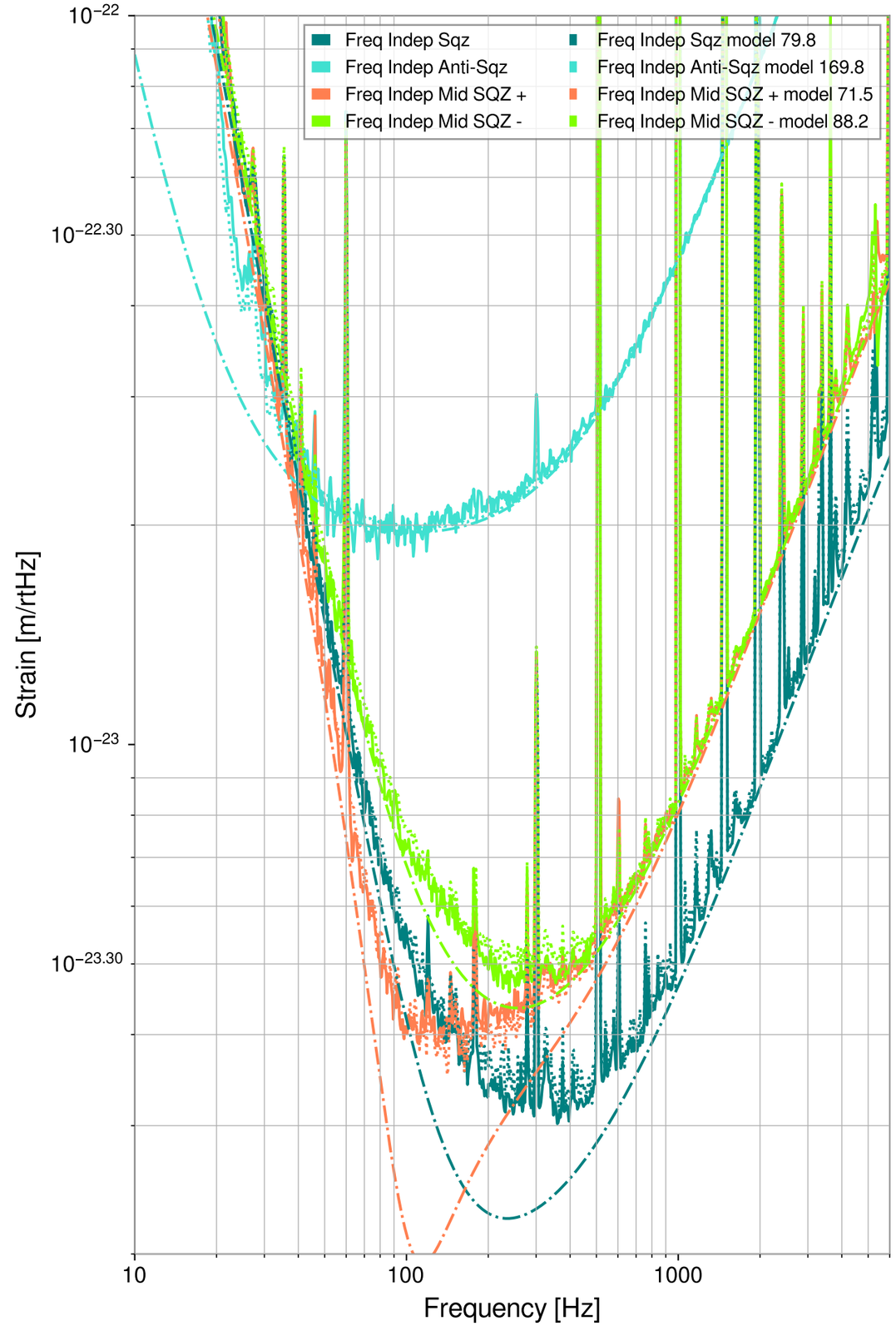arm power: 365.0 kW, IFO readout efficiency 81.9%, HD angle 10.8 deg, SRCL: 0.029 deg, SQZ: 11.94 % injection losses, SQZ generated: -16.51 dB