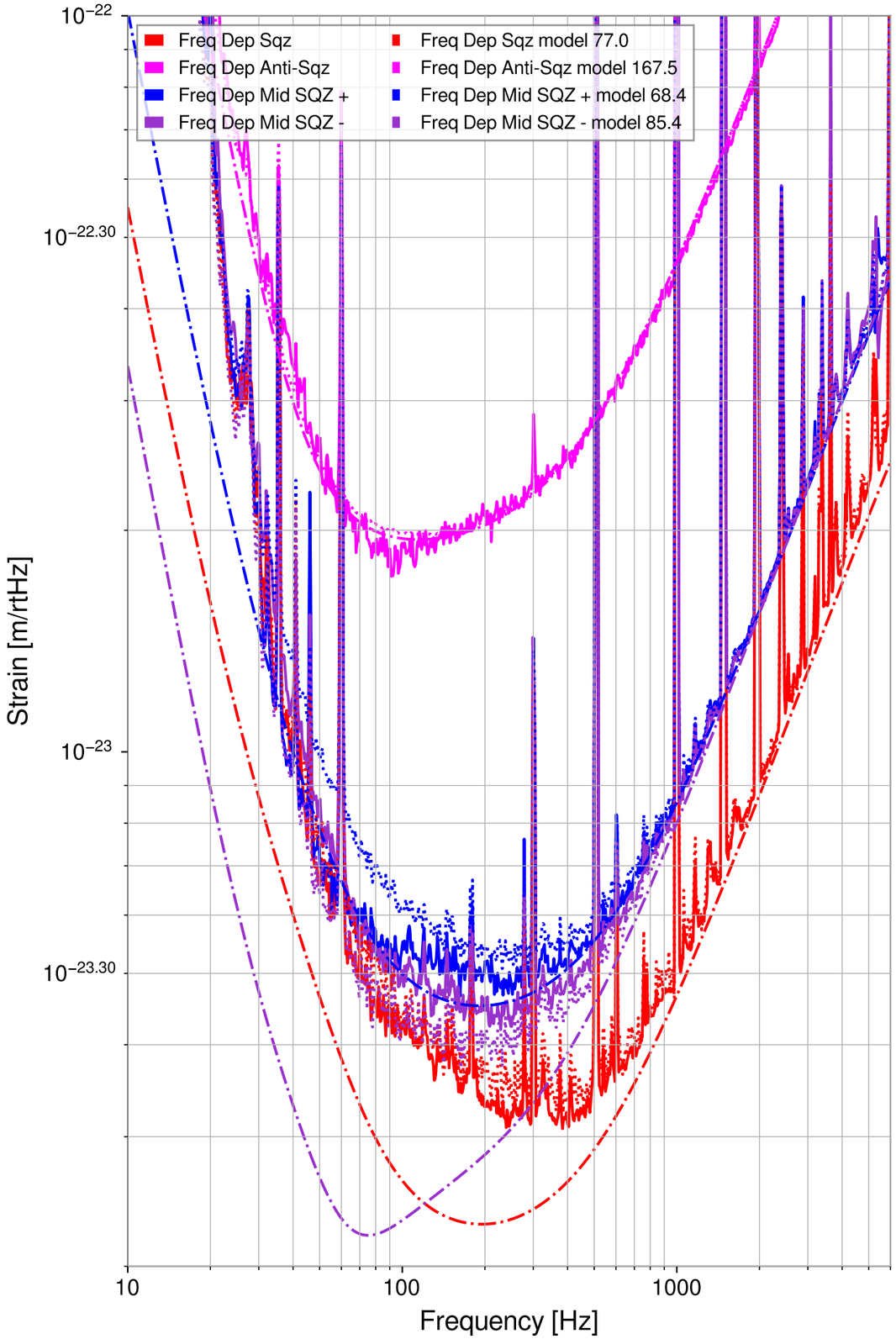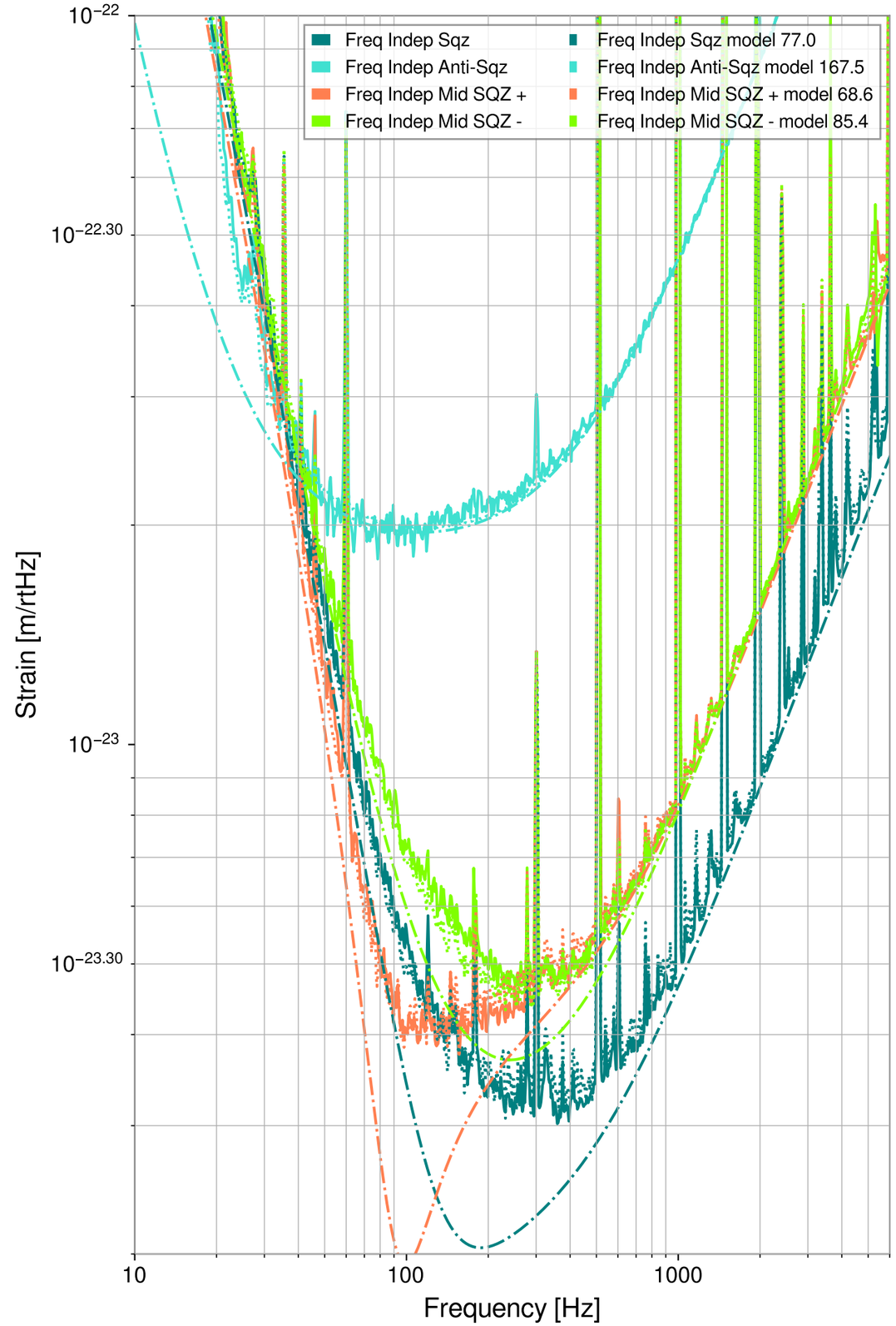arm power: 365.0 kW, IFO readout efficiency 82.7%, HD angle 10.8 deg, SRCL: -0.115 deg, SQZ: 12.83 % injection losses, SQZ generated: -16.51 dB