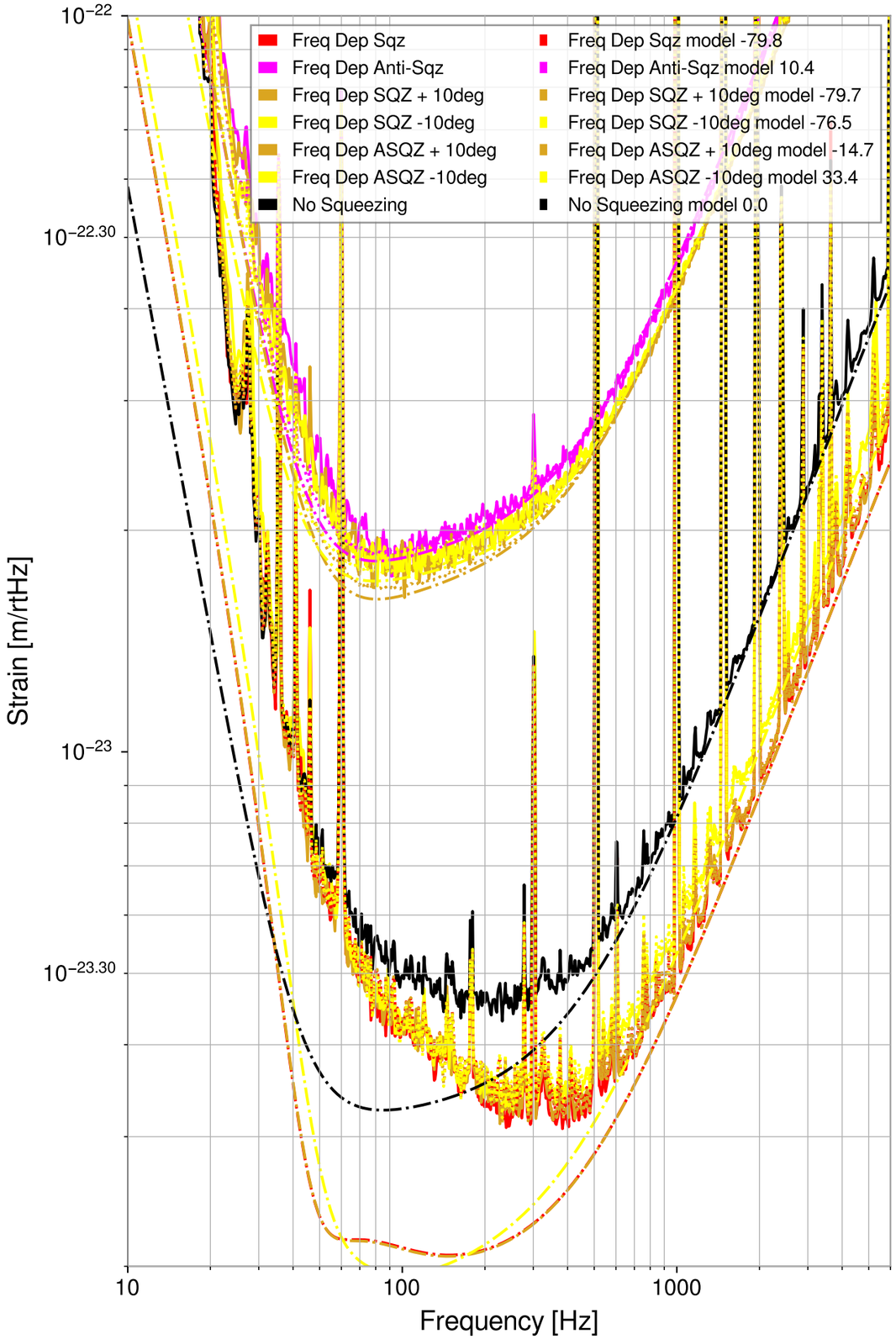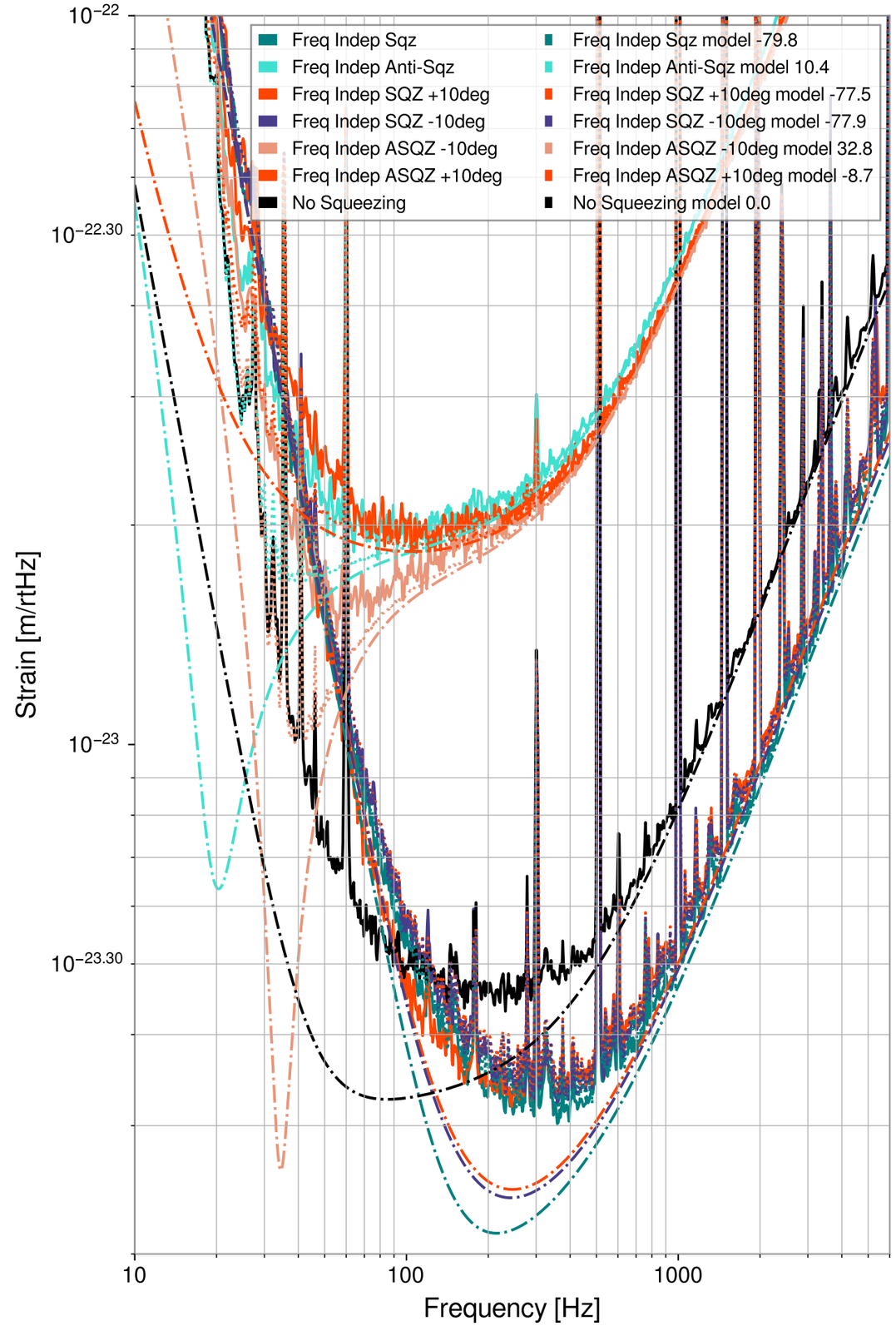arm power: 365.0 kW, IFO readout efficiency 81.8%, HD angle -10.7 deg, SRCL: -0.029 deg, SQZ: 11.86 % injection losses, SQZ generated: -16.51 dB