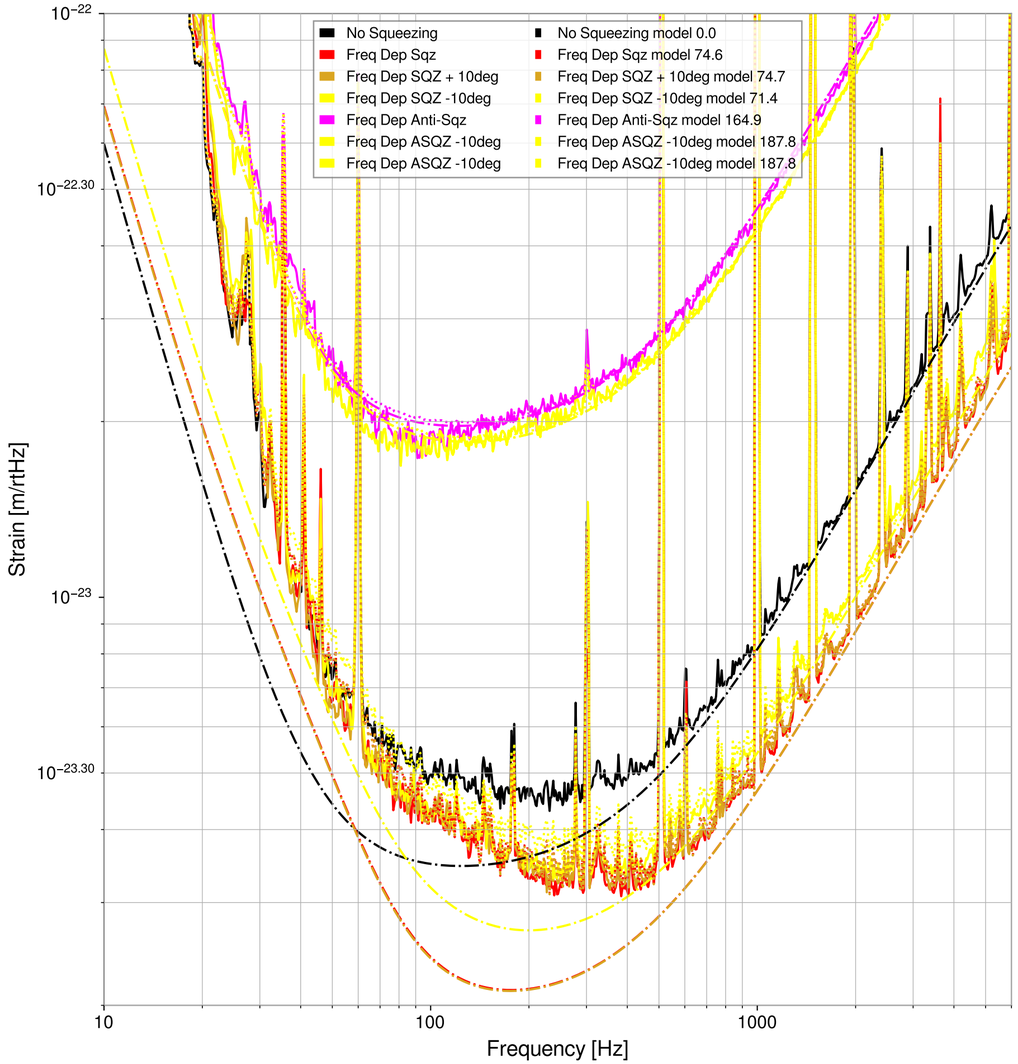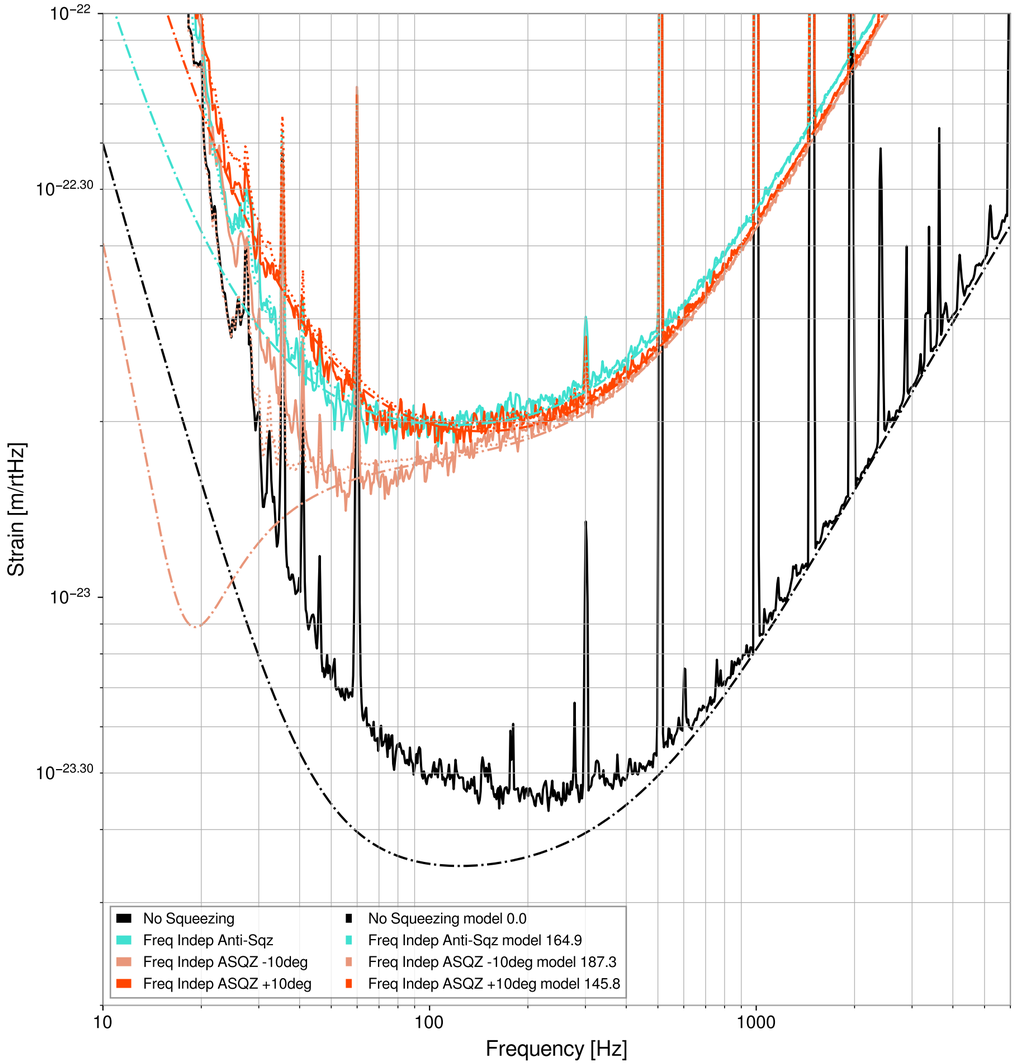arm power: 365.0 kW, IFO readout efficiency 84.9%, HD angle 14.9 deg, SRCL: -0.029 deg, SQZ: 15.09 % injection losses, SQZ generated: -16.51 dB