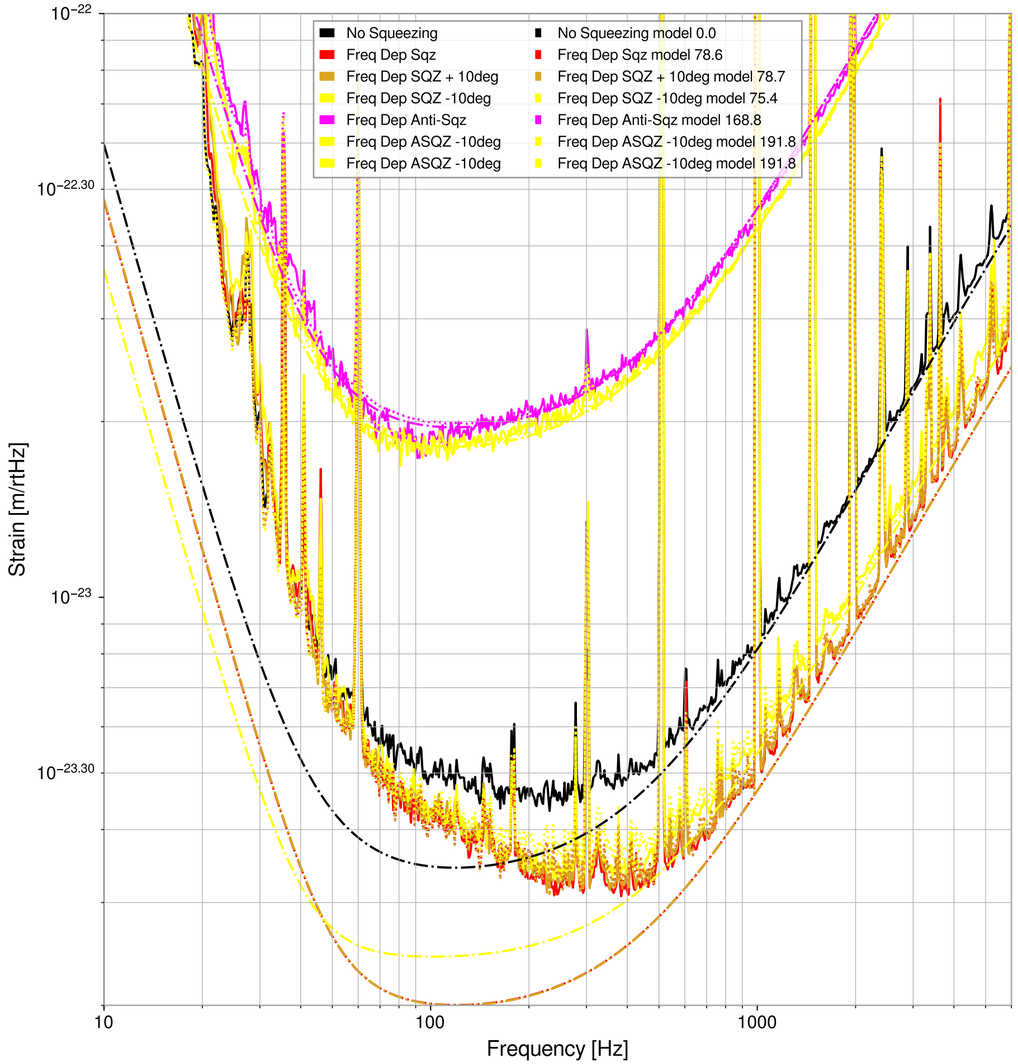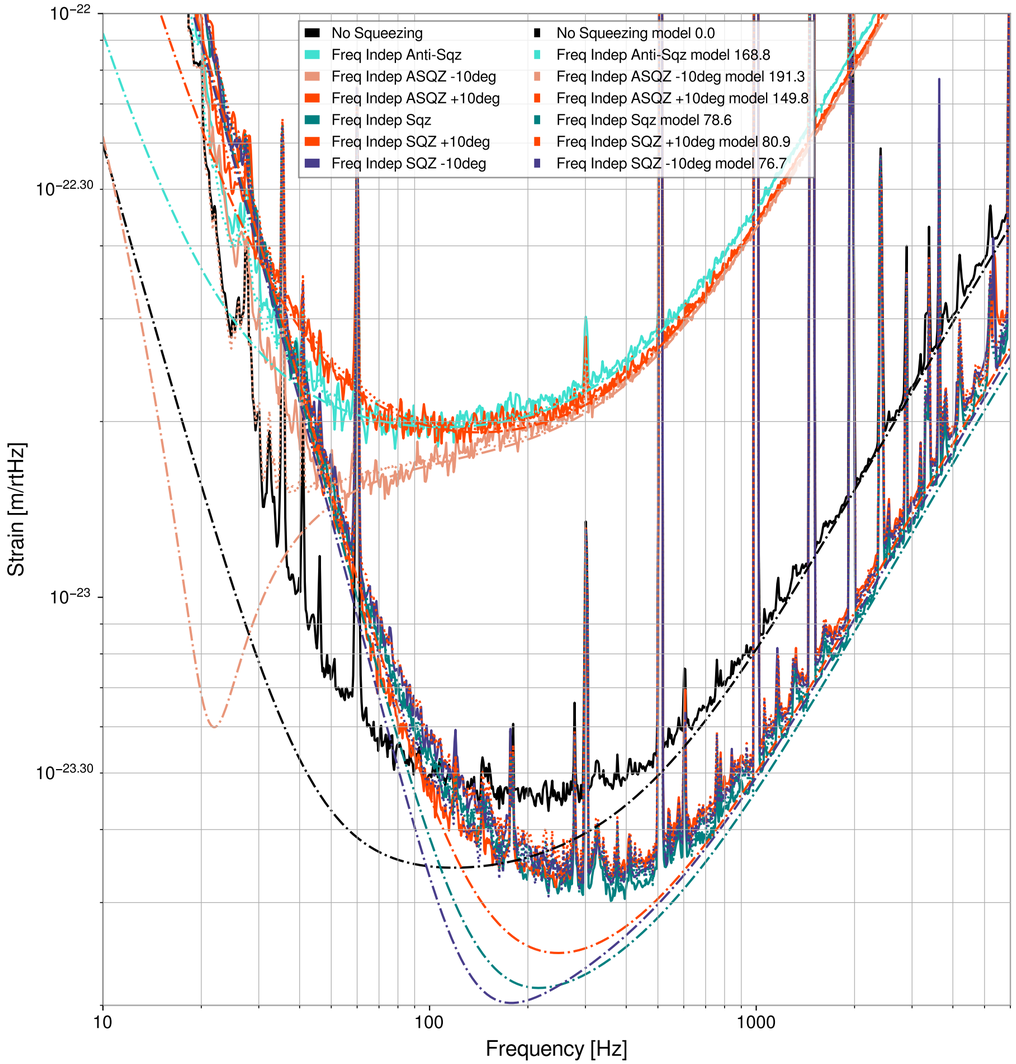arm power: 365.0 kW, IFO readout efficiency 82.2%, HD angle 10.8 deg, SRCL: -0.029 deg,
SQZ: 12.28 % injection losses, SQZ generated: -16.51 dB Filter cavity detuning:-27 Hz