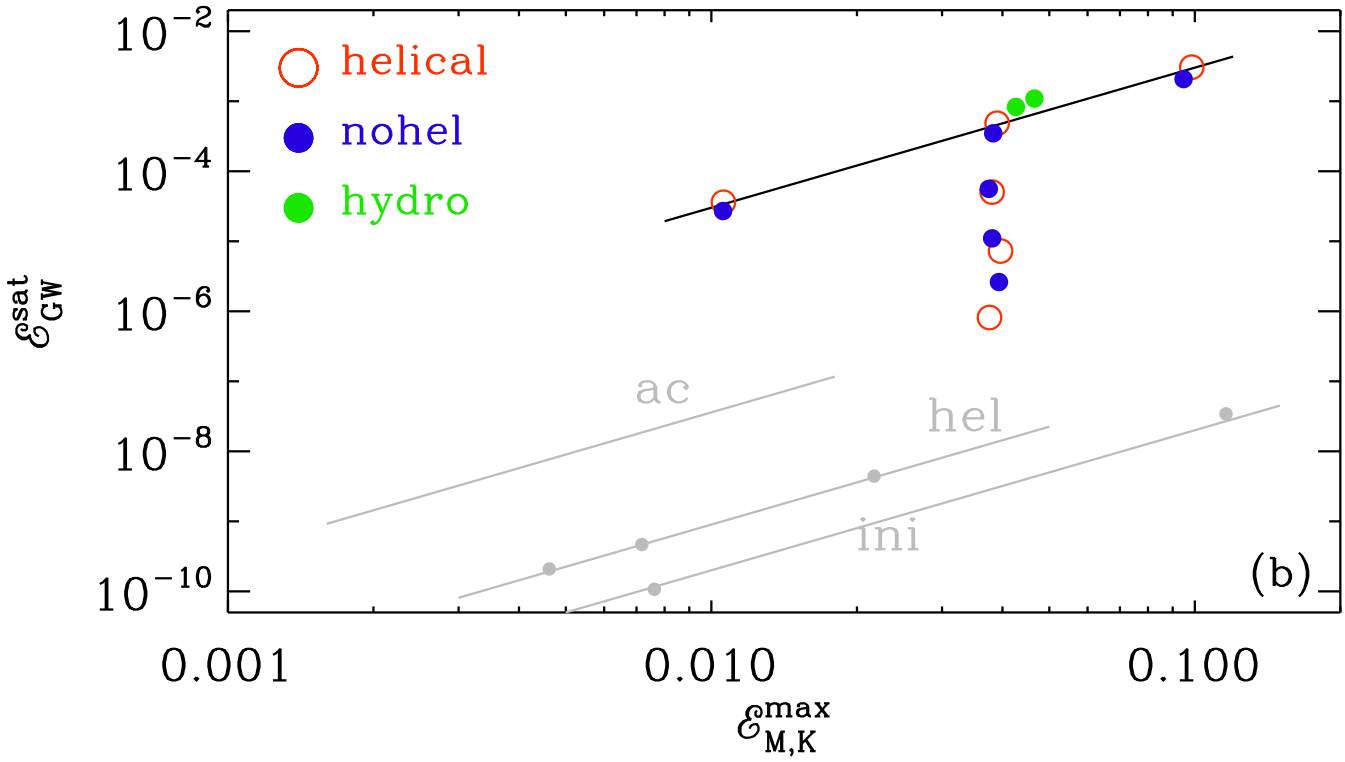
helical
nohel
hydro
ac
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ini
(b)
10^{-2}
10^{-4}
10^{-6}
10^{-8}
10^{-10}
$\mathcal{E}_{GW}^{sat}$
0.001
0.010
0.100
$\mathcal{E}_{M,K}^{max}$