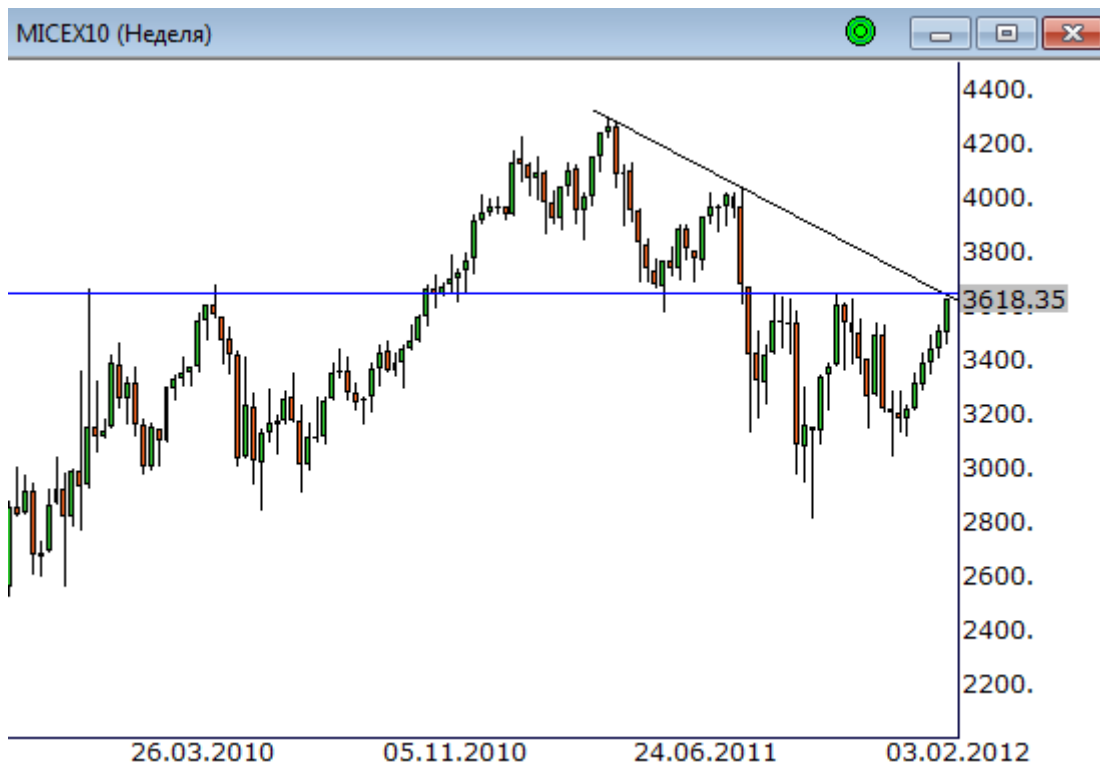


$\sqrt{\frac{L}{r}} \approx \frac{f}{\omega} - \frac{L}{r}$