Using a multi-layer flat plate

For a flat plate made up of N layers, each of thickness, h_i, we just have to change one equation.

$$c = 4Nh_i^2 \sqrt{\frac{\rho E'}{3}}$$

We are assuming that each layer is independent of all the other layers, so we have to make sure that there is very little friction between the layers. This will also reduce any debris generation.