Period for small amplitdues of the oscillation
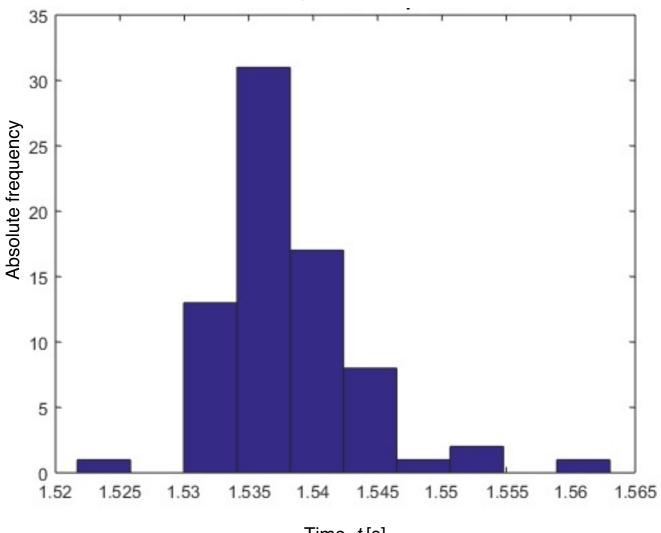
Absolute frequency

Time, t [s]