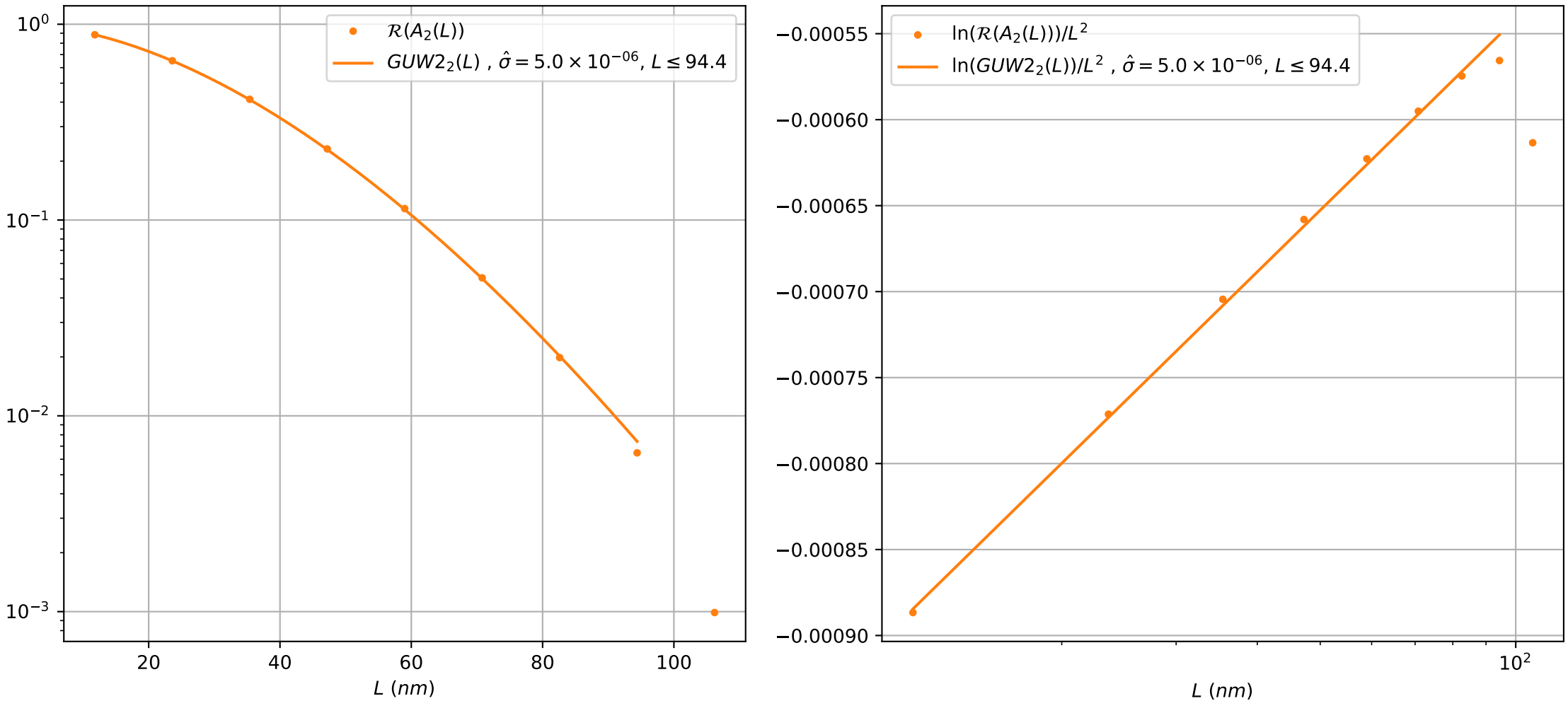100 RDD ($d = 5 \times 10^{-4}\text{nm}^{-2}$)