$$C_{-}^{0} = 4.143\text{e-}03$$
 $C_{-}^{res} = 1.262\text{e-}03 \text{ colknob1} = 5. \text{ colknob5} = 0.$ $\beta_{xrms} = 0.08 \ \beta_{yrms} = 0.07$

