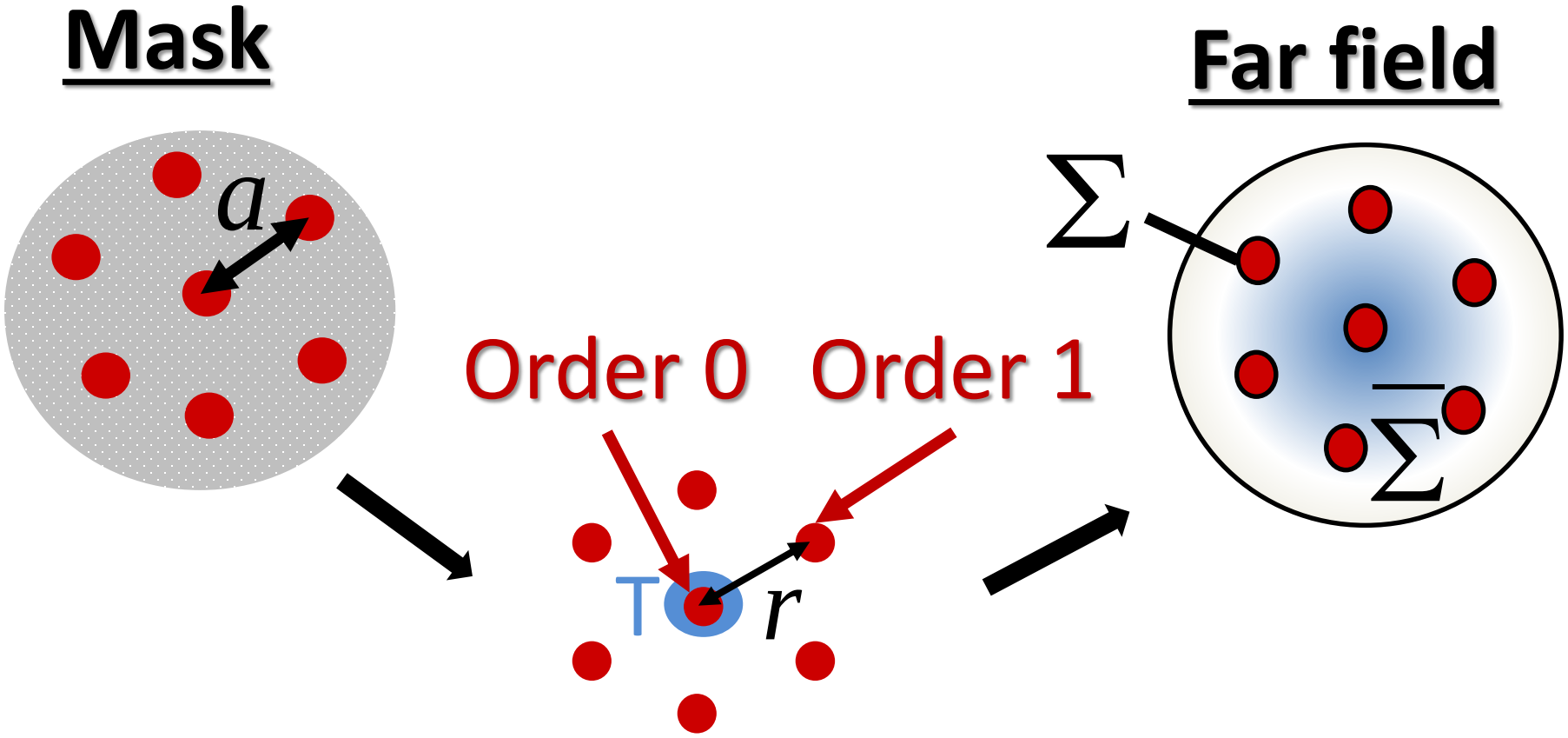

On target:

$$E_{\exp} = E_{ref} + E_{obj}$$

$$E_{obj} = E_{ref,0}(T - 1)$$