

Table 3.1a. Time averaged fluxes and loading factors at $|z| = H$

Model	phase	\mathcal{F}_M	\mathcal{F}_p	\mathcal{F}_E	\mathcal{F}_Z	$\mathcal{F}_Z^{\text{SN}}$	η_M	η_p	η_E	η_Z	η_Z^{SN}
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
R2	cool	0.75	49	$7.3 \cdot 10^{46}$	$2.9 \cdot 10^{-2}$	$3.2 \cdot 10^{-3}$	0.69	$3.5 \cdot 10^{-2}$	$6.4 \cdot 10^{-3}$	1.3	0.14
	int	$6.3 \cdot 10^{-2}$	9.2	$2.8 \cdot 10^{46}$	$2.6 \cdot 10^{-3}$	$5.6 \cdot 10^{-4}$	$5.8 \cdot 10^{-2}$	$7.1 \cdot 10^{-3}$	$2.5 \cdot 10^{-3}$	0.11	$2.5 \cdot 10^{-2}$
	hot	0.13	79	$2.8 \cdot 10^{48}$	$9.6 \cdot 10^{-3}$	$6.2 \cdot 10^{-3}$	0.12	0.10	0.24	0.42	0.27
R4	cool	0.27	12	$1.1 \cdot 10^{46}$	$8.3 \cdot 10^{-3}$	$4.4 \cdot 10^{-4}$	2.2	$7.7 \cdot 10^{-2}$	$8.2 \cdot 10^{-3}$	3.3	0.17
	int	$1.4 \cdot 10^{-2}$	1.6	$4.2 \cdot 10^{45}$	$4.8 \cdot 10^{-4}$	$7.2 \cdot 10^{-5}$	0.12	$1.2 \cdot 10^{-2}$	$3.3 \cdot 10^{-3}$	0.19	$2.8 \cdot 10^{-2}$
	hot	$2.7 \cdot 10^{-2}$	11	$2.2 \cdot 10^{47}$	$1.3 \cdot 10^{-3}$	$6.0 \cdot 10^{-4}$	0.22	0.12	0.17	0.51	0.23
R8	cool	$3.3 \cdot 10^{-2}$	0.63	$4.4 \cdot 10^{44}$	$7.2 \cdot 10^{-4}$	$2.1 \cdot 10^{-5}$	6.4	0.12	$8.2 \cdot 10^{-3}$	6.7	0.20
	int	$1.3 \cdot 10^{-3}$	$9.0 \cdot 10^{-2}$	$2.3 \cdot 10^{44}$	$3.0 \cdot 10^{-5}$	$2.9 \cdot 10^{-6}$	0.25	$1.8 \cdot 10^{-2}$	$4.3 \cdot 10^{-3}$	0.28	$2.7 \cdot 10^{-2}$
	hot	$1.3 \cdot 10^{-3}$	0.34	$5.5 \cdot 10^{45}$	$4.1 \cdot 10^{-5}$	$1.5 \cdot 10^{-5}$	0.26	0.10	0.10	0.39	0.14
R16	cool	$5.5 \cdot 10^{-3}$	$4.8 \cdot 10^{-2}$	$2.3 \cdot 10^{43}$	$1.1 \cdot 10^{-4}$	$3.3 \cdot 10^{-9}$	56	0.67	$2.2 \cdot 10^{-2}$	54	$1.6 \cdot 10^{-3}$
	int	$3.6 \cdot 10^{-5}$	$1.5 \cdot 10^{-3}$	$3.8 \cdot 10^{42}$	$7.8 \cdot 10^{-7}$	$5.3 \cdot 10^{-8}$	0.37	$2.3 \cdot 10^{-2}$	$3.8 \cdot 10^{-3}$	0.39	$2.6 \cdot 10^{-2}$
	hot	$1.4 \cdot 10^{-5}$	$2.4 \cdot 10^{-3}$	$6.1 \cdot 10^{43}$	$4.5 \cdot 10^{-7}$	$1.8 \cdot 10^{-7}$	0.15	$7.3 \cdot 10^{-2}$	$6.0 \cdot 10^{-2}$	0.22	$8.7 \cdot 10^{-2}$
LGR2	cool	0.55	25	$2.8 \cdot 10^{46}$	$1.8 \cdot 10^{-2}$	$1.5 \cdot 10^{-3}$	1.2	$4.2 \cdot 10^{-2}$	$5.7 \cdot 10^{-3}$	1.9	0.15
	int	$2.6 \cdot 10^{-2}$	3.1	$8.9 \cdot 10^{45}$	$9.7 \cdot 10^{-4}$	$1.9 \cdot 10^{-4}$	$5.4 \cdot 10^{-2}$	$5.7 \cdot 10^{-3}$	$1.8 \cdot 10^{-3}$	$9.7 \cdot 10^{-2}$	$1.9 \cdot 10^{-2}$
	hot	$5.4 \cdot 10^{-2}$	25	$6.7 \cdot 10^{47}$	$3.2 \cdot 10^{-3}$	$1.8 \cdot 10^{-3}$	0.11	$7.6 \cdot 10^{-2}$	0.14	0.33	0.18
LGR4	cool	0.46	13	$8.4 \cdot 10^{45}$	$1.2 \cdot 10^{-2}$	$2.1 \cdot 10^{-4}$	5.1	0.12	$9.0 \cdot 10^{-3}$	6.3	0.11
	int	$1.0 \cdot 10^{-2}$	1.0	$2.5 \cdot 10^{45}$	$3.0 \cdot 10^{-4}$	$3.7 \cdot 10^{-5}$	0.11	$1.0 \cdot 10^{-2}$	$2.7 \cdot 10^{-3}$	0.16	$2.0 \cdot 10^{-2}$
	hot	$1.5 \cdot 10^{-2}$	5.4	$1.0 \cdot 10^{47}$	$6.5 \cdot 10^{-4}$	$2.8 \cdot 10^{-4}$	0.17	$8.4 \cdot 10^{-2}$	0.11	0.34	0.15
LGR8	cool	$4.0 \cdot 10^{-2}$	0.71	$3.6 \cdot 10^{44}$	$8.6 \cdot 10^{-4}$	$7.8 \cdot 10^{-6}$	13	0.20	$1.1 \cdot 10^{-2}$	13	0.12
	int	$7.3 \cdot 10^{-4}$	$5.5 \cdot 10^{-2}$	$1.3 \cdot 10^{44}$	$1.7 \cdot 10^{-5}$	$1.4 \cdot 10^{-6}$	0.23	$1.7 \cdot 10^{-2}$	$4.0 \cdot 10^{-3}$	0.26	$2.2 \cdot 10^{-2}$
	hot	$8.8 \cdot 10^{-4}$	0.23	$3.3 \cdot 10^{45}$	$2.7 \cdot 10^{-5}$	$8.5 \cdot 10^{-6}$	0.28	0.10	$9.9 \cdot 10^{-2}$	0.41	0.13

NOTE—Time series over $0.5 t_{\text{orb}} < t < 1.5 t_{\text{orb}}$ is considered. Columns (3), (6), and (7) are in units of $M_{\odot}/(\text{kpc}^2 \text{ yr})$. Column (4) is in units of $(M_{\odot} \text{ km s}^{-1})/(\text{kpc}^2 \text{ yr})$. Column (5) is in units of $\text{erg}/(\text{kpc}^2 \text{ yr})$. Columns (8)-(12) are dimensionless.

Table 3.1b. Standard deviations of fluxes and loading factors at $|z| = H$

Model	phase	\mathcal{F}_M	\mathcal{F}_p	\mathcal{F}_E	\mathcal{F}_Z	$\mathcal{F}_Z^{\text{SN}}$	η_M	η_p	η_E	η_Z	η_Z^{SN}
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
R2	cool	0.47	31	$4.8 \cdot 10^{46}$	$1.9 \cdot 10^{-2}$	$2.0 \cdot 10^{-3}$	0.48	$2.5 \cdot 10^{-2}$	$4.7 \cdot 10^{-3}$	0.93	0.10
	int	$2.7 \cdot 10^{-2}$	4.9	$1.7 \cdot 10^{46}$	$1.0 \cdot 10^{-3}$	$2.9 \cdot 10^{-4}$	$3.1 \cdot 10^{-2}$	$4.2 \cdot 10^{-3}$	$1.7 \cdot 10^{-3}$	$5.6 \cdot 10^{-2}$	$1.5 \cdot 10^{-2}$
	hot	$4.9 \cdot 10^{-2}$	37	$1.6 \cdot 10^{48}$	$3.9 \cdot 10^{-3}$	$3.1 \cdot 10^{-3}$	$5.9 \cdot 10^{-2}$	$5.4 \cdot 10^{-2}$	0.16	0.22	0.16
R4	cool	0.32	14	$1.1 \cdot 10^{46}$	$9.8 \cdot 10^{-3}$	$5.7 \cdot 10^{-4}$	3.1	0.10	$1.1 \cdot 10^{-2}$	4.5	0.25
	int	$9.2 \cdot 10^{-3}$	1.3	$3.5 \cdot 10^{45}$	$2.8 \cdot 10^{-4}$	$6.5 \cdot 10^{-5}$	0.11	$1.2 \cdot 10^{-2}$	$3.6 \cdot 10^{-3}$	0.17	$3.2 \cdot 10^{-2}$
	hot	$1.4 \cdot 10^{-2}$	9.0	$2.5 \cdot 10^{47}$	$8.4 \cdot 10^{-4}$	$6.0 \cdot 10^{-4}$	0.19	0.12	0.23	0.48	0.29
R8	cool	$2.7 \cdot 10^{-2}$	0.53	$3.6 \cdot 10^{44}$	$5.9 \cdot 10^{-4}$	$1.5 \cdot 10^{-5}$	5.9	0.10	$7.4 \cdot 10^{-3}$	6.1	0.16
	int	$7.1 \cdot 10^{-4}$	$5.7 \cdot 10^{-2}$	$1.5 \cdot 10^{44}$	$1.7 \cdot 10^{-5}$	$1.6 \cdot 10^{-6}$	0.17	$1.3 \cdot 10^{-2}$	$3.2 \cdot 10^{-3}$	0.19	$1.9 \cdot 10^{-2}$
	hot	$8.2 \cdot 10^{-4}$	0.23	$4.8 \cdot 10^{45}$	$2.7 \cdot 10^{-5}$	$1.1 \cdot 10^{-5}$	0.19	$8.1 \cdot 10^{-2}$	$9.8 \cdot 10^{-2}$	0.29	0.12
R16	cool	$3.7 \cdot 10^{-3}$	$3.5 \cdot 10^{-2}$	$1.6 \cdot 10^{43}$	$7.6 \cdot 10^{-5}$	$2.6 \cdot 10^{-8}$	64	0.75	$2.6 \cdot 10^{-2}$	62	$1.3 \cdot 10^{-2}$
	int	$3.7 \cdot 10^{-5}$	$1.8 \cdot 10^{-3}$	$4.7 \cdot 10^{42}$	$7.9 \cdot 10^{-7}$	$5.6 \cdot 10^{-8}$	0.51	$3.0 \cdot 10^{-2}$	$5.7 \cdot 10^{-3}$	0.52	$3.6 \cdot 10^{-2}$
	hot	$1.9 \cdot 10^{-5}$	$4.3 \cdot 10^{-3}$	$1.2 \cdot 10^{44}$	$6.1 \cdot 10^{-7}$	$2.9 \cdot 10^{-7}$	0.24	0.13	0.13	0.36	0.16
LGR2	cool	0.44	25	$3.0 \cdot 10^{46}$	$1.5 \cdot 10^{-2}$	$1.3 \cdot 10^{-3}$	1.1	$4.6 \cdot 10^{-2}$	$6.7 \cdot 10^{-3}$	1.8	0.15
	int	$1.6 \cdot 10^{-2}$	2.3	$6.9 \cdot 10^{45}$	$6.2 \cdot 10^{-4}$	$1.3 \cdot 10^{-4}$	$4.3 \cdot 10^{-2}$	$5.0 \cdot 10^{-3}$	$1.7 \cdot 10^{-3}$	$8.0 \cdot 10^{-2}$	$1.7 \cdot 10^{-2}$
	hot	$2.6 \cdot 10^{-2}$	18	$5.4 \cdot 10^{47}$	$1.9 \cdot 10^{-3}$	$1.3 \cdot 10^{-3}$	$8.0 \cdot 10^{-2}$	$5.9 \cdot 10^{-2}$	0.13	0.25	0.16
LGR4	cool	0.55	16	$9.9 \cdot 10^{45}$	$1.3 \cdot 10^{-2}$	$2.7 \cdot 10^{-4}$	6.8	0.16	$1.2 \cdot 10^{-2}$	7.9	0.16
	int	$8.0 \cdot 10^{-3}$	0.91	$2.2 \cdot 10^{45}$	$2.3 \cdot 10^{-4}$	$3.4 \cdot 10^{-5}$	0.11	$1.0 \cdot 10^{-2}$	$2.8 \cdot 10^{-3}$	0.15	$2.1 \cdot 10^{-2}$
	hot	$1.0 \cdot 10^{-2}$	4.5	$1.0 \cdot 10^{47}$	$4.9 \cdot 10^{-4}$	$2.6 \cdot 10^{-4}$	0.15	$8.4 \cdot 10^{-2}$	0.13	0.33	0.16
LGR8	cool	$5.2 \cdot 10^{-2}$	1.0	$5.3 \cdot 10^{44}$	$1.1 \cdot 10^{-3}$	$1.1 \cdot 10^{-5}$	19	0.33	$1.8 \cdot 10^{-2}$	20	0.19
	int	$1.0 \cdot 10^{-3}$	$8.3 \cdot 10^{-2}$	$2.0 \cdot 10^{44}$	$2.4 \cdot 10^{-5}$	$2.0 \cdot 10^{-6}$	0.37	$2.8 \cdot 10^{-2}$	$6.9 \cdot 10^{-3}$	0.41	$3.5 \cdot 10^{-2}$
	hot	$1.3 \cdot 10^{-3}$	0.39	$5.4 \cdot 10^{45}$	$4.0 \cdot 10^{-5}$	$1.3 \cdot 10^{-5}$	0.47	0.18	0.18	0.69	0.23

NOTE—Time series over $0.5 t_{\text{orb}} < t < 1.5 t_{\text{orb}}$ is considered. Columns (3), (6), and (7) are in units of $M_{\odot}/(\text{kpc}^2 \text{ yr})$. Column (4) is in units of $(M_{\odot} \text{ km s}^{-1})/(\text{kpc}^2 \text{ yr})$. Column (5) is in units of $\text{erg}/(\text{kpc}^2 \text{ yr})$. Columns (8)-(12) are dimensionless.

Table 3.2a. Time averaged fluxes and loading factors at $|z| = 2H$

Model	phase	\mathcal{F}_M	\mathcal{F}_p	\mathcal{F}_E	\mathcal{F}_Z	$\mathcal{F}_Z^{\text{SN}}$	η_M	η_p	η_E	η_Z	η_Z^{SN}
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
R2	cool	0.30	29	$5.3 \cdot 10^{46}$	$1.2 \cdot 10^{-2}$	$2.6 \cdot 10^{-3}$	0.28	$2.1 \cdot 10^{-2}$	$4.7 \cdot 10^{-3}$	0.54	0.11
	int	$4.3 \cdot 10^{-2}$	7.1	$2.2 \cdot 10^{46}$	$1.8 \cdot 10^{-3}$	$4.9 \cdot 10^{-4}$	$3.9 \cdot 10^{-2}$	$5.4 \cdot 10^{-3}$	$1.9 \cdot 10^{-3}$	$8.1 \cdot 10^{-2}$	$2.1 \cdot 10^{-2}$
	hot	$8.6 \cdot 10^{-2}$	42	$1.1 \cdot 10^{48}$	$5.5 \cdot 10^{-3}$	$3.0 \cdot 10^{-3}$	$7.9 \cdot 10^{-2}$	$5.2 \cdot 10^{-2}$	0.10	0.24	0.13
R4	cool	$8.2 \cdot 10^{-2}$	5.4	$6.1 \cdot 10^{45}$	$2.7 \cdot 10^{-3}$	$3.7 \cdot 10^{-4}$	0.67	$3.4 \cdot 10^{-2}$	$4.8 \cdot 10^{-3}$	1.1	0.14
	int	$1.0 \cdot 10^{-2}$	1.3	$3.1 \cdot 10^{45}$	$3.6 \cdot 10^{-4}$	$6.6 \cdot 10^{-5}$	$8.4 \cdot 10^{-2}$	$8.9 \cdot 10^{-3}$	$2.5 \cdot 10^{-3}$	0.14	$2.6 \cdot 10^{-2}$
	hot	$1.7 \cdot 10^{-2}$	6.1	$9.6 \cdot 10^{46}$	$7.8 \cdot 10^{-4}$	$3.0 \cdot 10^{-4}$	0.14	$6.2 \cdot 10^{-2}$	$7.5 \cdot 10^{-2}$	0.30	0.12
R8	cool	$1.1 \cdot 10^{-2}$	0.31	$2.3 \cdot 10^{44}$	$2.4 \cdot 10^{-4}$	$1.3 \cdot 10^{-5}$	2.1	$5.1 \cdot 10^{-2}$	$4.3 \cdot 10^{-3}$	2.2	0.12
	int	$9.8 \cdot 10^{-4}$	$6.9 \cdot 10^{-2}$	$1.8 \cdot 10^{44}$	$2.3 \cdot 10^{-5}$	$2.4 \cdot 10^{-6}$	0.19	$1.5 \cdot 10^{-2}$	$3.3 \cdot 10^{-3}$	0.22	$2.2 \cdot 10^{-2}$
	hot	$7.9 \cdot 10^{-4}$	0.18	$2.5 \cdot 10^{45}$	$2.4 \cdot 10^{-5}$	$7.5 \cdot 10^{-6}$	0.16	$5.3 \cdot 10^{-2}$	$4.6 \cdot 10^{-2}$	0.22	$7.0 \cdot 10^{-2}$
R16	cool	$1.8 \cdot 10^{-3}$	$2.5 \cdot 10^{-2}$	$1.1 \cdot 10^{43}$	$3.7 \cdot 10^{-5}$	$2.5 \cdot 10^{-8}$	19	0.26	$1.1 \cdot 10^{-2}$	18	$1.2 \cdot 10^{-2}$
	int	$1.8 \cdot 10^{-5}$	$9.8 \cdot 10^{-4}$	$2.6 \cdot 10^{42}$	$3.8 \cdot 10^{-7}$	$2.7 \cdot 10^{-8}$	0.18	$1.3 \cdot 10^{-2}$	$2.6 \cdot 10^{-3}$	0.19	$1.3 \cdot 10^{-2}$
	hot	$5.1 \cdot 10^{-6}$	$8.1 \cdot 10^{-4}$	$1.7 \cdot 10^{43}$	$1.6 \cdot 10^{-7}$	$6.1 \cdot 10^{-8}$	$5.3 \cdot 10^{-2}$	$2.4 \cdot 10^{-2}$	$1.6 \cdot 10^{-2}$	$7.8 \cdot 10^{-2}$	$3.0 \cdot 10^{-2}$
LGR2	cool	0.27	19	$2.5 \cdot 10^{46}$	$9.6 \cdot 10^{-3}$	$1.3 \cdot 10^{-3}$	0.56	$3.1 \cdot 10^{-2}$	$5.0 \cdot 10^{-3}$	0.97	0.13
	int	$1.6 \cdot 10^{-2}$	2.5	$7.0 \cdot 10^{45}$	$6.5 \cdot 10^{-4}$	$1.5 \cdot 10^{-4}$	$3.5 \cdot 10^{-2}$	$4.3 \cdot 10^{-3}$	$1.4 \cdot 10^{-3}$	$6.5 \cdot 10^{-2}$	$1.5 \cdot 10^{-2}$
	hot	$3.0 \cdot 10^{-2}$	13	$2.5 \cdot 10^{47}$	$1.6 \cdot 10^{-3}$	$7.9 \cdot 10^{-4}$	$6.3 \cdot 10^{-2}$	$3.4 \cdot 10^{-2}$	$5.0 \cdot 10^{-2}$	0.16	$7.9 \cdot 10^{-2}$
LGR4	cool	0.11	5.0	$4.2 \cdot 10^{45}$	$3.0 \cdot 10^{-3}$	$1.9 \cdot 10^{-4}$	1.2	$4.4 \cdot 10^{-2}$	$4.5 \cdot 10^{-3}$	1.6	0.10
	int	$5.7 \cdot 10^{-3}$	0.60	$1.5 \cdot 10^{45}$	$1.7 \cdot 10^{-4}$	$2.2 \cdot 10^{-5}$	$6.3 \cdot 10^{-2}$	$6.0 \cdot 10^{-3}$	$1.6 \cdot 10^{-3}$	$9.0 \cdot 10^{-2}$	$1.2 \cdot 10^{-2}$
	hot	$7.2 \cdot 10^{-3}$	2.2	$3.2 \cdot 10^{46}$	$2.8 \cdot 10^{-4}$	$9.9 \cdot 10^{-5}$	$8.0 \cdot 10^{-2}$	$3.3 \cdot 10^{-2}$	$3.4 \cdot 10^{-2}$	0.15	$5.3 \cdot 10^{-2}$
LGR8	cool	$1.2 \cdot 10^{-2}$	0.42	$2.6 \cdot 10^{44}$	$2.8 \cdot 10^{-4}$	$8.8 \cdot 10^{-6}$	3.9	0.11	$7.7 \cdot 10^{-3}$	4.2	0.13
	int	$5.9 \cdot 10^{-4}$	$4.7 \cdot 10^{-2}$	$1.1 \cdot 10^{44}$	$1.4 \cdot 10^{-5}$	$1.2 \cdot 10^{-6}$	0.19	$1.5 \cdot 10^{-2}$	$3.3 \cdot 10^{-3}$	0.21	$1.8 \cdot 10^{-2}$
	hot	$5.3 \cdot 10^{-4}$	0.13	$1.5 \cdot 10^{45}$	$1.6 \cdot 10^{-5}$	$4.4 \cdot 10^{-6}$	0.17	$5.5 \cdot 10^{-2}$	$4.6 \cdot 10^{-2}$	0.24	$6.7 \cdot 10^{-2}$

NOTE—Time series over $0.5 t_{\text{orb}} < t < 1.5 t_{\text{orb}}$ is considered. Columns (3), (6), and (7) are in units of $M_{\odot}/(\text{kpc}^2 \text{ yr})$. Column (4) is in units of $(M_{\odot} \text{ km s}^{-1})/(\text{kpc}^2 \text{ yr})$. Column (5) is in units of $\text{erg}/(\text{kpc}^2 \text{ yr})$. Columns (8)-(12) are dimensionless.

Table 3.2b. Standard deviations of fluxes and loading factors at $|z| = 2H$

Model	phase	\mathcal{F}_M	\mathcal{F}_p	\mathcal{F}_E	\mathcal{F}_Z	$\mathcal{F}_Z^{\text{SN}}$	η_M	η_p	η_E	η_Z	η_Z^{SN}
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
R2	cool	0.19	18	$3.5 \cdot 10^{46}$	$6.6 \cdot 10^{-3}$	$1.7 \cdot 10^{-3}$	0.19	$1.5 \cdot 10^{-2}$	$3.4 \cdot 10^{-3}$	0.33	$8.4 \cdot 10^{-2}$
	int	$2.3 \cdot 10^{-2}$	4.3	$1.4 \cdot 10^{46}$	$9.5 \cdot 10^{-4}$	$3.1 \cdot 10^{-4}$	$2.5 \cdot 10^{-2}$	$3.6 \cdot 10^{-3}$	$1.4 \cdot 10^{-3}$	$4.9 \cdot 10^{-2}$	$1.5 \cdot 10^{-2}$
	hot	$4.7 \cdot 10^{-2}$	27	$9.4 \cdot 10^{47}$	$3.3 \cdot 10^{-3}$	$2.0 \cdot 10^{-3}$	$5.0 \cdot 10^{-2}$	$3.7 \cdot 10^{-2}$	$8.8 \cdot 10^{-2}$	0.16	$9.9 \cdot 10^{-2}$
R4	cool	$6.7 \cdot 10^{-2}$	5.0	$6.2 \cdot 10^{45}$	$2.1 \cdot 10^{-3}$	$3.9 \cdot 10^{-4}$	0.72	$4.0 \cdot 10^{-2}$	$5.9 \cdot 10^{-3}$	1.1	0.18
	int	$7.2 \cdot 10^{-3}$	1.1	$2.7 \cdot 10^{45}$	$2.4 \cdot 10^{-4}$	$6.2 \cdot 10^{-5}$	$8.3 \cdot 10^{-2}$	$9.5 \cdot 10^{-3}$	$2.8 \cdot 10^{-3}$	0.14	$3.0 \cdot 10^{-2}$
	hot	$1.1 \cdot 10^{-2}$	4.8	$9.4 \cdot 10^{46}$	$5.2 \cdot 10^{-4}$	$2.8 \cdot 10^{-4}$	0.13	$6.4 \cdot 10^{-2}$	$9.0 \cdot 10^{-2}$	0.29	0.14
R8	cool	$9.1 \cdot 10^{-3}$	0.28	$2.1 \cdot 10^{44}$	$2.0 \cdot 10^{-4}$	$1.0 \cdot 10^{-5}$	2.0	$4.9 \cdot 10^{-2}$	$4.2 \cdot 10^{-3}$	2.1	0.11
	int	$5.5 \cdot 10^{-4}$	$4.1 \cdot 10^{-2}$	$1.0 \cdot 10^{44}$	$1.3 \cdot 10^{-5}$	$1.4 \cdot 10^{-6}$	0.13	$9.8 \cdot 10^{-3}$	$2.3 \cdot 10^{-3}$	0.15	$1.5 \cdot 10^{-2}$
	hot	$5.0 \cdot 10^{-4}$	0.14	$2.7 \cdot 10^{45}$	$1.6 \cdot 10^{-5}$	$6.5 \cdot 10^{-6}$	0.11	$4.6 \cdot 10^{-2}$	$5.4 \cdot 10^{-2}$	0.17	$6.6 \cdot 10^{-2}$
R16	cool	$2.1 \cdot 10^{-3}$	$3.3 \cdot 10^{-2}$	$1.4 \cdot 10^{43}$	$4.2 \cdot 10^{-5}$	$5.1 \cdot 10^{-8}$	27	0.39	$1.7 \cdot 10^{-2}$	26	$2.7 \cdot 10^{-2}$
	int	$3.1 \cdot 10^{-5}$	$2.3 \cdot 10^{-3}$	$6.7 \cdot 10^{42}$	$6.6 \cdot 10^{-7}$	$5.3 \cdot 10^{-8}$	0.36	$2.8 \cdot 10^{-2}$	$7.0 \cdot 10^{-3}$	0.37	$2.9 \cdot 10^{-2}$
	hot	$1.2 \cdot 10^{-5}$	$1.9 \cdot 10^{-3}$	$4.8 \cdot 10^{43}$	$3.5 \cdot 10^{-7}$	$1.5 \cdot 10^{-7}$	0.13	$6.1 \cdot 10^{-2}$	$5.0 \cdot 10^{-2}$	0.18	$8.0 \cdot 10^{-2}$
LGR2	cool	0.27	22	$2.8 \cdot 10^{46}$	$9.9 \cdot 10^{-3}$	$1.3 \cdot 10^{-3}$	0.63	$3.9 \cdot 10^{-2}$	$6.3 \cdot 10^{-3}$	1.1	0.15
	int	$1.2 \cdot 10^{-2}$	2.1	$6.4 \cdot 10^{45}$	$4.9 \cdot 10^{-4}$	$1.2 \cdot 10^{-4}$	$3.1 \cdot 10^{-2}$	$4.2 \cdot 10^{-3}$	$1.5 \cdot 10^{-3}$	$5.9 \cdot 10^{-2}$	$1.4 \cdot 10^{-2}$
	hot	$2.0 \cdot 10^{-2}$	10	$2.3 \cdot 10^{47}$	$1.2 \cdot 10^{-3}$	$6.6 \cdot 10^{-4}$	$5.3 \cdot 10^{-2}$	$3.1 \cdot 10^{-2}$	$5.3 \cdot 10^{-2}$	0.15	$7.8 \cdot 10^{-2}$
LGR4	cool	0.12	6.4	$5.9 \cdot 10^{45}$	$3.1 \cdot 10^{-3}$	$2.3 \cdot 10^{-4}$	1.5	$6.1 \cdot 10^{-2}$	$6.8 \cdot 10^{-3}$	1.9	0.13
	int	$5.2 \cdot 10^{-3}$	0.66	$1.7 \cdot 10^{45}$	$1.5 \cdot 10^{-4}$	$2.2 \cdot 10^{-5}$	$6.8 \cdot 10^{-2}$	$7.0 \cdot 10^{-3}$	$2.0 \cdot 10^{-3}$	$9.5 \cdot 10^{-2}$	$1.4 \cdot 10^{-2}$
	hot	$6.3 \cdot 10^{-3}$	2.2	$3.5 \cdot 10^{46}$	$2.5 \cdot 10^{-4}$	$9.7 \cdot 10^{-5}$	$8.4 \cdot 10^{-2}$	$3.7 \cdot 10^{-2}$	$4.3 \cdot 10^{-2}$	0.16	$6.0 \cdot 10^{-2}$
LGR8	cool	$1.6 \cdot 10^{-2}$	0.63	$4.0 \cdot 10^{44}$	$3.6 \cdot 10^{-4}$	$1.2 \cdot 10^{-5}$	5.9	0.18	$1.3 \cdot 10^{-2}$	6.4	0.21
	int	$8.5 \cdot 10^{-4}$	$7.5 \cdot 10^{-2}$	$1.7 \cdot 10^{44}$	$2.0 \cdot 10^{-5}$	$1.8 \cdot 10^{-6}$	0.31	$2.5 \cdot 10^{-2}$	$5.8 \cdot 10^{-3}$	0.35	$3.1 \cdot 10^{-2}$
	hot	$8.4 \cdot 10^{-4}$	0.24	$2.7 \cdot 10^{45}$	$2.5 \cdot 10^{-5}$	$7.4 \cdot 10^{-6}$	0.30	0.10	$8.9 \cdot 10^{-2}$	0.42	0.12

NOTE—Time series over $0.5 t_{\text{orb}} < t < 1.5 t_{\text{orb}}$ is considered. Columns (3), (6), and (7) are in units of $M_{\odot}/(\text{kpc}^2 \text{ yr})$. Column (4) is in units of $(M_{\odot} \text{ km s}^{-1})/(\text{kpc}^2 \text{ yr})$. Column (5) is in units of $\text{erg}/(\text{kpc}^2 \text{ yr})$. Columns (8)-(12) are dimensionless.

Table 3.3a. Time averaged fluxes and loading factors at $|z| = 500$ pc

Model	phase	\mathcal{F}_M	\mathcal{F}_p	\mathcal{F}_E	\mathcal{F}_Z	$\mathcal{F}_Z^{\text{SN}}$	η_M	η_p	η_E	η_Z	η_Z^{SN}
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
R2	cool	0.37	33	$5.8 \cdot 10^{46}$	$1.5 \cdot 10^{-2}$	$2.8 \cdot 10^{-3}$	0.34	$2.4 \cdot 10^{-2}$	$5.1 \cdot 10^{-3}$	0.65	0.12
	int	$4.9 \cdot 10^{-2}$	7.9	$2.5 \cdot 10^{46}$	$2.0 \cdot 10^{-3}$	$5.1 \cdot 10^{-4}$	$4.5 \cdot 10^{-2}$	$6.0 \cdot 10^{-3}$	$2.2 \cdot 10^{-3}$	$9.0 \cdot 10^{-2}$	$2.2 \cdot 10^{-2}$
	hot	0.10	58	$1.8 \cdot 10^{48}$	$7.1 \cdot 10^{-3}$	$4.3 \cdot 10^{-3}$	$9.7 \cdot 10^{-2}$	$7.1 \cdot 10^{-2}$	0.15	0.31	0.19
R4	cool	0.11	6.6	$7.3 \cdot 10^{45}$	$3.4 \cdot 10^{-3}$	$3.9 \cdot 10^{-4}$	0.89	$4.2 \cdot 10^{-2}$	$5.7 \cdot 10^{-3}$	1.3	0.15
	int	$1.3 \cdot 10^{-2}$	1.5	$3.7 \cdot 10^{45}$	$4.3 \cdot 10^{-4}$	$7.1 \cdot 10^{-5}$	0.10	$1.1 \cdot 10^{-2}$	$2.9 \cdot 10^{-3}$	0.17	$2.8 \cdot 10^{-2}$
	hot	$2.3 \cdot 10^{-2}$	9.6	$1.8 \cdot 10^{47}$	$1.1 \cdot 10^{-3}$	$5.1 \cdot 10^{-4}$	0.19	$9.6 \cdot 10^{-2}$	0.14	0.43	0.20
R8	cool	$1.7 \cdot 10^{-2}$	0.43	$3.1 \cdot 10^{44}$	$3.9 \cdot 10^{-4}$	$1.6 \cdot 10^{-5}$	3.4	$7.3 \cdot 10^{-2}$	$5.8 \cdot 10^{-3}$	3.7	0.15
	int	$1.1 \cdot 10^{-3}$	$7.7 \cdot 10^{-2}$	$2.0 \cdot 10^{44}$	$2.5 \cdot 10^{-5}$	$2.5 \cdot 10^{-6}$	0.21	$1.6 \cdot 10^{-2}$	$3.8 \cdot 10^{-3}$	0.24	$2.4 \cdot 10^{-2}$
	hot	$9.5 \cdot 10^{-4}$	0.24	$3.6 \cdot 10^{45}$	$3.0 \cdot 10^{-5}$	$1.0 \cdot 10^{-5}$	0.19	$7.0 \cdot 10^{-2}$	$6.8 \cdot 10^{-2}$	0.28	$9.5 \cdot 10^{-2}$
R16	cool	$6.1 \cdot 10^{-3}$	$5.5 \cdot 10^{-2}$	$2.8 \cdot 10^{43}$	$1.2 \cdot 10^{-4}$	$5.6 \cdot 10^{-8}$	63	0.76	$2.8 \cdot 10^{-2}$	61	$2.7 \cdot 10^{-2}$
	int	$8.6 \cdot 10^{-5}$	$3.7 \cdot 10^{-3}$	$9.9 \cdot 10^{42}$	$1.8 \cdot 10^{-6}$	$1.0 \cdot 10^{-7}$	0.88	$5.6 \cdot 10^{-2}$	$9.8 \cdot 10^{-3}$	0.90	$4.9 \cdot 10^{-2}$
	hot	$3.7 \cdot 10^{-5}$	$6.5 \cdot 10^{-3}$	$1.8 \cdot 10^{44}$	$1.2 \cdot 10^{-6}$	$4.6 \cdot 10^{-7}$	0.38	0.20	0.18	0.57	0.23
LGR2	cool	0.38	22	$2.6 \cdot 10^{46}$	$1.3 \cdot 10^{-2}$	$1.3 \cdot 10^{-3}$	0.80	$3.6 \cdot 10^{-2}$	$5.2 \cdot 10^{-3}$	1.3	0.13
	int	$2.1 \cdot 10^{-2}$	2.8	$7.9 \cdot 10^{45}$	$8.1 \cdot 10^{-4}$	$1.7 \cdot 10^{-4}$	$4.4 \cdot 10^{-2}$	$5.0 \cdot 10^{-3}$	$1.6 \cdot 10^{-3}$	$8.2 \cdot 10^{-2}$	$1.7 \cdot 10^{-2}$
	hot	$4.1 \cdot 10^{-2}$	20	$4.8 \cdot 10^{47}$	$2.4 \cdot 10^{-3}$	$1.3 \cdot 10^{-3}$	$8.7 \cdot 10^{-2}$	$5.4 \cdot 10^{-2}$	$9.6 \cdot 10^{-2}$	0.24	0.13
LGR4	cool	0.25	9.0	$6.6 \cdot 10^{45}$	$6.9 \cdot 10^{-3}$	$2.2 \cdot 10^{-4}$	2.8	$8.0 \cdot 10^{-2}$	$7.0 \cdot 10^{-3}$	3.7	0.12
	int	$9.3 \cdot 10^{-3}$	0.94	$2.2 \cdot 10^{45}$	$2.8 \cdot 10^{-4}$	$3.4 \cdot 10^{-5}$	0.10	$9.4 \cdot 10^{-3}$	$2.4 \cdot 10^{-3}$	0.15	$1.8 \cdot 10^{-2}$
	hot	$1.5 \cdot 10^{-2}$	5.1	$9.5 \cdot 10^{46}$	$6.3 \cdot 10^{-4}$	$2.6 \cdot 10^{-4}$	0.17	$8.1 \cdot 10^{-2}$	0.10	0.34	0.14
LGR8	cool	$3.2 \cdot 10^{-2}$	0.57	$3.0 \cdot 10^{44}$	$6.9 \cdot 10^{-4}$	$6.5 \cdot 10^{-6}$	10	0.16	$9.0 \cdot 10^{-3}$	10	$9.8 \cdot 10^{-2}$
	int	$7.4 \cdot 10^{-4}$	$5.3 \cdot 10^{-2}$	$1.3 \cdot 10^{44}$	$1.7 \cdot 10^{-5}$	$1.4 \cdot 10^{-6}$	0.24	$1.7 \cdot 10^{-2}$	$3.9 \cdot 10^{-3}$	0.26	$2.1 \cdot 10^{-2}$
	hot	$8.5 \cdot 10^{-4}$	0.21	$3.1 \cdot 10^{45}$	$2.6 \cdot 10^{-5}$	$8.2 \cdot 10^{-6}$	0.27	0.10	$9.4 \cdot 10^{-2}$	0.39	0.12

NOTE—Time series over $0.5 t_{\text{orb}} < t < 1.5 t_{\text{orb}}$ is considered. Columns (3), (6), and (7) are in units of $M_{\odot}/(\text{kpc}^2 \text{ yr})$. Column (4) is in units of $(M_{\odot} \text{ km s}^{-1})/(\text{kpc}^2 \text{ yr})$. Column (5) is in units of $\text{erg}/(\text{kpc}^2 \text{ yr})$. Columns (8)-(12) are dimensionless.

Table 3.3b. Standard deviations of fluxes and loading factors at $|z| = 500$ pc

Model	phase	\mathcal{F}_M	\mathcal{F}_p	\mathcal{F}_E	\mathcal{F}_Z	$\mathcal{F}_Z^{\text{SN}}$	η_M	η_p	η_E	η_Z	η_Z^{SN}
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
R2	cool	0.21	19	$3.7 \cdot 10^{46}$	$7.3 \cdot 10^{-3}$	$1.8 \cdot 10^{-3}$	0.22	$1.5 \cdot 10^{-2}$	$3.6 \cdot 10^{-3}$	0.38	$8.7 \cdot 10^{-2}$
	int	$2.8 \cdot 10^{-2}$	4.7	$1.6 \cdot 10^{46}$	$1.0 \cdot 10^{-3}$	$3.1 \cdot 10^{-4}$	$2.9 \cdot 10^{-2}$	$4.0 \cdot 10^{-3}$	$1.6 \cdot 10^{-3}$	$5.3 \cdot 10^{-2}$	$1.5 \cdot 10^{-2}$
	hot	$5.6 \cdot 10^{-2}$	34	$1.3 \cdot 10^{48}$	$4.0 \cdot 10^{-3}$	$2.8 \cdot 10^{-3}$	$6.0 \cdot 10^{-2}$	$4.9 \cdot 10^{-2}$	0.12	0.20	0.13
R4	cool	0.12	8.3	$9.2 \cdot 10^{45}$	$3.5 \cdot 10^{-3}$	$5.0 \cdot 10^{-4}$	1.2	$6.0 \cdot 10^{-2}$	$8.2 \cdot 10^{-3}$	1.7	0.22
	int	$9.1 \cdot 10^{-3}$	1.2	$3.3 \cdot 10^{45}$	$2.8 \cdot 10^{-4}$	$6.2 \cdot 10^{-5}$	0.10	$1.1 \cdot 10^{-2}$	$3.3 \cdot 10^{-3}$	0.16	$3.1 \cdot 10^{-2}$
	hot	$1.5 \cdot 10^{-2}$	9.4	$2.5 \cdot 10^{47}$	$8.9 \cdot 10^{-4}$	$6.1 \cdot 10^{-4}$	0.18	0.11	0.22	0.46	0.28
R8	cool	$1.3 \cdot 10^{-2}$	0.34	$2.4 \cdot 10^{44}$	$2.9 \cdot 10^{-4}$	$1.2 \cdot 10^{-5}$	2.9	$6.2 \cdot 10^{-2}$	$4.9 \cdot 10^{-3}$	3.1	0.13
	int	$5.8 \cdot 10^{-4}$	$4.8 \cdot 10^{-2}$	$1.3 \cdot 10^{44}$	$1.4 \cdot 10^{-5}$	$1.4 \cdot 10^{-6}$	0.14	$1.1 \cdot 10^{-2}$	$2.8 \cdot 10^{-3}$	0.16	$1.6 \cdot 10^{-2}$
	hot	$5.5 \cdot 10^{-4}$	0.17	$3.3 \cdot 10^{45}$	$1.8 \cdot 10^{-5}$	$7.7 \cdot 10^{-6}$	0.13	$5.5 \cdot 10^{-2}$	$6.8 \cdot 10^{-2}$	0.20	$8.1 \cdot 10^{-2}$
R16	cool	$4.3 \cdot 10^{-3}$	$4.6 \cdot 10^{-2}$	$2.4 \cdot 10^{43}$	$8.8 \cdot 10^{-5}$	$1.7 \cdot 10^{-7}$	73	0.89	$3.5 \cdot 10^{-2}$	70	$9.0 \cdot 10^{-2}$
	int	$1.2 \cdot 10^{-4}$	$5.8 \cdot 10^{-3}$	$1.5 \cdot 10^{43}$	$2.5 \cdot 10^{-6}$	$1.3 \cdot 10^{-7}$	1.4	$9.1 \cdot 10^{-2}$	$1.7 \cdot 10^{-2}$	1.5	$7.7 \cdot 10^{-2}$
	hot	$5.7 \cdot 10^{-5}$	$1.1 \cdot 10^{-2}$	$3.4 \cdot 10^{44}$	$1.8 \cdot 10^{-6}$	$7.3 \cdot 10^{-7}$	0.68	0.36	0.37	1.0	0.41
LGR2	cool	0.36	24	$2.8 \cdot 10^{46}$	$1.3 \cdot 10^{-2}$	$1.2 \cdot 10^{-3}$	0.87	$4.3 \cdot 10^{-2}$	$6.3 \cdot 10^{-3}$	1.5	0.14
	int	$1.4 \cdot 10^{-2}$	2.2	$6.4 \cdot 10^{45}$	$5.7 \cdot 10^{-4}$	$1.2 \cdot 10^{-4}$	$3.7 \cdot 10^{-2}$	$4.5 \cdot 10^{-3}$	$1.5 \cdot 10^{-3}$	$7.1 \cdot 10^{-2}$	$1.5 \cdot 10^{-2}$
	hot	$2.5 \cdot 10^{-2}$	16	$4.8 \cdot 10^{47}$	$1.8 \cdot 10^{-3}$	$1.2 \cdot 10^{-3}$	$6.9 \cdot 10^{-2}$	$5.1 \cdot 10^{-2}$	0.11	0.22	0.14
LGR4	cool	0.32	11	$7.5 \cdot 10^{45}$	$8.4 \cdot 10^{-3}$	$2.5 \cdot 10^{-4}$	3.9	0.11	$8.9 \cdot 10^{-3}$	4.9	0.15
	int	$6.5 \cdot 10^{-3}$	0.75	$1.8 \cdot 10^{45}$	$2.0 \cdot 10^{-4}$	$2.6 \cdot 10^{-5}$	$9.4 \cdot 10^{-2}$	$9.0 \cdot 10^{-3}$	$2.4 \cdot 10^{-3}$	0.14	$1.7 \cdot 10^{-2}$
	hot	$1.0 \cdot 10^{-2}$	4.2	$9.5 \cdot 10^{46}$	$4.7 \cdot 10^{-4}$	$2.3 \cdot 10^{-4}$	0.15	$8.1 \cdot 10^{-2}$	0.12	0.32	0.15
LGR8	cool	$4.0 \cdot 10^{-2}$	0.86	$4.4 \cdot 10^{44}$	$8.7 \cdot 10^{-4}$	$1.1 \cdot 10^{-5}$	15	0.26	$1.5 \cdot 10^{-2}$	15	0.19
	int	$8.8 \cdot 10^{-4}$	$7.4 \cdot 10^{-2}$	$1.7 \cdot 10^{44}$	$2.1 \cdot 10^{-5}$	$1.8 \cdot 10^{-6}$	0.33	$2.6 \cdot 10^{-2}$	$6.1 \cdot 10^{-3}$	0.38	$3.1 \cdot 10^{-2}$
	hot	$1.1 \cdot 10^{-3}$	0.31	$4.5 \cdot 10^{45}$	$3.4 \cdot 10^{-5}$	$1.1 \cdot 10^{-5}$	0.40	0.16	0.16	0.59	0.20

NOTE—Time series over $0.5 t_{\text{orb}} < t < 1.5 t_{\text{orb}}$ is considered. Columns (3), (6), and (7) are in units of $M_{\odot}/(\text{kpc}^2 \text{ yr})$. Column (4) is in units of $(M_{\odot} \text{ km s}^{-1})/(\text{kpc}^2 \text{ yr})$. Column (5) is in units of $\text{erg}/(\text{kpc}^2 \text{ yr})$. Columns (8)-(12) are dimensionless.

Table 3.4a. Time averaged fluxes and loading factors at $|z| = 1$ kpc

Model	phase	\mathcal{F}_M	\mathcal{F}_p	\mathcal{F}_E	\mathcal{F}_Z	$\mathcal{F}_Z^{\text{SN}}$	η_M	η_p	η_E	η_Z	η_Z^{SN}
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
R2	cool	0.19	22	$4.3 \cdot 10^{46}$	$7.9 \cdot 10^{-3}$	$2.0 \cdot 10^{-3}$	0.18	$1.6 \cdot 10^{-2}$	$3.8 \cdot 10^{-3}$	0.35	$8.8 \cdot 10^{-2}$
	int	$2.8 \cdot 10^{-2}$	5.4	$1.7 \cdot 10^{46}$	$1.3 \cdot 10^{-3}$	$3.7 \cdot 10^{-4}$	$2.6 \cdot 10^{-2}$	$4.0 \cdot 10^{-3}$	$1.5 \cdot 10^{-3}$	$5.5 \cdot 10^{-2}$	$1.6 \cdot 10^{-2}$
	hot	$6.1 \cdot 10^{-2}$	29	$6.4 \cdot 10^{47}$	$3.7 \cdot 10^{-3}$	$1.9 \cdot 10^{-3}$	$5.6 \cdot 10^{-2}$	$3.3 \cdot 10^{-2}$	$5.6 \cdot 10^{-2}$	0.16	$8.4 \cdot 10^{-2}$
R4	cool	$5.5 \cdot 10^{-2}$	4.2	$5.2 \cdot 10^{45}$	$1.8 \cdot 10^{-3}$	$3.2 \cdot 10^{-4}$	0.45	$2.7 \cdot 10^{-2}$	$4.0 \cdot 10^{-3}$	0.71	0.12
	int	$7.8 \cdot 10^{-3}$	1.1	$2.6 \cdot 10^{45}$	$2.7 \cdot 10^{-4}$	$5.8 \cdot 10^{-5}$	$6.4 \cdot 10^{-2}$	$7.3 \cdot 10^{-3}$	$2.1 \cdot 10^{-3}$	0.11	$2.3 \cdot 10^{-2}$
	hot	$1.4 \cdot 10^{-2}$	4.8	$6.9 \cdot 10^{46}$	$6.1 \cdot 10^{-4}$	$2.4 \cdot 10^{-4}$	0.11	$4.7 \cdot 10^{-2}$	$5.4 \cdot 10^{-2}$	0.24	$9.2 \cdot 10^{-2}$
R8	cool	$4.7 \cdot 10^{-3}$	0.16	$1.2 \cdot 10^{44}$	$1.1 \cdot 10^{-4}$	$7.6 \cdot 10^{-6}$	0.92	$2.7 \cdot 10^{-2}$	$2.3 \cdot 10^{-3}$	1.0	$7.1 \cdot 10^{-2}$
	int	$7.5 \cdot 10^{-4}$	$5.3 \cdot 10^{-2}$	$1.3 \cdot 10^{44}$	$1.8 \cdot 10^{-5}$	$1.9 \cdot 10^{-6}$	0.15	$1.1 \cdot 10^{-2}$	$2.5 \cdot 10^{-3}$	0.17	$1.8 \cdot 10^{-2}$
	hot	$7.0 \cdot 10^{-4}$	0.13	$1.7 \cdot 10^{45}$	$2.0 \cdot 10^{-5}$	$5.8 \cdot 10^{-6}$	0.14	$4.4 \cdot 10^{-2}$	$3.2 \cdot 10^{-2}$	0.19	$5.4 \cdot 10^{-2}$
R16	cool	$4.0 \cdot 10^{-3}$	$4.3 \cdot 10^{-2}$	$2.0 \cdot 10^{43}$	$8.0 \cdot 10^{-5}$	$1.1 \cdot 10^{-8}$	41	0.52	$1.9 \cdot 10^{-2}$	39	$5.4 \cdot 10^{-3}$
	int	$3.5 \cdot 10^{-5}$	$1.5 \cdot 10^{-3}$	$3.7 \cdot 10^{42}$	$7.6 \cdot 10^{-7}$	$4.8 \cdot 10^{-8}$	0.36	$2.3 \cdot 10^{-2}$	$3.7 \cdot 10^{-3}$	0.37	$2.3 \cdot 10^{-2}$
	hot	$1.2 \cdot 10^{-5}$	$1.7 \cdot 10^{-3}$	$4.4 \cdot 10^{43}$	$3.7 \cdot 10^{-7}$	$1.4 \cdot 10^{-7}$	0.12	$6.4 \cdot 10^{-2}$	$4.4 \cdot 10^{-2}$	0.18	$6.8 \cdot 10^{-2}$
LGR2	cool	0.17	14	$2.0 \cdot 10^{46}$	$6.3 \cdot 10^{-3}$	$8.9 \cdot 10^{-4}$	0.36	$2.3 \cdot 10^{-2}$	$4.0 \cdot 10^{-3}$	0.64	$9.0 \cdot 10^{-2}$
	int	$1.3 \cdot 10^{-2}$	2.1	$6.0 \cdot 10^{45}$	$5.3 \cdot 10^{-4}$	$1.2 \cdot 10^{-4}$	$2.8 \cdot 10^{-2}$	$3.7 \cdot 10^{-3}$	$1.2 \cdot 10^{-3}$	$5.3 \cdot 10^{-2}$	$1.2 \cdot 10^{-2}$
	hot	$2.5 \cdot 10^{-2}$	11	$1.9 \cdot 10^{47}$	$1.3 \cdot 10^{-3}$	$6.2 \cdot 10^{-4}$	$5.3 \cdot 10^{-2}$	$2.7 \cdot 10^{-2}$	$3.7 \cdot 10^{-2}$	0.14	$6.3 \cdot 10^{-2}$
LGR4	cool	$9.2 \cdot 10^{-2}$	4.2	$3.6 \cdot 10^{45}$	$2.6 \cdot 10^{-3}$	$1.6 \cdot 10^{-4}$	1.0	$3.7 \cdot 10^{-2}$	$3.8 \cdot 10^{-3}$	1.4	$8.3 \cdot 10^{-2}$
	int	$4.7 \cdot 10^{-3}$	0.51	$1.2 \cdot 10^{45}$	$1.4 \cdot 10^{-4}$	$2.0 \cdot 10^{-5}$	$5.2 \cdot 10^{-2}$	$5.0 \cdot 10^{-3}$	$1.3 \cdot 10^{-3}$	$7.7 \cdot 10^{-2}$	$1.1 \cdot 10^{-2}$
	hot	$6.7 \cdot 10^{-3}$	1.9	$2.3 \cdot 10^{46}$	$2.5 \cdot 10^{-4}$	$8.0 \cdot 10^{-5}$	$7.5 \cdot 10^{-2}$	$2.7 \cdot 10^{-2}$	$2.5 \cdot 10^{-2}$	0.13	$4.2 \cdot 10^{-2}$
LGR8	cool	$1.2 \cdot 10^{-2}$	0.33	$2.0 \cdot 10^{44}$	$2.7 \cdot 10^{-4}$	$6.2 \cdot 10^{-6}$	3.8	$8.9 \cdot 10^{-2}$	$5.9 \cdot 10^{-3}$	4.0	$9.3 \cdot 10^{-2}$
	int	$5.1 \cdot 10^{-4}$	$4.1 \cdot 10^{-2}$	$9.6 \cdot 10^{43}$	$1.2 \cdot 10^{-5}$	$1.0 \cdot 10^{-6}$	0.16	$1.3 \cdot 10^{-2}$	$2.9 \cdot 10^{-3}$	0.18	$1.5 \cdot 10^{-2}$
	hot	$4.8 \cdot 10^{-4}$	0.11	$1.3 \cdot 10^{45}$	$1.4 \cdot 10^{-5}$	$3.8 \cdot 10^{-6}$	0.15	$4.8 \cdot 10^{-2}$	$3.9 \cdot 10^{-2}$	0.21	$5.8 \cdot 10^{-2}$

NOTE—Time series over $0.5 t_{\text{orb}} < t < 1.5 t_{\text{orb}}$ is considered. Columns (3), (6), and (7) are in units of $M_{\odot}/(\text{kpc}^2 \text{ yr})$. Column (4) is in units of $(M_{\odot} \text{ km s}^{-1})/(\text{kpc}^2 \text{ yr})$. Column (5) is in units of $\text{erg}/(\text{kpc}^2 \text{ yr})$. Columns (8)-(12) are dimensionless.

Table 3.4b. Standard deviations of fluxes and loading factors at $|z| = 1$ kpc

Model	phase	\mathcal{F}_M	\mathcal{F}_p	\mathcal{F}_E	\mathcal{F}_Z	$\mathcal{F}_Z^{\text{SN}}$	η_M	η_p	η_E	η_Z	η_Z^{SN}
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
R2	cool	0.17	19	$3.7 \cdot 10^{46}$	$6.4 \cdot 10^{-3}$	$1.8 \cdot 10^{-3}$	0.16	$1.4 \cdot 10^{-2}$	$3.5 \cdot 10^{-3}$	0.30	$8.6 \cdot 10^{-2}$
	int	$2.0 \cdot 10^{-2}$	3.9	$1.3 \cdot 10^{46}$	$8.7 \cdot 10^{-4}$	$2.9 \cdot 10^{-4}$	$2.0 \cdot 10^{-2}$	$3.1 \cdot 10^{-3}$	$1.2 \cdot 10^{-3}$	$4.2 \cdot 10^{-2}$	$1.4 \cdot 10^{-2}$
	hot	$4.3 \cdot 10^{-2}$	28	$7.7 \cdot 10^{47}$	$3.1 \cdot 10^{-3}$	$1.8 \cdot 10^{-3}$	$4.4 \cdot 10^{-2}$	$3.2 \cdot 10^{-2}$	$7.0 \cdot 10^{-2}$	0.15	$8.3 \cdot 10^{-2}$
R4	cool	$6.7 \cdot 10^{-2}$	5.2	$6.4 \cdot 10^{45}$	$2.1 \cdot 10^{-3}$	$4.1 \cdot 10^{-4}$	0.63	$3.7 \cdot 10^{-2}$	$5.8 \cdot 10^{-3}$	0.95	0.18
	int	$7.4 \cdot 10^{-3}$	1.1	$2.7 \cdot 10^{45}$	$2.4 \cdot 10^{-4}$	$6.3 \cdot 10^{-5}$	$7.5 \cdot 10^{-2}$	$8.9 \cdot 10^{-3}$	$2.6 \cdot 10^{-3}$	0.12	$2.9 \cdot 10^{-2}$
	hot	$1.1 \cdot 10^{-2}$	4.9	$9.0 \cdot 10^{46}$	$5.3 \cdot 10^{-4}$	$2.7 \cdot 10^{-4}$	0.12	$5.7 \cdot 10^{-2}$	$8.0 \cdot 10^{-2}$	0.26	0.12
R8	cool	$4.5 \cdot 10^{-3}$	0.18	$1.3 \cdot 10^{44}$	$1.0 \cdot 10^{-4}$	$6.9 \cdot 10^{-6}$	0.95	$2.9 \cdot 10^{-2}$	$2.5 \cdot 10^{-3}$	1.1	$7.0 \cdot 10^{-2}$
	int	$4.8 \cdot 10^{-4}$	$3.8 \cdot 10^{-2}$	$9.0 \cdot 10^{43}$	$1.1 \cdot 10^{-5}$	$1.2 \cdot 10^{-6}$	0.11	$8.4 \cdot 10^{-3}$	$1.9 \cdot 10^{-3}$	0.13	$1.4 \cdot 10^{-2}$
	hot	$4.7 \cdot 10^{-4}$	0.12	$2.0 \cdot 10^{45}$	$1.5 \cdot 10^{-5}$	$5.3 \cdot 10^{-6}$	0.11	$4.0 \cdot 10^{-2}$	$3.9 \cdot 10^{-2}$	0.16	$5.3 \cdot 10^{-2}$
R16	cool	$3.3 \cdot 10^{-3}$	$4.2 \cdot 10^{-2}$	$1.9 \cdot 10^{43}$	$6.7 \cdot 10^{-5}$	$3.8 \cdot 10^{-8}$	50	0.65	$2.5 \cdot 10^{-2}$	49	$1.9 \cdot 10^{-2}$
	int	$5.3 \cdot 10^{-5}$	$2.4 \cdot 10^{-3}$	$5.9 \cdot 10^{42}$	$1.1 \cdot 10^{-6}$	$6.5 \cdot 10^{-8}$	0.63	$3.9 \cdot 10^{-2}$	$6.7 \cdot 10^{-3}$	0.65	$3.9 \cdot 10^{-2}$
	hot	$2.1 \cdot 10^{-5}$	$3.2 \cdot 10^{-3}$	$1.1 \cdot 10^{44}$	$6.4 \cdot 10^{-7}$	$2.8 \cdot 10^{-7}$	0.24	0.14	0.11	0.35	0.15
LGR2	cool	0.21	18	$2.5 \cdot 10^{46}$	$8.1 \cdot 10^{-3}$	$1.1 \cdot 10^{-3}$	0.48	$3.1 \cdot 10^{-2}$	$5.3 \cdot 10^{-3}$	0.88	0.12
	int	$1.1 \cdot 10^{-2}$	1.9	$5.8 \cdot 10^{45}$	$4.5 \cdot 10^{-4}$	$1.0 \cdot 10^{-4}$	$2.7 \cdot 10^{-2}$	$3.8 \cdot 10^{-3}$	$1.3 \cdot 10^{-3}$	$5.3 \cdot 10^{-2}$	$1.2 \cdot 10^{-2}$
	hot	$1.9 \cdot 10^{-2}$	9.4	$2.0 \cdot 10^{47}$	$1.1 \cdot 10^{-3}$	$5.9 \cdot 10^{-4}$	$4.9 \cdot 10^{-2}$	$2.7 \cdot 10^{-2}$	$4.5 \cdot 10^{-2}$	0.13	$6.8 \cdot 10^{-2}$
LGR4	cool	0.11	5.0	$4.3 \cdot 10^{45}$	$3.0 \cdot 10^{-3}$	$1.9 \cdot 10^{-4}$	1.4	$4.9 \cdot 10^{-2}$	$5.1 \cdot 10^{-3}$	1.8	0.11
	int	$3.8 \cdot 10^{-3}$	0.46	$1.1 \cdot 10^{45}$	$1.1 \cdot 10^{-4}$	$1.7 \cdot 10^{-5}$	$5.2 \cdot 10^{-2}$	$5.2 \cdot 10^{-3}$	$1.4 \cdot 10^{-3}$	$7.6 \cdot 10^{-2}$	$1.1 \cdot 10^{-2}$
	hot	$5.2 \cdot 10^{-3}$	1.6	$2.1 \cdot 10^{46}$	$1.9 \cdot 10^{-4}$	$6.6 \cdot 10^{-5}$	$7.2 \cdot 10^{-2}$	$2.6 \cdot 10^{-2}$	$2.7 \cdot 10^{-2}$	0.13	$4.3 \cdot 10^{-2}$
LGR8	cool	$1.9 \cdot 10^{-2}$	0.57	$3.5 \cdot 10^{44}$	$4.2 \cdot 10^{-4}$	$1.1 \cdot 10^{-5}$	6.8	0.16	$1.1 \cdot 10^{-2}$	7.1	0.18
	int	$8.0 \cdot 10^{-4}$	$7.2 \cdot 10^{-2}$	$1.6 \cdot 10^{44}$	$1.9 \cdot 10^{-5}$	$1.7 \cdot 10^{-6}$	0.28	$2.3 \cdot 10^{-2}$	$5.4 \cdot 10^{-3}$	0.32	$2.8 \cdot 10^{-2}$
	hot	$7.7 \cdot 10^{-4}$	0.21	$2.4 \cdot 10^{45}$	$2.3 \cdot 10^{-5}$	$6.7 \cdot 10^{-6}$	0.27	$8.8 \cdot 10^{-2}$	$7.9 \cdot 10^{-2}$	0.38	0.11

NOTE—Time series over $0.5 t_{\text{orb}} < t < 1.5 t_{\text{orb}}$ is considered. Columns (3), (6), and (7) are in units of $M_{\odot}/(\text{kpc}^2 \text{ yr})$. Column (4) is in units of $(M_{\odot} \text{ km s}^{-1})/(\text{kpc}^2 \text{ yr})$. Column (5) is in units of $\text{erg}/(\text{kpc}^2 \text{ yr})$. Columns (8)-(12) are dimensionless.