We choose data points with current greater than $0.6(\mathrm{A})$, and find the linear regression of the chosen data points.

For 95%, the linear regression is $P = 107.6I - 44.449(\mathrm{mw})$, therefore $I_{th} = 0.413(\mathrm{A})$

For 90%, the linear regression is $P = 69.405I - 18.026(\mathrm{mw})$, therefore $I_{th} = 0.260(\mathrm{A})$