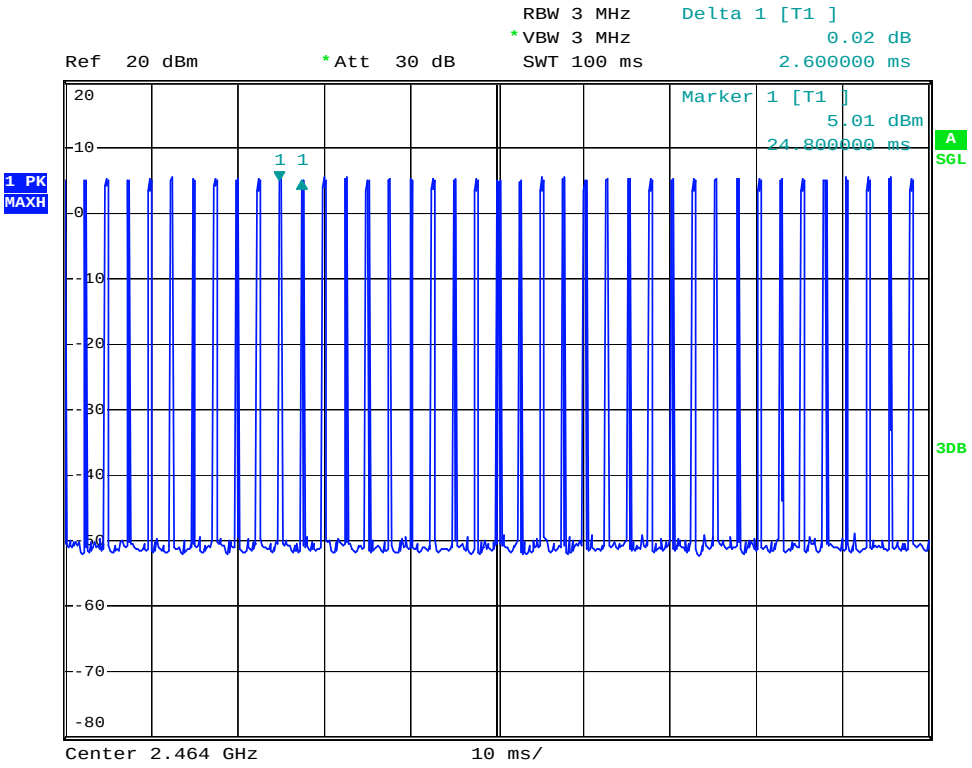
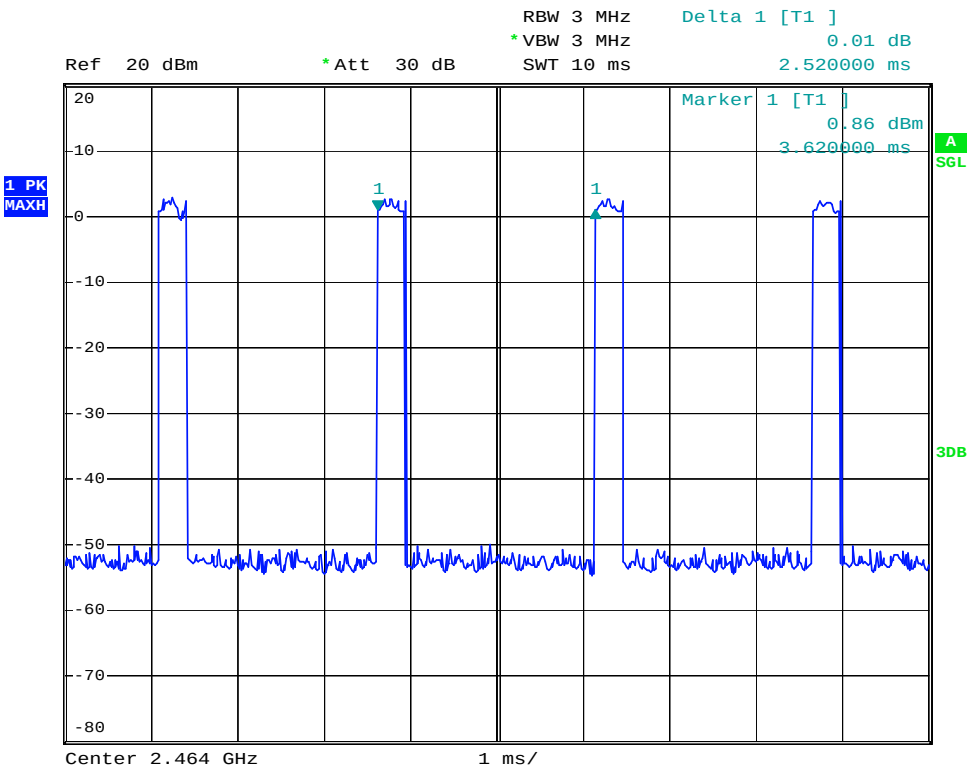
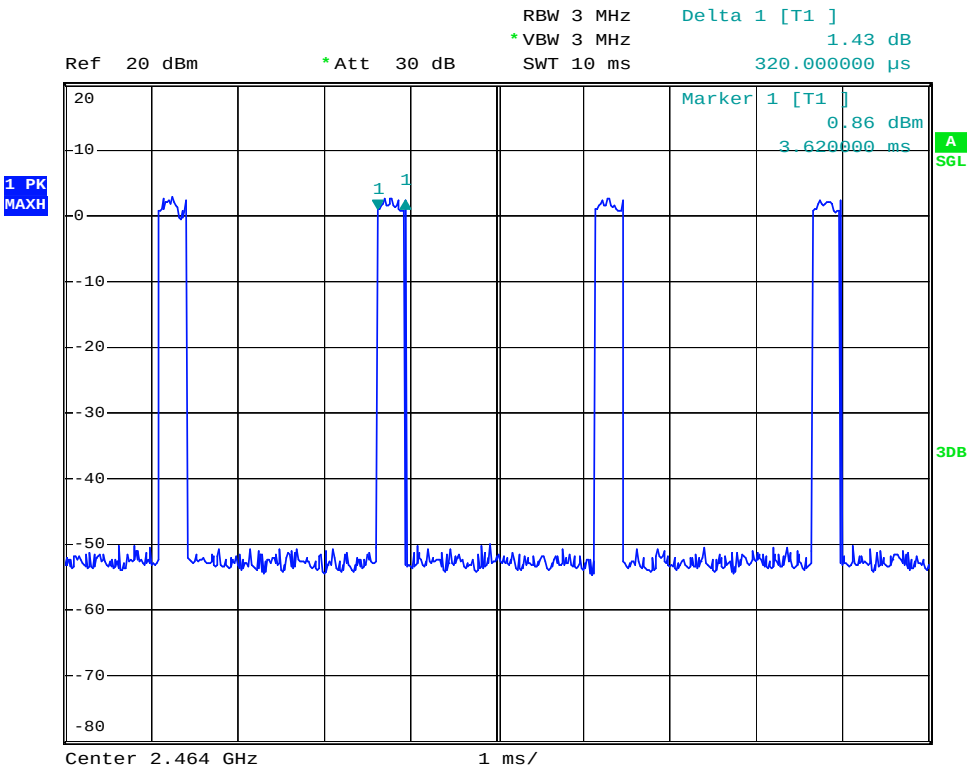
Average Factor Calculation:







The duration of one cycle = 2.52 ms
Effective period of the cycle = 320us

Duty Cycle = 320us / 2.52 ms = 0.12698 or 12.698%

Therefore, the averaging factor is found by $20 \log_{10} 0.12698 = -17.9$ dB