Rate averaged α_s
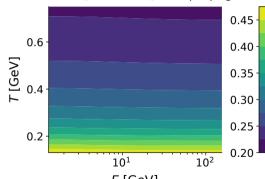scale=$max\{Q^2, (2\pi T)^2\}$, cut propagator