# Collection<SonarDataDto> sonarData = sonarDataService.findSonarData(strDate); ExportParams params = new ExportParams(); params.setSheetName("数据分析"); params.setFixedTitle(false); params.setType(ExcelType.*XSSF*); Workbook workbook = ExcelExportUtil.*exportExcel*(params, SonarDataDto.class, sonarData); ExcelUtil excelUtil = new ExcelUtil(); String fileName = "PPB-PCB-PPM-RD-"+strDate +".xlsx"; excelUtil.downloadExcel(workbook, request, response, fileName);

# 谁能用最通俗的例子讲解一下同步传输和异步传输？