

equations

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Supplementary Equation 1. $MSD(\tau) = \sum_{i=t_0}^{n_\tau-\tau} \frac{(x_{i+\tau}-x_i)^2}{n_\tau} = 2Dt$

Supplementary Equation 2. $MSD_r(\tau) = \sum_{i=t_0}^{n_\tau-\tau} \frac{(\phi_{i+\tau}-\phi_i)^2}{n_\tau} = 2D_r t$

Supplementary Equation 3. $\cos(\phi) = \frac{\vec{v}_0 \cdot \vec{v}}{|\vec{v}_0||\vec{v}|}$

Supplementary Equation 4. $p = \sqrt{\frac{D}{D_r}} \cdot 2\pi$

Supplementary Equation 5. $D_{1D} = D_{helix} + \frac{x_{hop}^2 k_{hop}}{2}$

Supplementary Equation 6. $(salt = 0.02) \rightarrow$
 $0.0010 \mu m^2 s^{-1} + \frac{(9.4 bp \times 0.34 \times 10^{-3} \mu m bp^{-1})^2 \times 3.3 \times 10^3 s^{-1}}{2} = 0.018 \mu m^2 s^{-1}$

Supplementary Equation 7. $(salt = 0.03) \rightarrow$
 $0.0010 \mu m^2 s^{-1} + \frac{(0.8 bp \times 0.34 \times 10^{-3} \mu m bp^{-1})^2 \times 7.4 \times 10^3 s^{-1}}{2} = 0.042 \mu m^2 s^{-1}$