a=0.03447
Er=3.38
h=0.0018
Eeff = 0.5*(Er + 1) + (Er -1) / (2*sqrt(1+10*h/(a*0.75)))
DeltaL = 0.412 * h * (Eeff + 0.3)*(0.75 + 0.262) / ((Eeff-0.258)*(0.75 + 0.813))
DeltaLel = DeltaL*180/a
LambdaO = 0.3/2.45
G11= a*(1- (3.14159^2)/6 *(h/LambdaO)^2) / (120*LambdaO)

Ltot=174
L1=58.09
L2 = Ltot - L1