$$=\frac{2\pi}{10^{11}4}\frac{1}{10^{3}2}$$

$$ES_{u} = \frac{2\pi}{|\Lambda|^{1/2}u^{2}}$$

$$\Lambda = \frac{1}{FWHM}$$

$$|M| = \left(4\log(2)\right)^{D} \left(\frac{1}{\text{FWHM}}\right)^{2D}$$

$$111^{1/2} = (4log(2))^{0/2} = FWHMD$$