

$$Lob = -\frac{N_5^2 N_0 \pi 9 R}{2 l_0} = -\frac{Lm_9}{2}$$

$$Log = \frac{N_0 \pi 9 R}{2 l_0} \log \frac{N_5 N_{10}}{2 l_0} \cos \frac{N_5 N_{10}}{2 l_0}$$