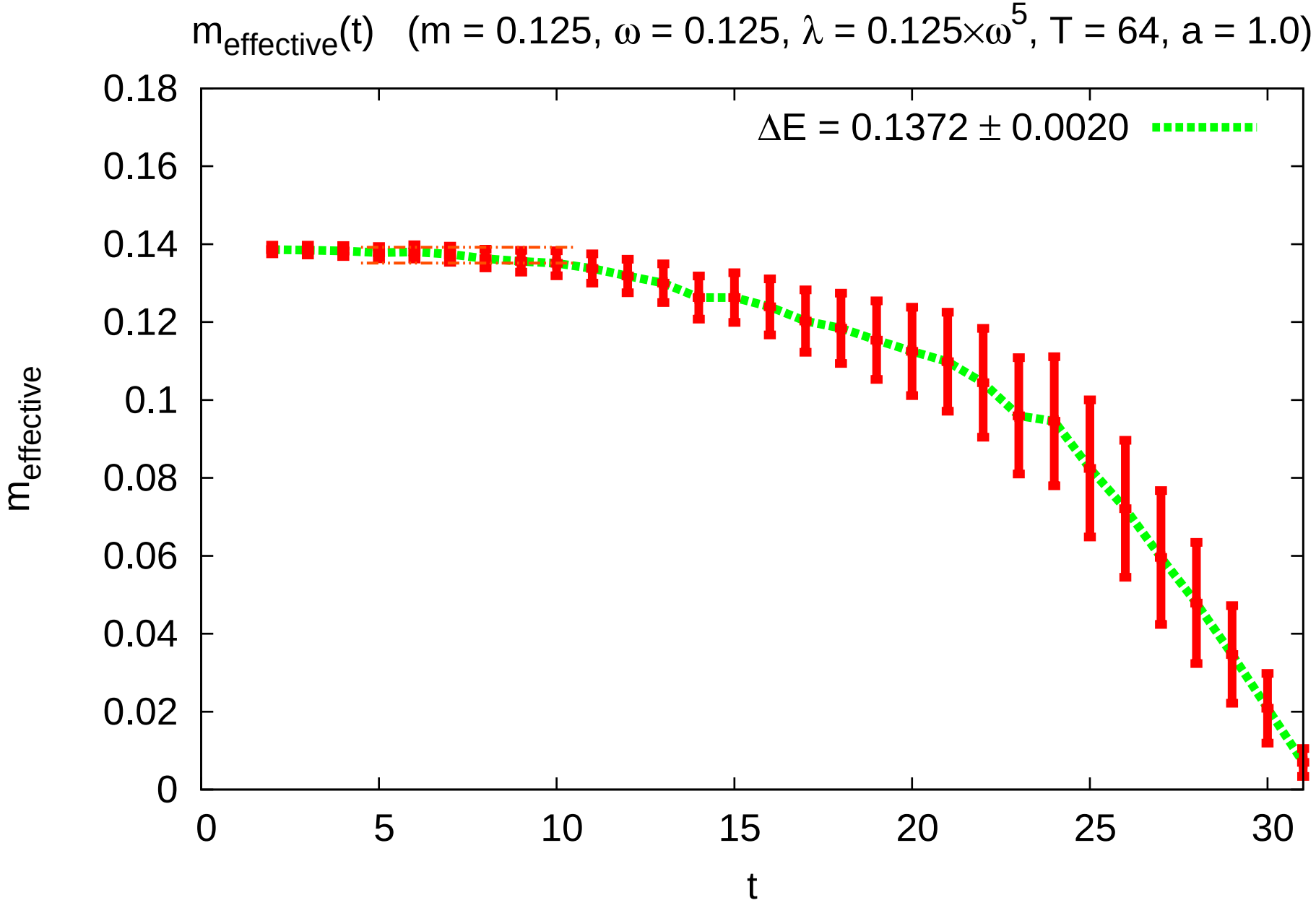
$m_{effective}(t)$ (m = 0.125, ω = 0.125, λ = 0.125×ω^5, T = 64, a = 1.0)
ΔE = 0.1372 ± 0.0020
$m_{effective}$
t
0.18
0.16
0.14
0.12
0.1
0.08
0.06
0.04
0.02
0
0
5
10
15
20
25
30