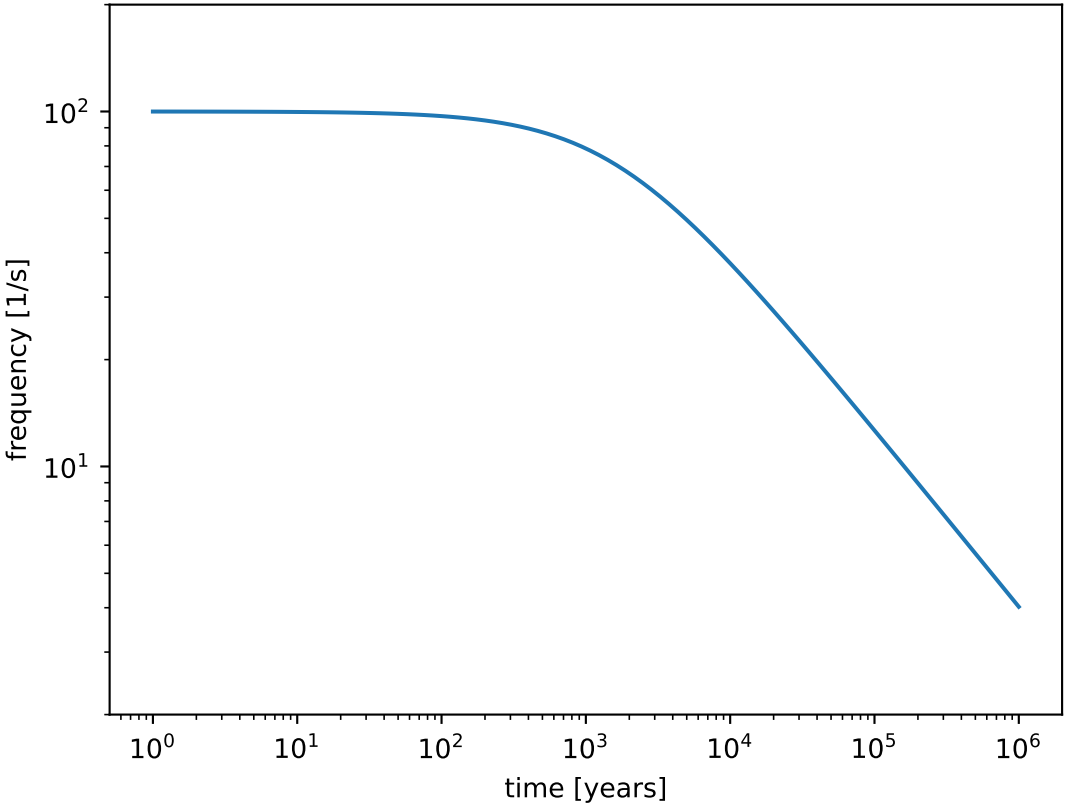

frequency [1/s]
10^2
10^1
10^0
10^1
10^2
10^3
10^4
10^5
10^6
time [years]