

```

NAME          X_20160113
EXPNO          160
PROCNO         1
Date_          20160113
Time           14.36
INSTRUM        spect
PROBHD         5 mm BBO BB-1H
PULPROG        zg30
TD             65536
SOLVENT        CDCl3
NS             16
DS             2
SWH            8278.146 Hz
FIDRES         0.126314 Hz
AQ            3.9584243 sec
RG            645.1
DW            60.400 usec
DE            6.50 usec
TE            303.0 K
D1            1.00000000 sec
TD0           1
    
```

```

===== CHANNEL f1 =====
NUC1           1H
P1            10.60 usec
PL1           3.00 dB
SFO1          400.2324716 MHz
SI            65536
SF            400.2300000 MHz
WDW           EM
SSB           0
LB            0.30 Hz
GB           0
PC            1.00
    
```

