

```

NAME          X_20160114
EXPNO         160
PROCNO        1
Date_         20160114
Time          13.18
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            574.7
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
    
```

