

```

NAME          X_20160114
EXPNO          440
PROCNO         1
Date_          20160115
Time           5.14
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             400.2300400 MHz
WDW            EM
SSB            0
LB             0.30 Hz
GB             0
PC             1.00
    
```

