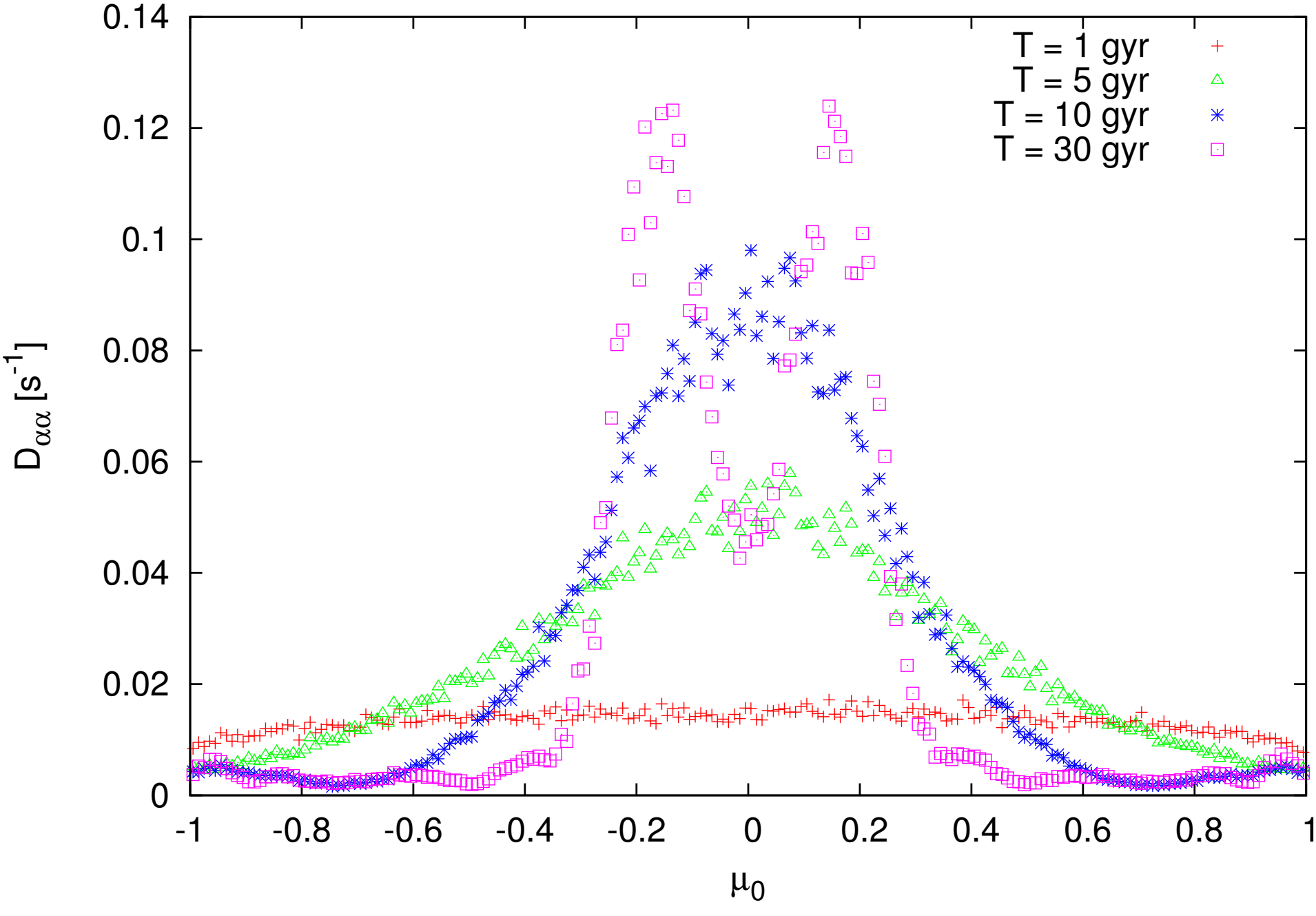
T = 1 gyr
T = 5 gyr
T = 10 gyr
T = 30 gyr
$D_{\alpha\alpha}$ [s^{-1}]
μ_0
0.14
0.12
0.1
0.08
0.06
0.04
0.02
0
-1
-0.8
-0.6
-0.4
-0.2
0
0.2
0.4
0.6
0.8
1