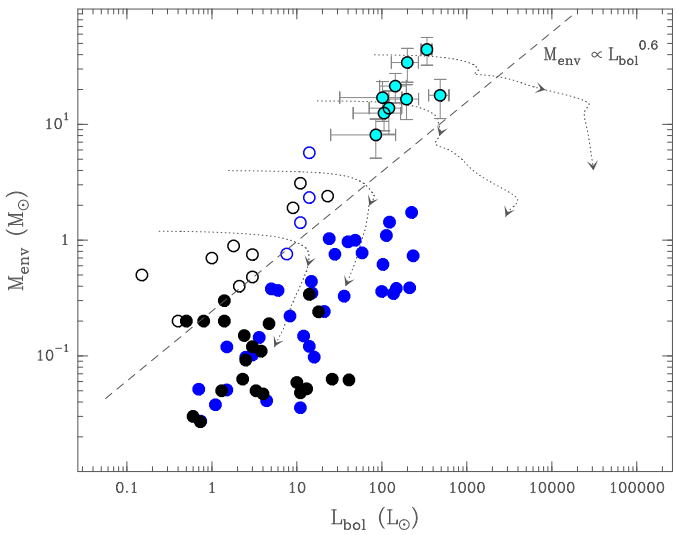
$M_{env} \propto L_{bol}^{0.6}$
M_{env} ($M_\odot$)
L_{bol} ($L_\odot$)
10^1
1
10^{-1}
0.1
1
10
100
1000
10000
100000