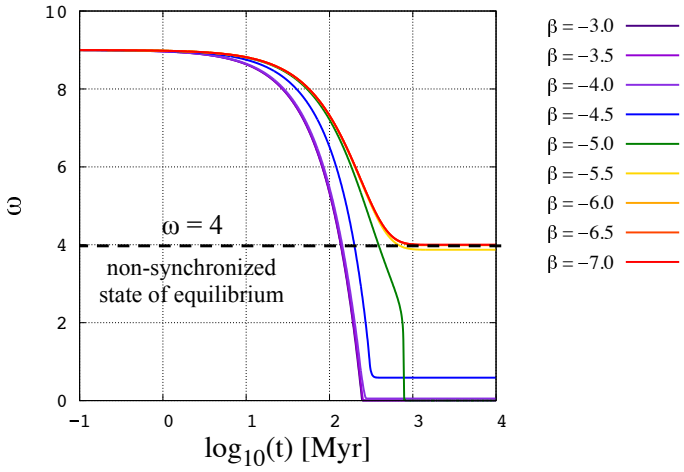
10
8
6
4
2
0
ω
−1
0
1
2
3
4
log10(t) [Myr]
ω = 4
non-synchronized
state of equilibrium
β = −3.0
β = −3.5
β = −4.0
β = −4.5
β = −5.0
β = −5.5
β = −6.0
β = −6.5
β = −7.0