$$\phi(\Omega) = \sigma^2 \mathrm{L} / \pi \quad \frac{1 + \frac{8}{3}\left(1.339\,\mathrm{L}\Omega\right)^2}{\left[1 + \left(1.339\,\mathrm{L}\Omega\right)^2\right]^{\frac{11}{6}}}$$