$$Effy_{U,R} = 100 - L_{L,A} + L_G - L_C - C_J L_J - \left[\frac{t_{ON}}{t_{ON} + \left(\frac{Q_P}{Q_{IN}}\right) t_{OFF}} \right] (L_{S,ON} + L_{S,OFF} + L_{I,ON} + L_{I,OFF})$$