

$$L = h \cdot \left[-f \cdot \theta + 3 \cdot f^2 \cdot n \cdot \sin \theta + \frac{3 \cdot f^2 \cdot m \cdot (\theta - \sin \theta \cdot \cos \theta)}{2} \right] \text{ (radians)} \quad \text{(Equation A9)}$$