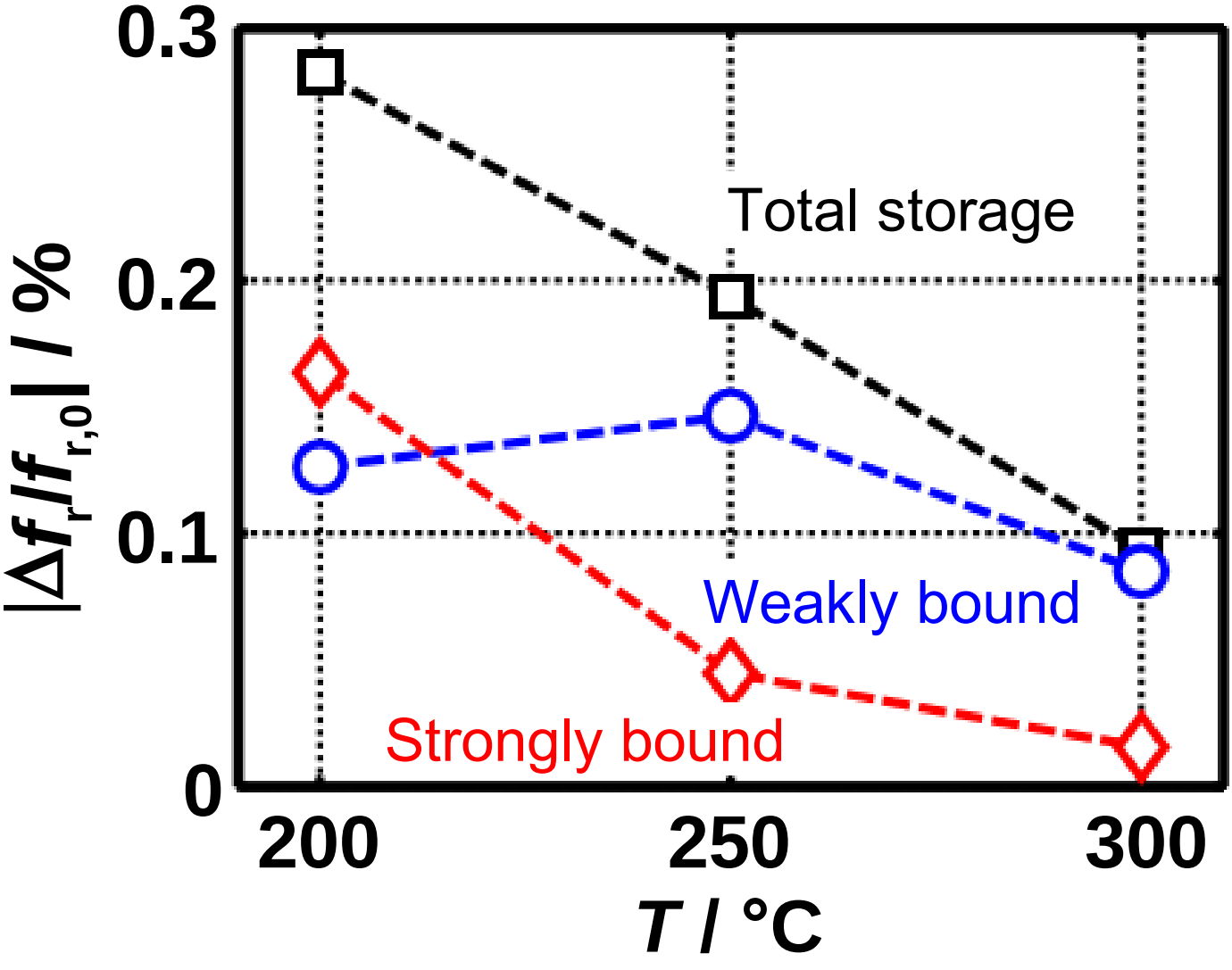
0.3
0.2
0.1
0
200
250
300
T / °C
|Δf_r/f_r,0| / %
Total storage
Weakly bound
Strongly bound