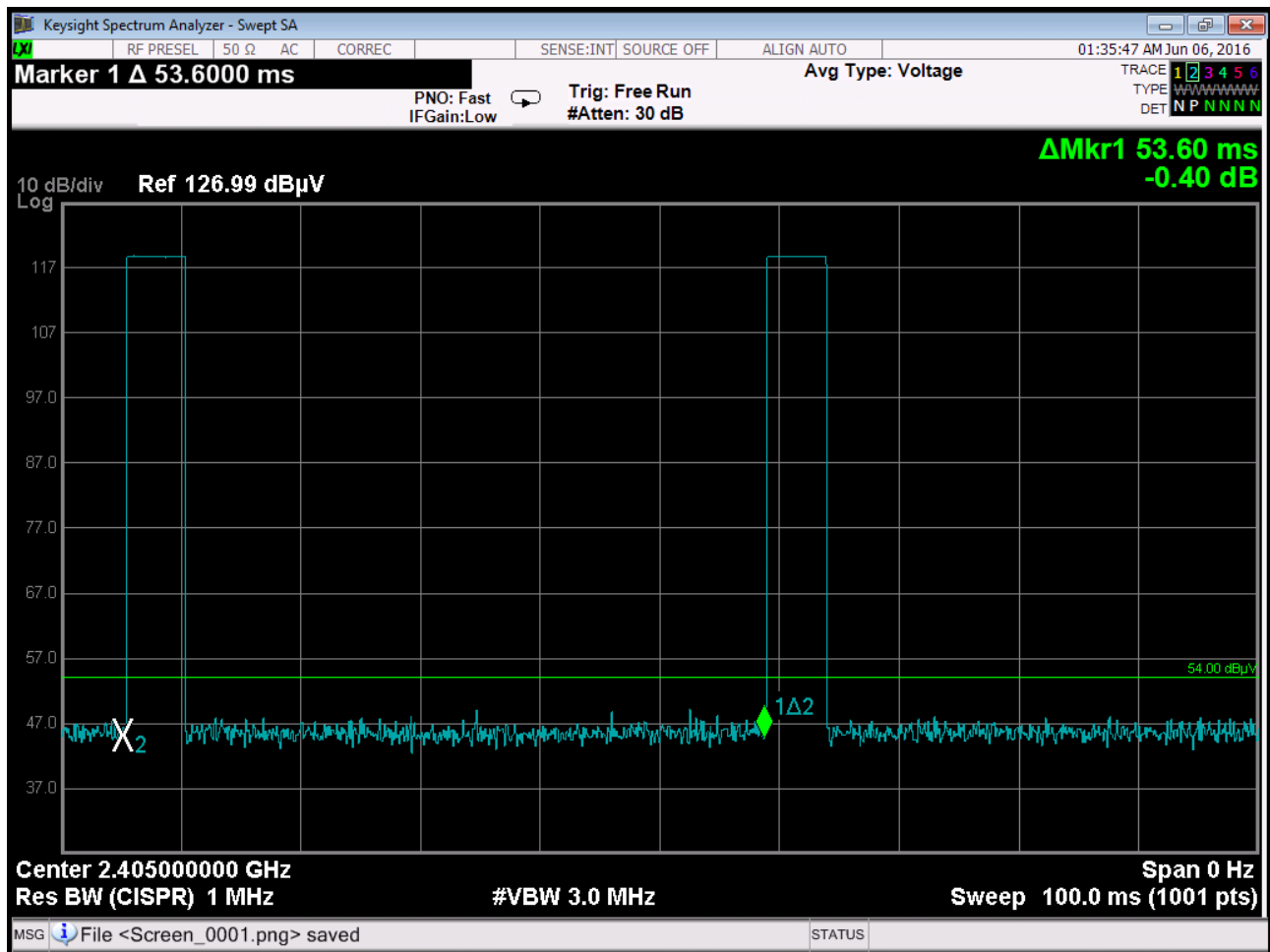Time of One Pulse is 5.3 ms

Time Between Pulses = 53.6 ms
Total On Time = 5.3 ms
Total Duty Cycle = 5.30 ms / 53.60 ms = 9.89%
The Maximum Peak to Average Ratio of -20 dB can be used.