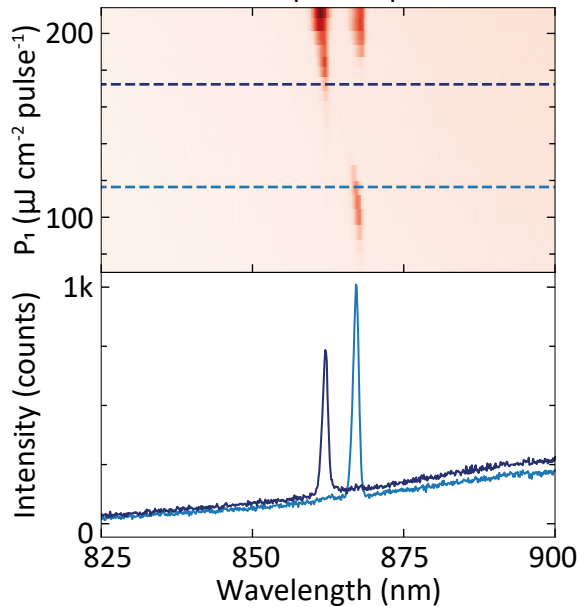


**a** $P_2 = 152 \mu\text{J cm}^{-2} \text{ pulse}^{-1}$ **b**Switching for  $P_2 = 152 \mu\text{J cm}^{-2} \text{ pulse}^{-1}$ 