

Average Factor calculate:

The duration of one cycle = 13.29 ms

Effective period of the cycle = 1.542 ms

DC = 1.542 ms/13.29 ms = 0.1160 or = 11.60 %

Therefore, the averaging factor is found by $\underline{20\log_{10} 0.1160} = \underline{-18.7 \text{ dB}}$