Step 1. Obtain M_{LES} from $M_{LES} = \frac{\sum_{i=1}^{n} T_{i,LES}}{\tau_{w0}S} + \beta_{LES}^{2}$

Step 2. Obtain
$$\zeta_{LES}$$
 from $\zeta_{LES} = \frac{M_{LES}-1}{1-\beta_{LES}}$

Step 3. Obtain
$$\beta$$
 from $C_T^* \frac{\lambda}{c_{f_0}} \beta^2 + \beta^2 = 1 + \zeta_{LES}(1 - \beta)$

n.b. C_T^* in Eq. (4) is multiplied by $1/N^2$ to account for LES resolution effects

Step 4. Obtain η_{FS} from $\eta_{FS} = \beta^3$

Step 5. Obtain
$$\eta_{TS}$$
 from $\eta_{TS} = \frac{1}{\beta^3} \times \frac{C_{p,LES}}{C_{p,Betz}}$

n.b. $C_{p,Betz}$ in Eq. (7) is multiplied by $1/N^3$ to account for LES resolution effects