$$Writes\ per\ second = \left[\frac{A}{2} \times \sin\sin\left(\frac{2\pi x}{f} - \frac{\pi}{2} \right) + b + \frac{A}{2} \right] \times R_{\substack{\mu=1 \\ \sigma=0.5}} \times 0.3$$

$$Reads\ per\ second = \left[\frac{A}{2} \times \sin\sin\left(\frac{2\pi x}{f} - \frac{\pi}{2} \right) + b + \frac{A}{2} \right] \times R_{\substack{\mu=1 \\ \sigma=0.5}}$$