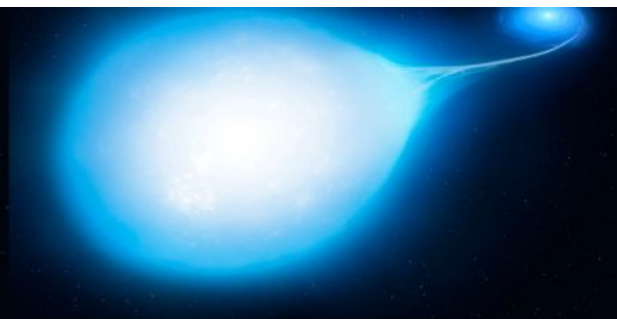




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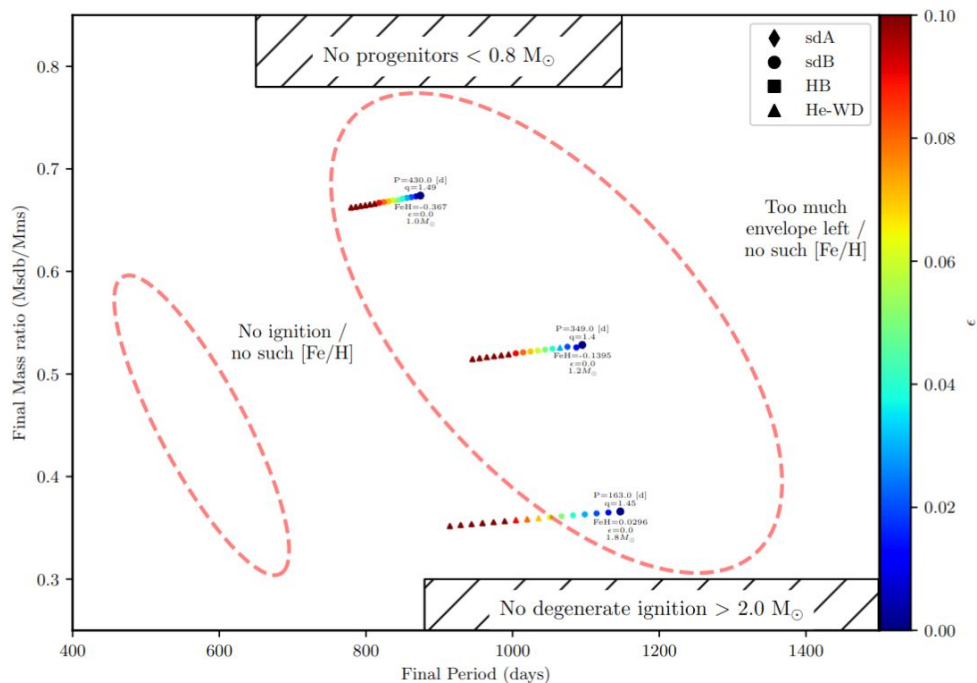
The impact of a variable angular momentum loss on long-period sdB binaries

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$$\dot{J}_\beta = \dot{M}_{L1} \left(\frac{M_{\text{RG}}}{M_{\text{MS}} + M_{\text{RG}}} \right)^2 \frac{2\pi a^2 (1 - e^2)^{\frac{1}{2}}}{P} \longrightarrow \dot{J}_{\beta, \text{tot}} = (1 - \xi) \cdot \dot{J}_{\beta, \text{min}} + \xi \cdot \dot{J}_{\beta, \text{max}},$$



Product/ ξ	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
sdA	0	0	0	0	0	0	0	0	0	0
sdB	149	75	31	26	23	19	15	12	11	8
HB	0	0	0	0	0	0	0	0	0	0
He-WD	0	72	44	5	3	4	4	3	1	3