

Table2. Strain rate effect on shear strain at first plastic displacement burst ($\epsilon = 0.43$ eV, $H = 1/\mu\text{s/spectrin}$, $X = 0.5\text{eV}$)

$\dot{\gamma}$, 1/ μs	$\dot{\gamma}\tau_g$	Shear strain γ_F at first plastic displacement burst, %	Shear modulus, $\mu\text{N/m}$
0.03	0.003	9	8
0.05	0.005	17	8
0.1	0.01	31	8
0.14	0.014	57	8
0.2	0.02	63	8
0.3	0.03	63	8