

Formula RMSE(t)

$$RMSE(t) = \sqrt{\frac{1}{t} \int [\text{error}(t)]^2 dt}$$

$$\text{error}(t) = \omega_{ref} - \omega(t)$$

Formula RMSE_a(t)

$$RMSE_a(t) = \sqrt{\frac{1}{t} \int [\text{error}_a(t)]^2 dt}$$

$$\text{error}_a(t) = E_{a,ref} - e_a(t)$$