You just designed a LFOM.

The flow rate through the LFOM is 12.0 L/s. The length of the LFOM was 0.200 m. The diameter of the orifice holes was 19.0 mm, the height of each row of orifices is 0.00952 m, 0.0295 m, 0.0495 m, 0.0695 m, 0.0895 m, 0.110 m, 0.130 m, 0.150 m, 0.170 m, 0.190 m and the number of orifices in each row is 15, 5, 4, 3, 4, 3, 2, 3, 3, 1.