You just designed a LFOM.

The flow rate through the LFOM is 30.0 L/s. The length of the LFOM was 0.200 m. The diameter of the orifice holes was 44.4 mm, the height of each row of orifices is 0.0222 m, 0.0722 m, 0.122 m, 0.172 m and the number of orifices in each row is 11, 3, 3, 3.