$$D_{l=3000}^{\text{kSZ}} \approx 0.65 \mu\text{K}^2 \left(\frac{0.097 + \tau}{0.151} \right) \left(\frac{\Delta z}{1.0} \right)^{0.54} \left(\frac{b_{\text{kSZ}}^2(l = 3000)}{4.0 \times 10^{-7}} \right)^{0.92}$$