Rav Adda Tekufat Nisan (Spring Equinox) minus molad of Nisan

Hebrew Calendar mean year = Tekufat Adda mean year = Traditional Molad interval x 235 months / 19 years
= 365 days 5 hours 55 minutes 7 parts 48 regaim [part=10/3 seconds, rega=part/76]

Leap rule attributed to Chachamim: 3 3 2 3 3 2 3. Make year 16 leap instead of traditional year 17. The Tekufah never lands later than the waxing half of the lunar cycle in Nisan.

This pattern repeats exactly for every 19-year cycle, forever, with zero long-term drift.

Year # of 19

Exact vertical interval = $\frac{1}{19}$ molad interval = $1 + \frac{272953}{492480}$ days = 1 day 13 hours 18 minutes 1 part 72 regaim.

Earliest/average/latest equinox moments = $\frac{1}{19}$ of a molad interval earlier than the traditional Hebrew calendar.

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