

$$\text{SBH: } E_{\text{ISCO}} = \sqrt{\frac{8}{9}} - 1 = -0.0572, \quad x_{\text{ISCO}}^{3/2} = 0.068$$

$$\text{SBH: } r_{\text{ISCO}} = \frac{6MG}{c^2}$$

$$\text{KBH: } \frac{MG}{c^2} \leq r_{\text{ISCO}}^{(+)} \leq \frac{6MG}{c^2} \leq r_{\text{ISCO}}^{(-)} \leq \frac{9MG}{c^2}$$