the equation to have the equivalent Level Leq

Leq = 10\*log10(1/T \*sumi(Ti\*10^(Li/10))

Leq 🡪 Equivalent Continuous Sound Pressure Level

Where :

T is the duration (in sec) of the signal you want to average over (in your case, 10min I reckon). So T=600 s

Ti are the duration (in sec) of each of the samples you measure (in your case It was recording every 2 seconds). So Ti=2 s

Li are the levels (in dB) that you record every Ti = 2s. So it is basically the matrix of values you have in your excel file.