









$$\begin{aligned}
& \left\{ \begin{array}{l} L_{\alpha q} = \frac{1}{L^{2}} \int_{0}^{L} \int_{0}^{L} X_{\gamma} E \, dx \, dy \, dz \\
& = \frac{1}{L^{2}} \left( \int_{0}^{L} X \, dx \right)^{2} = \frac{1}{L^{2}} \left( \frac{1}{2} \left| \frac{1}{1} X_{\alpha z} \right|^{2} \right)^{2} = \frac{1}{L^{2}} = \frac{1}{2} \\
& = \frac{1}{L^{2}} \left( \int_{0}^{L} X \, dx \right)^{2} = \frac{1}{L^{2}} \left( \frac{1}{2} \left| \frac{1}{1} X_{\alpha z} \right|^{2} \right)^{2} = \frac{1}{L^{2}} = \frac{1}{2} \\
& \left\{ \frac{1}{L^{2}} \right\} \left( \int_{0}^{L} X \, dx \right)^{2} = \frac{1}{L^{2}} \left( \frac{1}{2} \left| \frac{1}{L^{2}} \right|^{2} \right)^{2} \\
& = \frac{1}{L^{2}} \left( \int_{0}^{L} X \, dx \right)^{2} = \frac{1}{L^{2}} \left( \frac{1}{L^{2}} \left| \frac{1}{L^{2}} \right|^{2} \right)^{2} \\
& = \frac{1}{L^{2}} \left( \int_{0}^{L} X \, dx \right)^{2} + \frac{1}{L^{2}} \left( \frac{1}{L^{2}} \left| \frac{1}{L^{2}} \right|^{2} \right)^{2} \\
& = \frac{1}{L^{2}} \left( \int_{0}^{L} X \, dx \right)^{2} + \frac{1}{L^{2}} \left( \frac{1}{L^{2}} \left| \frac{1}{L^{2}} \right|^{2} \right)^{2} \\
& = \frac{1}{L^{2}} \left( \int_{0}^{L} X \, dx \right)^{2} + \frac{1}{L^{2}} \left( \frac{1}{L^{2}} \left| \frac{1}{L^{2}} \right|^{2} \right)^{2} \\
& = \frac{1}{L^{2}} \left( \int_{0}^{L} X \, dx \right)^{2} + \frac{1}{L^{2}} \left( \frac{1}{L^{2}} \left| \frac{1}{L^{2}} \right|^{2} \right)^{2} \\
& = \frac{1}{L^{2}} \left( \int_{0}^{L} X \, dx \right)^{2} + \frac{1}{L^{2}} \left( \frac{1}{L^{2}} \left| \frac{1}{L^{2}} \right|^{2} \right)^{2} \\
& = \frac{1}{L^{2}} \left( \int_{0}^{L} X \, dx \right)^{2} + \frac{1}{L^{2}} \left( \frac{1}{L^{2}} \left| \frac{1}{L^{2}} \right|^{2} \right)^{2} \\
& = \frac{1}{L^{2}} \left( \int_{0}^{L} X \, dx \right)^{2} + \frac{1}{L^{2}} \left( \frac{1}{L^{2}} \left| \frac{1}{L^{2}} \right|^{2} \right)^{2} \\
& = \frac{1}{L^{2}} \left( \int_{0}^{L} X \, dx \right)^{2} + \frac{1}{L^{2}} \left( \frac{1}{L^{2}} \left| \frac{1}{L^{2}} \right|^{2} \right)^{2} \\
& = \frac{1}{L^{2}} \left( \int_{0}^{L} X \, dx \right)^{2} + \frac{1}{L^{2}} \left( \frac{1}{L^{2}} \left| \frac{1}{L^{2}} \right|^{2} \right)^{2} \\
& = \frac{1}{L^{2}} \left( \int_{0}^{L} X \, dx \right)^{2} + \frac{1}{L^{2}} \left( \frac{1}{L^{2}} \left| \frac{1}{L^{2}} \right|^{2} \right)^{2} \\
& = \frac{1}{L^{2}} \left( \int_{0}^{L} X \, dx \right)^{2} + \frac{1}{L^{2}} \left( \frac{1}{L^{2}} \left| \frac{1}{L^{2}} \right|^{2} \right)^{2} \\
& = \frac{1}{L^{2}} \left( \int_{0}^{L} X \, dx \right)^{2} + \frac{1}{L^{2}} \left( \frac{1}{L^{2}} \left| \frac{1}{L^{2}} \right|^{2} \right)^{2} \\
& = \frac{1}{L^{2}} \left( \int_{0}^{L} X \, dx \right)^{2} + \frac{1}{L^{2}} \left( \frac{1}{L^{2}} \left| \frac{1}{L^{2}} \right|^{2} \right)^{2} \\
& = \frac{1}{L^{2}} \left( \int_{0}^{L} X \, dx \right)^{2} + \frac{1}{L^{2}} \left( \int_{0}^{L} X \, dx \right)^{2} dx \right)^{2} \\
& = \frac{1}{L^{2}} \left( \int_{0}^{L} X \, dx \right)^{2} + \frac{1}{L^{2}} \left( \int_{0}^{L}$$

