$$T = \frac{1}{2\omega_n} \Rightarrow \omega_n = \frac{1}{23} = 12.5 \text{ md/s}$$

$$\frac{k_2}{I_x} = \omega_n^2 \Rightarrow k_2 = 0.006 \frac{N \cdot m/ned}{n}$$