$M_{ijk}$	:l					
	$\epsilon_{xx}$	$\epsilon_{yy}$	$\epsilon_{zz}$	$\epsilon_{yz}$	$\epsilon_{xz}$	$\epsilon_{xy}$
$\sigma_x$	26.65	6.66	-33.68	-11.70	6.60	-92.55
$\sigma_y$	1.01	4.16	-3.80	-2.27	-0.09	-2.49
$\sigma_z$	-0.02	2.56	3.35	-0.78	-0.26	2.57
$\sigma_{yz}$	-0.18	0.27	-0.40	13.10	-4.69	-0.40
$\sigma_{xz}$	-0.35	1.02	-1.55	26.52	-11.51	-2.17
$\sigma_{xy}$	4.60	4.60	-11.73	-5.09	0.97	-13.99

## $Q_{ijkl}$

	$\eta_{xx}$	$\eta_{yy}$	$\eta_{zz}$	$\eta_{yz}$	$\eta_{xz}$	$\eta_{xy}$
$\sigma x$	-0.1175	-0.0130	0.1094	0.0260	-0.0308	0.3807
$\sigma y$	-0.0146	-0.1110	0.0071	0.0199	0.0086	0.0448
$\sigma z$	0.0001	-0.0429	-0.0569	0.0080	-0.0001	-0.0437
$\sigma yz$	0.0022	0.0002	-0.0001	-0.1758	0.0556	-0.0006
$\sigma xz$	0.0047	-0.0073	0.0104	-0.1531	0.0808	0.0098
$\sigma x u$	0.0256	-0.0156	0.0510	0.0206	0.0051	-0.1055