

第11章

正弦稳态电路的功率

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11.2 瞬时功率

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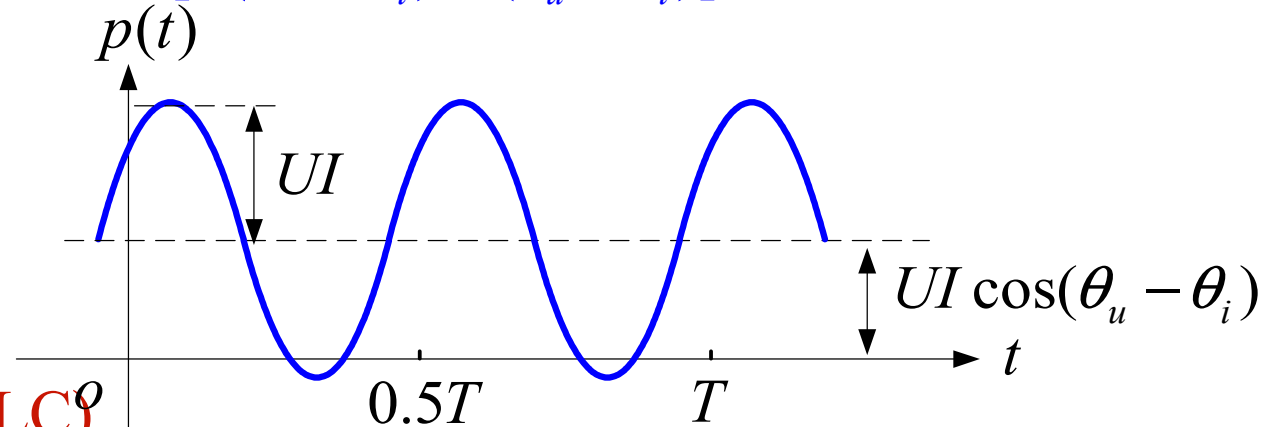
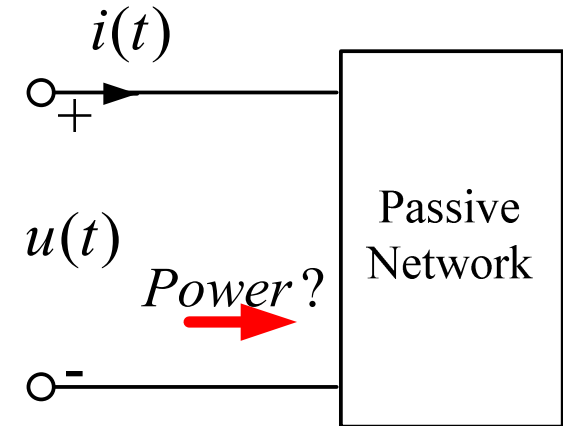
11.2 瞬时功率 (Instantaneous power)

$$u = \sqrt{2}U \cos(\omega t + \theta_u), \quad i = \sqrt{2}I \cos(\omega t + \theta_i)$$

$$p(t) = u(t)i(t) = 2UI \cos(\omega t + \theta_u) \cos(\omega t + \theta_i)$$

$$= UI \cos(\theta_u - \theta_i) + UI \cos(2\omega t + \theta_u + \theta_i)$$

$$= UI \cos(\theta_u - \theta_i) + UI \cos[2(\omega t + \theta_i) + (\theta_u - \theta_i)]$$



2 元件的瞬时功率(RLC)

R $p(t) = UI + UI \cos 2(\omega t + \theta_i) \geq 0$

L $p(t) = UI \cos(90^\circ) + UI \cos[2(\omega t + \theta_i) + 90^\circ] = -UI \sin 2(\omega t + \theta_i)$

C $p(t) = UI \cos(-90^\circ) + UI \cos[2(\omega t + \theta_i) - 90^\circ] = UI \sin 2(\omega t + \theta_i)$

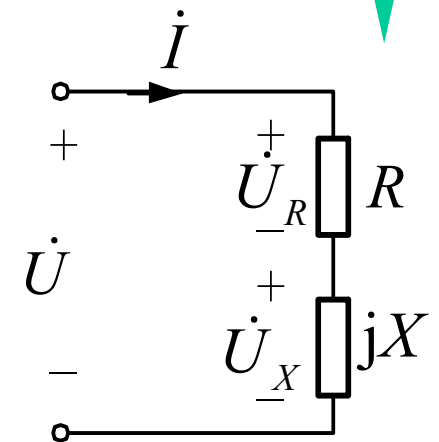
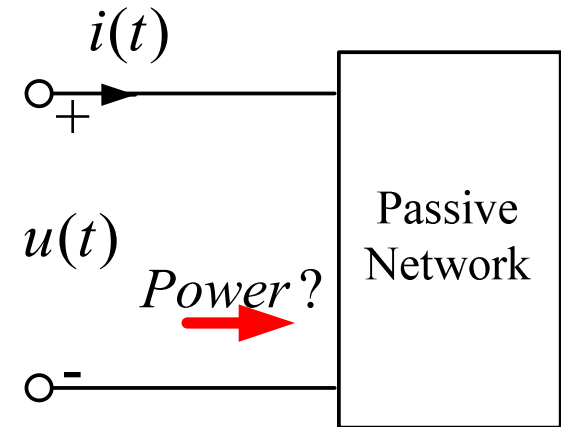
11.2 瞬时功率 (Instantaneous power)

3 RLC支路的瞬时功率

$$\begin{aligned} p(t) &= u(t)i(t) = 2UI \cos(\omega t + \theta_u) \cos(\omega t + \theta_i) \\ &= UI \cos(\theta_u - \theta_i) + UI \cos(2\omega t + \theta_u + \theta_i) \\ &= UI \cos(\theta_u - \theta_i) + UI \cos[2(\omega t + \theta_i) + (\theta_u - \theta_i)] \\ &= UI \cos(\theta_u - \theta_i) + UI \cos(\theta_u - \theta_i) \cos 2(\omega t + \theta_i) - UI \sin(\theta_u - \theta_i) \sin 2(\omega t + \theta_i) \\ &= \underbrace{UI \cos(\theta_u - \theta_i)}_{\text{消耗功率}} [1 + \cos 2(\omega t + \theta_i)] - \underbrace{UI \sin(\theta_u - \theta_i) \sin 2(\omega t + \theta_i)}_{\text{交换功率}} \\ &= p_R(t) + p_X(t) \end{aligned}$$

无源一端口网络的瞬时功率等于：

- 恒为正的消耗功率 $p_R(t)$,
- 和平均值为0的交换功率 $p_X(t)$ 之和。

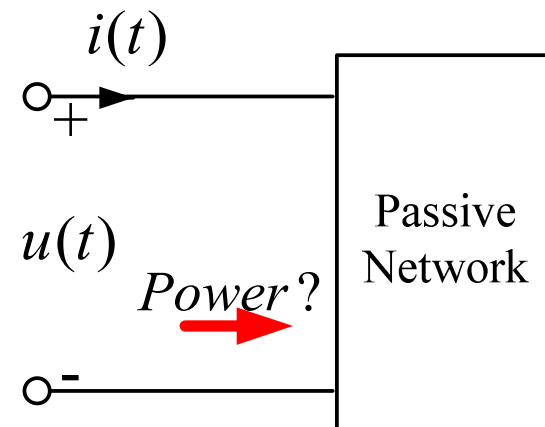


11.3 有功功率与无功功率

1 有功功率 real power

$$\begin{aligned} p(t) &= u(t)i(t) = 2UI \cos(\omega t + \theta_u) \cos(\omega t + \theta_i) \\ &= UI \cos(\theta_u - \theta_i) + UI \cos(2\omega t + \theta_u + \theta_i) \end{aligned}$$

$$\underline{= UI \cos(\theta_u - \theta_i) [1 + \cos 2(\omega t + \theta_i)] - UI \sin(\theta_u - \theta_i) \sin 2(\omega t + \theta_i)}$$



消耗功率

平均功率 Average power

$$P = \frac{1}{T} \int_0^T p(t) dt = UI \cos(\theta_u - \theta_i) = UI \cos \varphi \quad \text{单位: W 瓦}$$

φ : 功率因数角。对无源网络, 为其等效阻抗的阻抗角, 即

$$P = UI \cos \varphi = (|Z|I) I \cos \varphi = RI^2$$

$\cos \varphi$: 功率因数

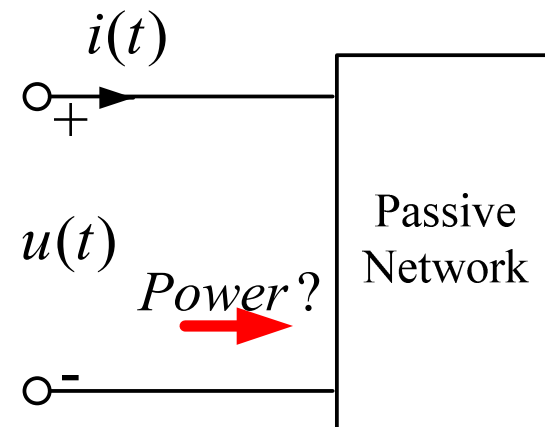
$$\cos \varphi \begin{cases} 1, & \text{纯电阻} \\ 0, & \text{纯电抗} \end{cases}$$

11.3 有功功率与无功功率

1 有功功率 real power

$$\begin{aligned} p(t) &= u(t)i(t) = 2UI \cos(\omega t + \theta_u) \cos(\omega t + \theta_i) \\ &= UI \cos(\theta_u - \theta_i) + UI \cos(2\omega t + \theta_u + \theta_i) \end{aligned}$$

$$= UI \cos(\theta_u - \theta_i) [1 + \cos 2(\omega t + \theta_i)] - UI \sin(\theta_u - \theta_i) \sin 2(\omega t + \theta_i)$$



2 无功功率 reactive power

交换功率

交换功率的幅值 Exchanged maximum power

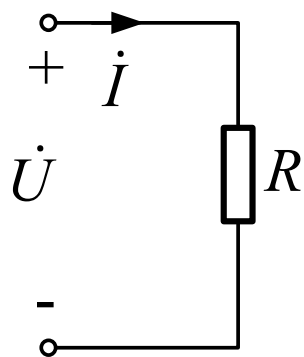
$$Q = UI \sin(\theta_u - \theta_i) = UI \sin \varphi \quad \text{单位: var} \quad \text{乏} \quad \text{吸收还是发出?}$$

Q 的大小反映网络与外电路交换功率的幅值。是由储能元件 L 、 C 的性质决定的;

$Q > 0$, 表示网络吸收无功功率;

$Q < 0$, 表示网络发出无功功率。

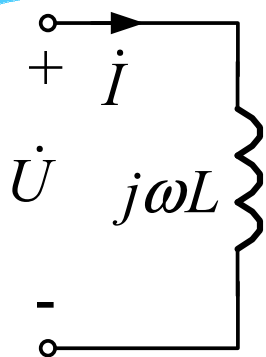
讨论1: R、L、C元件的有功功率和无功功率?



$$P_R = UI \cos \varphi = UI \cos 0^\circ = UI = I^2 R = U^2 / R$$

$$Q_R = UI \sin \varphi = UI \sin 0^\circ = 0$$

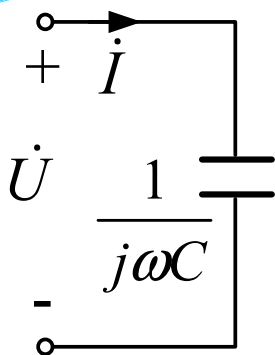
电阻只吸收(消耗)功率，无功功率为0。



$$P_L = UI \cos \varphi = UI \cos 90^\circ = 0$$

$$Q_L = UI \sin \varphi = UI \sin 90^\circ = UI$$

电感不消耗有功功率，吸收无功功率。

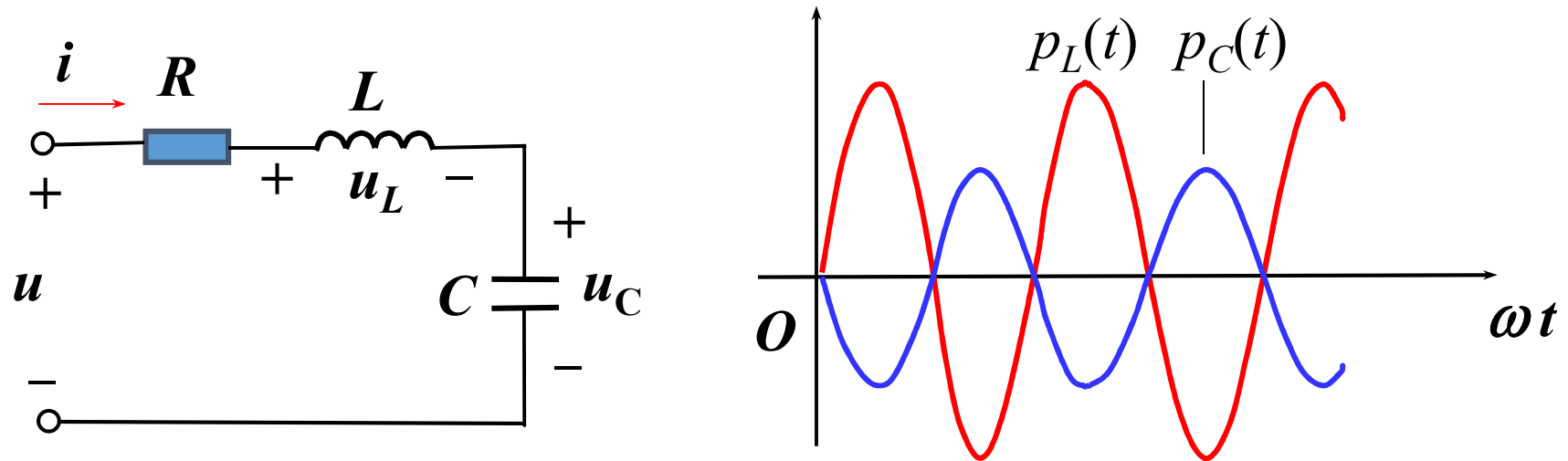


$$P_C = UI \cos \varphi = UI \cos (-90^\circ) = 0$$

$$Q_C = UI \sin \varphi = UI \sin (-90^\circ) = -UI$$

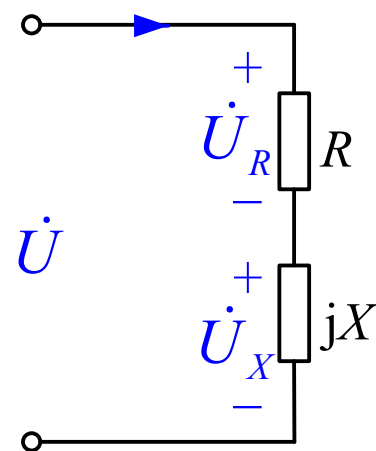
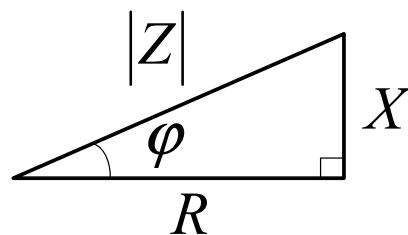
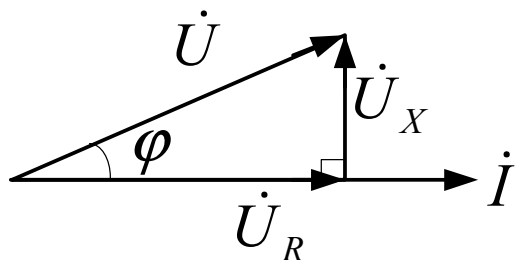
电容不消耗功率；电容发出无功功率。

讨论2：电感、电容的无功补偿作用？



当 L 发出功率时， C 刚好吸收功率，则与外电路交换功率为 $p_L + p_C$ ，因此， L 、 C 的无功具有互相补偿的作用。

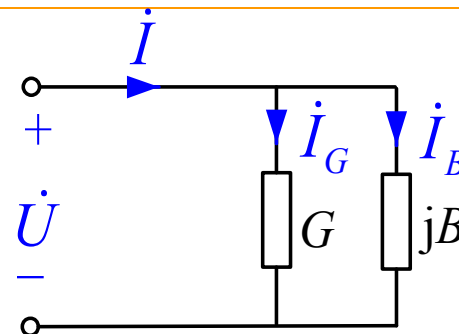
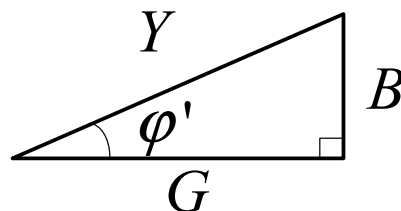
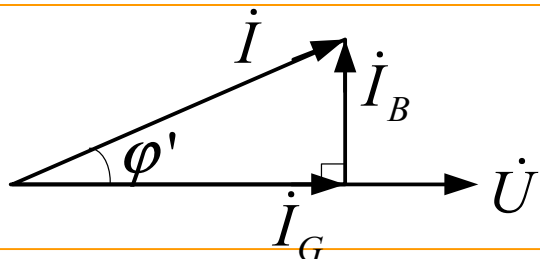
讨论3：计算以下各电路的平均功率和无功功率？



设为感性电路

$$P = UI \cos \varphi = U_R I = RI^2$$

$$Q = UI \sin \varphi = U_X I = XI^2$$

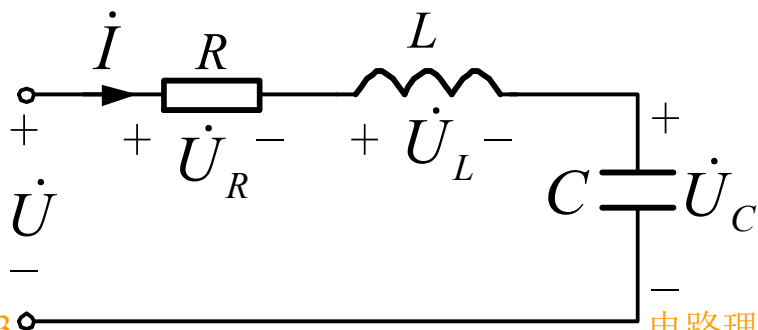


设为容性电路

$$P = UI \cos \varphi = UI_G = GU^2$$

$$Q = UI \sin \varphi = UI \sin(-\varphi') = -UI_B = -BU^2$$

推论：



$$P = UI \cos \varphi = RI^2$$

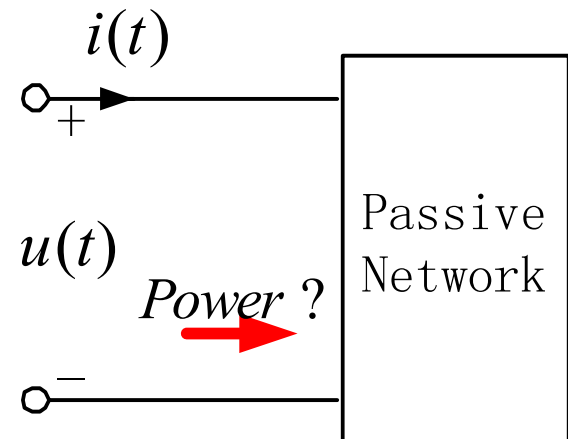
$$Q = UI \sin \varphi = (\omega L - \frac{1}{\omega C}) I^2$$

11.4 视在功率及功率因数

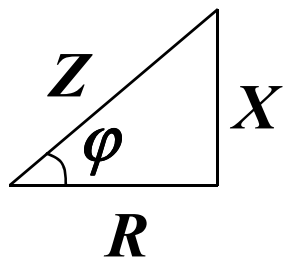
视在功率 Apparent power

$$S = UI = \sqrt{P^2 + Q^2} \quad \text{单位: VA}$$

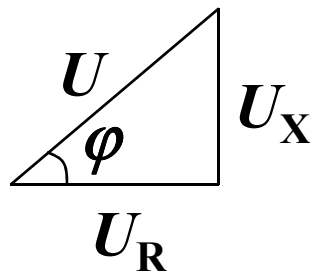
反映电气设备的容量。



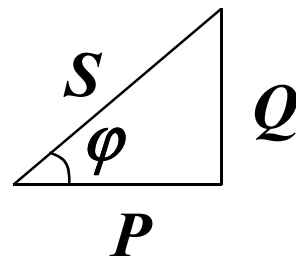
有功，无功，视在功率的关系：



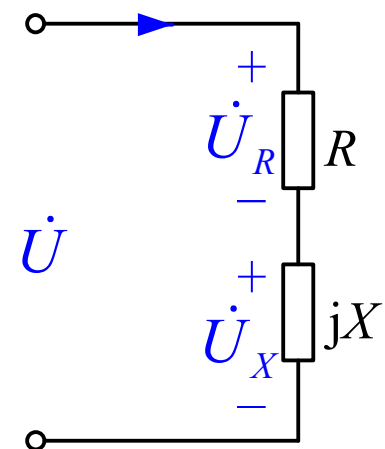
阻抗三角形



电压三角形



功率三角形

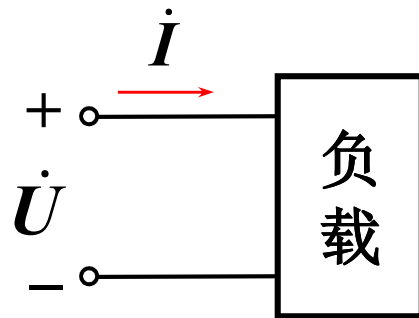


设为感性电路

11.5 复功率及功率守恒

1. 复功率Complex power

电力系统分析中，为了方便分析计算，将 P 、 Q 、 S 合成一个物理量，引入“复功率”。



$$\dot{U} = U \angle \theta_u, \quad \dot{I} = I \angle \theta_i$$

$$P = UI \cos(\theta_u - \theta_i) = UI \operatorname{Re}[e^{j(\theta_u - \theta_i)}]$$

$$= \operatorname{Re}(U e^{j\theta_u} \cdot I e^{-j\theta_i})$$

$$\downarrow$$
$$\dot{U}$$

$$\downarrow$$
$$\dot{I}^*$$

$$P = \operatorname{Re}[\dot{U} \cdot \dot{I}^*]$$

定义 $\bar{S} = \dot{U} \dot{I}^*$ 为复功率，单位 VA

$$\begin{aligned} \text{则 } \bar{S} &= \dot{U} \dot{I}^* = UI \angle(\theta_u - \theta_i) = UI \angle \varphi = S \angle \varphi \\ &= UI \cos \varphi + j UI \sin \varphi \\ &= P + jQ \end{aligned}$$

推论：无源网络中

$$\begin{aligned} \bar{S} &= \dot{U} \dot{I}^* = Z \dot{I} \cdot \dot{I}^* = Z I^2 \\ \bar{S} &= \dot{U} \dot{I}^* = \dot{U} (\dot{U} Y)^* \\ &= \dot{U} \cdot \dot{U}^* Y^* = U^2 Y^* \end{aligned}$$

11.5 复功率及功率守恒

2 复功率守恒 Conservation of power

在正弦稳态下，任一电路激励源发出的复功率等于各支路吸收的复功率之和。即

$$\bar{S} = \sum \bar{S}_k$$

$$\bar{S} = \dot{U} \dot{I}^* = \left(\sum_{k=1}^n \dot{U}_k \right) \dot{I}^* = \sum_{k=1}^n (\dot{U}_k \dot{I}^*)$$

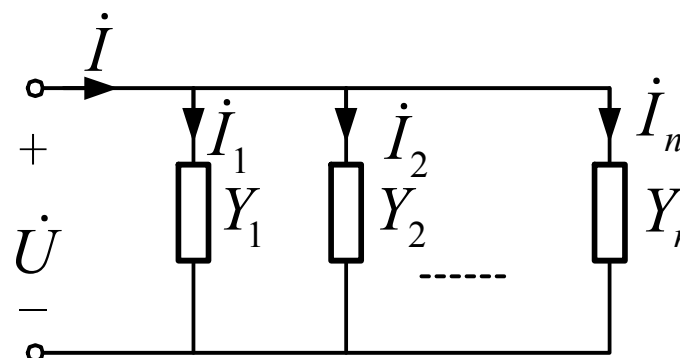
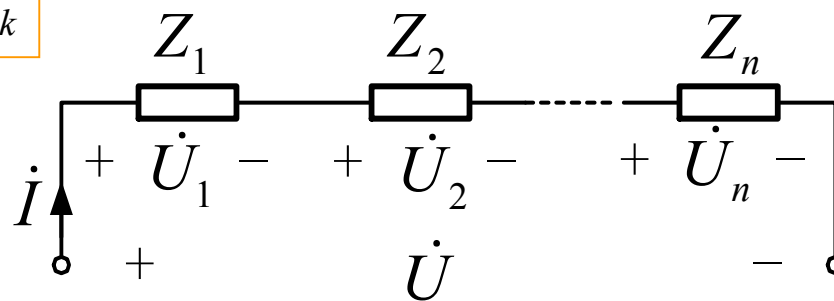
$$\bar{S} = \sum \bar{S}_k$$

$$\bar{S} = \dot{U} \dot{I}^* = \dot{U} \left(\sum_{k=1}^n \dot{I}_k^* \right) = \left(\sum_{k=1}^n \dot{U} \dot{I}_k^* \right)$$

$$\bar{S} = \sum \bar{S}_k$$

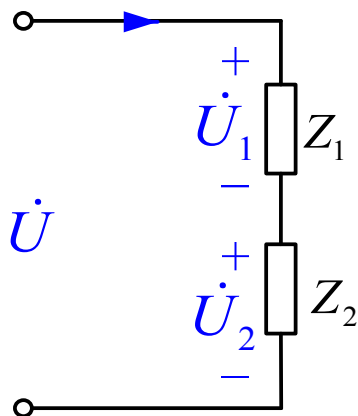


$$\bar{S} = \sum \bar{S}_k = \sum P_k + j \sum Q_k$$



11.5 复功率及功率守恒

2 复功率守恒 Conservation of power



复功率守恒，有功功率、无功功率守恒。

视在功率不守恒。

$$S \neq \sum_{k=1}^b S_k$$

证明：

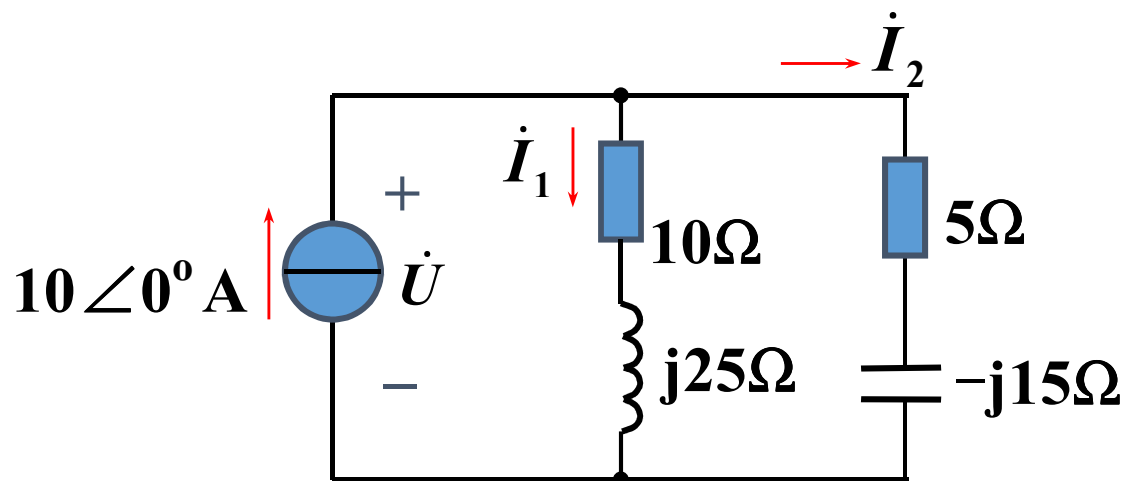
$$U = U_1 + U_2 \quad ?$$

$$U \neq U_1 + U_2$$

$$UI \neq U_1 I + U_2 I$$

$$S \neq S_1 + S_2$$

【例1】.已知如图，求各支路的复功率。



解: $\dot{U} = 10\angle 0^\circ \times [(10 + j25) // (5 - j15)] = 236\angle(-37.1^\circ) \text{ V}$

$$\bar{S}_{\text{发}} = \dot{U}\dot{I}^* = 236\angle(-37.1^\circ) \times 10\angle 0^\circ = 1882 - j1424 \text{ VA}$$

$$\bar{S}_{1\text{吸}} = U^2 Y_1^* = 236^2 \left(\frac{1}{10 + j25} \right)^* = 768 + j1920 \text{ VA}$$

$$\bar{S}_{2\text{吸}} = U^2 Y_2^* = 1113 - j3345 \text{ VA} \quad \text{复功率守恒。}$$

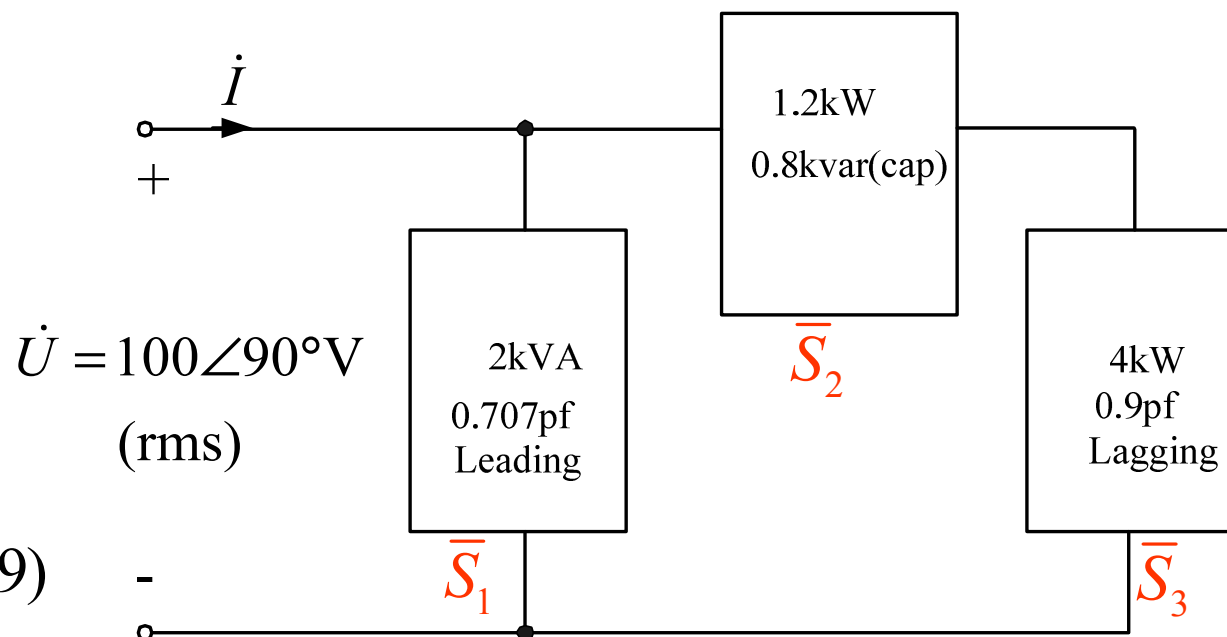
思考：感性网络和容性网络，复功率虚部（ Q ）正负？

【例2】 确定电源提供的复功率及端口电流. (p456, 例11-5-1)

$$\begin{aligned}\bar{S}_1 &= 2 \times (0.707 - j0.707) \\ &= 1.414 - j1.414\end{aligned}$$

$$\bar{S}_2 = 1.2 - j0.8$$

$$\begin{aligned}\bar{S}_3 &= 4 + j4 \times \frac{\sin \varphi}{\cos \varphi} \\ &= 4 + j4 \times \tan(\arccos 0.9) \\ &= 4 + j1.937\end{aligned}$$

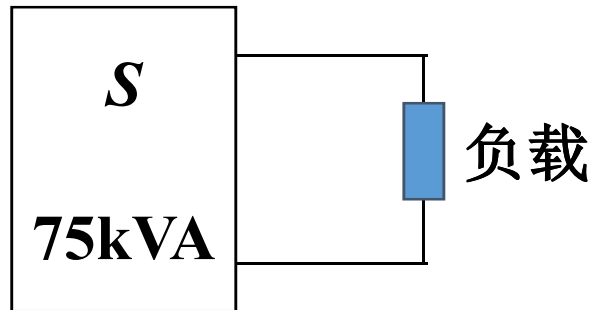


$$\bar{S} = \bar{S}_1 + \bar{S}_2 + \bar{S}_3 = 6.614 - j0.277 = 6.62 \angle -2.4^\circ \text{ kVA}$$

$$\dot{I} = (\frac{\bar{S}}{\dot{U}})^* = (\frac{6.62 \angle -2.4^\circ}{100j})^* = 66.2 \angle 92.4^\circ \text{ A}$$

11.6 功率因数校正

设备容量 S (额定)向负载送多少有功要由负载的阻抗角决定。



$$\cos \varphi = 0.7, P = 0.7S = 52.5\text{kW}$$

一般用户:

异步电机:空载 $\cos \varphi = 0.2 \sim 0.3$

日光灯: $\cos \varphi = 0.45 \sim 0.6$

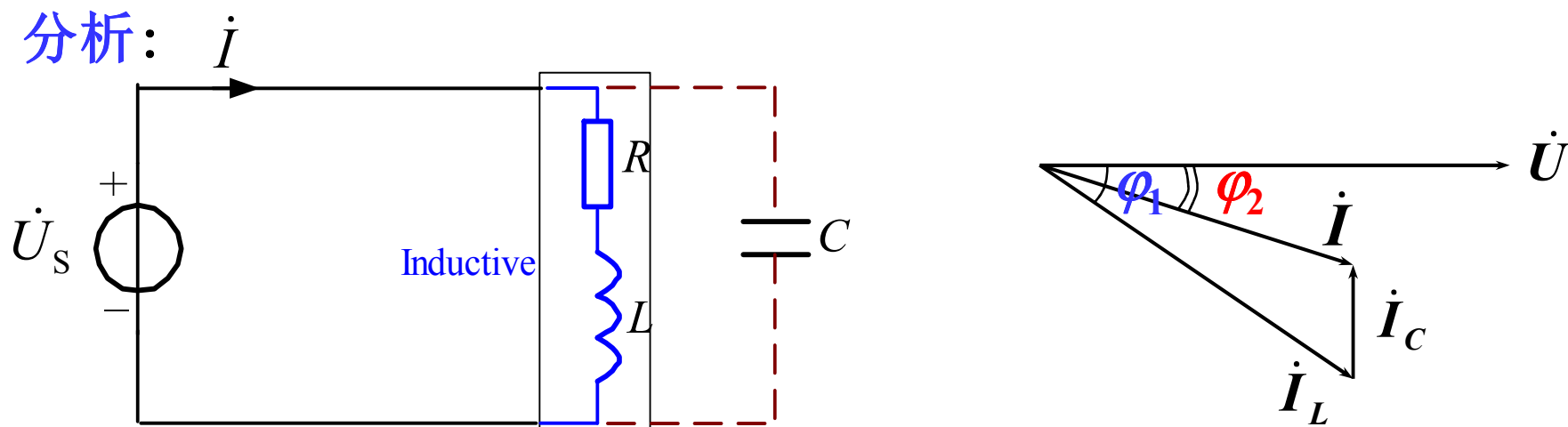
功率因数低带来的问题:

- 设备不能充分利用, 电流到了额定值, 但功率容量还有;
- 当输出相同的有功功率时, 线路上电流大 $I = P / (U \cos \varphi)$, 线路压降损耗大。

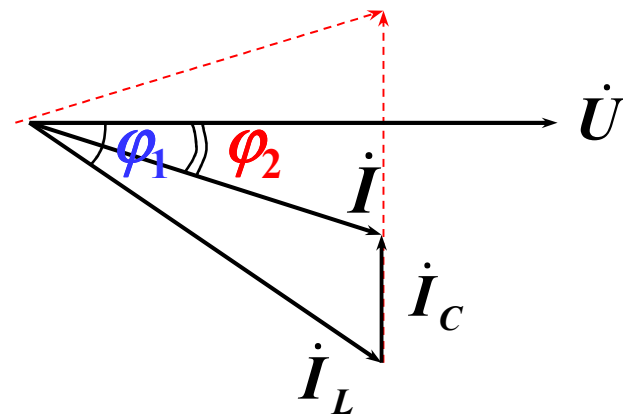
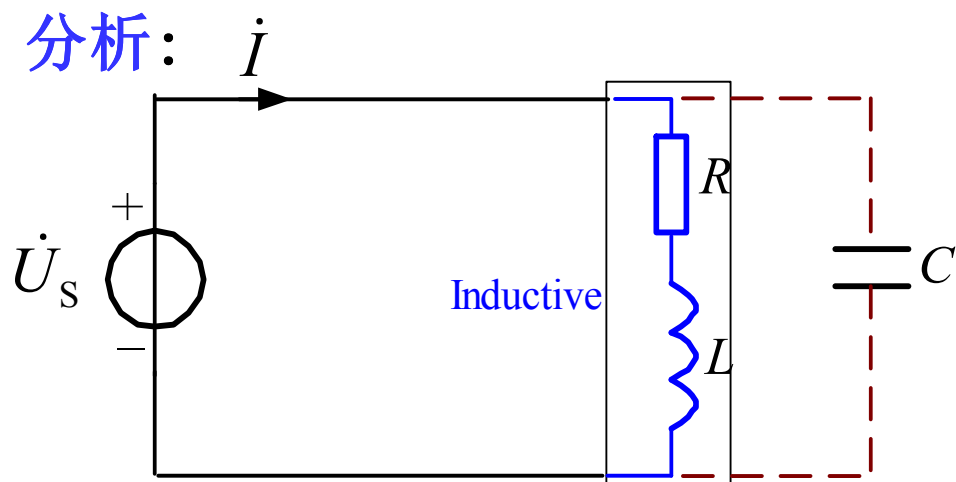
解决办法: 并联电容, 提高功率因数 (改进自身设备)。

思考: 能否用串联电容提高 $\cos \varphi$?

单纯从提高 $\cos \varphi$ 看是可以, 但是负载上电压改变了。在电网与电网连接上有用这种方法的, 一般用户采用并联电容。



- 并联电容后，原感性负载的电流、吸收的有功无功都不变，即负载的工作状态没有发生任何变化；
- 由于并联电容的电流超前端口电压 90° ，使得端口总电流减少。从相量图上，端口电压和端口电流的夹角减小了，从而提高了功率因数。
- 功率因数提高后，线路上电流减少，就可以带更多的负载，充分利用设备的能力。



$$I_C = I_L \sin \varphi_1 - I \sin \varphi_2$$

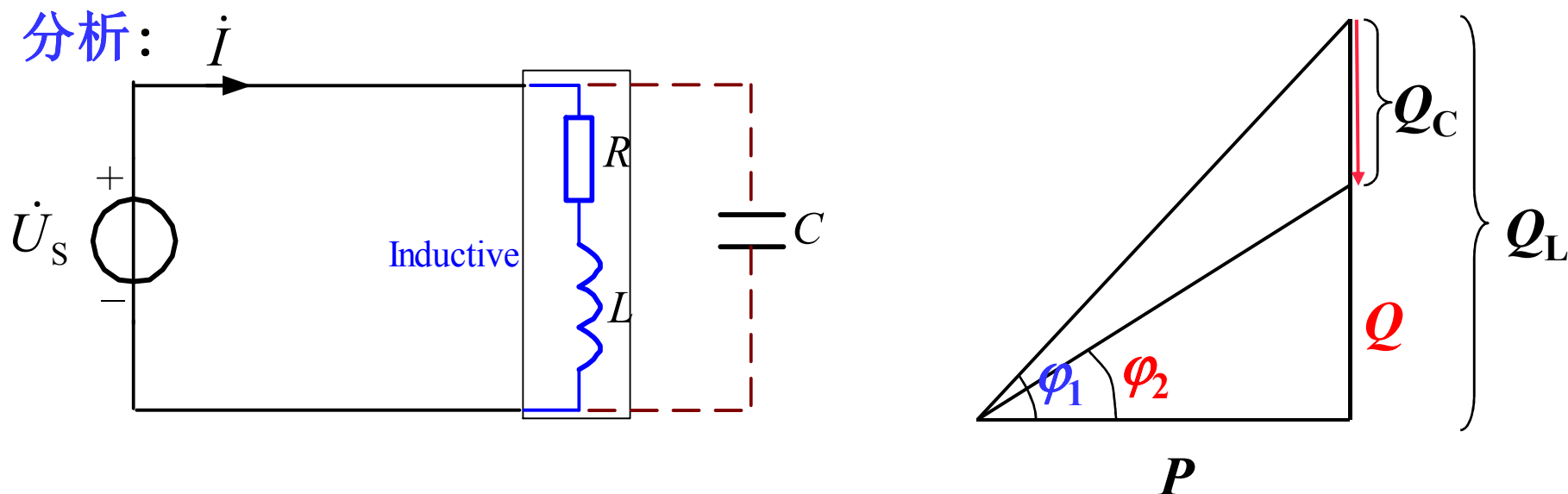
将 $I_L = \frac{P}{U \cos \varphi_1}$, $I = \frac{P}{U \cos \varphi_2}$ 代入上式得

$$I_C = \frac{P}{U} (\tan \varphi_1 - \tan \varphi_2) = \omega C U \Rightarrow C = \frac{P}{\omega U^2} (\tan \varphi_1 - \tan \varphi_2)$$

补偿容量不同

- 欠
- 全——不要求(电容设备投资增加,经济效果不明显)
- 过——使功率因数又由高变低(性质不同)

综合考虑, 提高到适当值为宜(0.9 左右)。



补偿容量也可以用功率三角形确定：

$$|Q_c| = |Q_L - Q| = P \frac{\sin\varphi_1}{\cos\varphi_1} - P \frac{\sin\varphi_2}{\cos\varphi_2} = P(\tan\varphi_1 - \tan\varphi_2)$$

$$|Q_c| = UI = \omega CU^2$$

$$C = \frac{P}{\omega U^2} (\tan\varphi_1 - \tan\varphi_2)$$

【例1】 已知： $f=50\text{Hz}$, $U=380\text{V}$, $P=20\text{kW}$, $\cos\varphi_1=0.6$ (滞后)。要使功率因数提高到0.9, 求并联电容 C 。

解：

$$\text{由}\cos\varphi_1=0.6 \quad \text{得} \quad \varphi_1=53.13^\circ$$

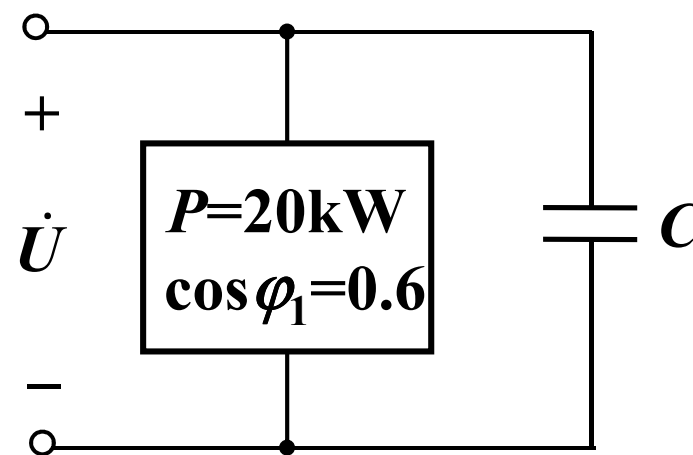
$$\text{由}\cos\varphi_2=0.9 \quad \text{得} \quad \varphi_2=25.84^\circ$$

$$Q_L = P \frac{\sin\varphi_1}{\cos\varphi_1} = P \tan\varphi_1 = 20 \times \tan 53.13^\circ = 26.67 \text{ k var}$$

$$Q = P \frac{\sin\varphi_2}{\cos\varphi_2} = P \tan\varphi_2 = 20 \times \tan 25.84^\circ = 9.69 \text{ k var}$$

$$Q_c = Q - Q_L = -\omega C U^2$$

$$C = \frac{Q_L - Q}{\omega U^2} = \frac{(26.67 - 9.69) \times 10^3}{314 \times 380^2} = 375 \mu\text{F}$$



【课下练习】

电压源:

2500VA, 220V (rms), 50Hz

感性负载:

1210W, 0.5 (滞后) \rightarrow 0.85

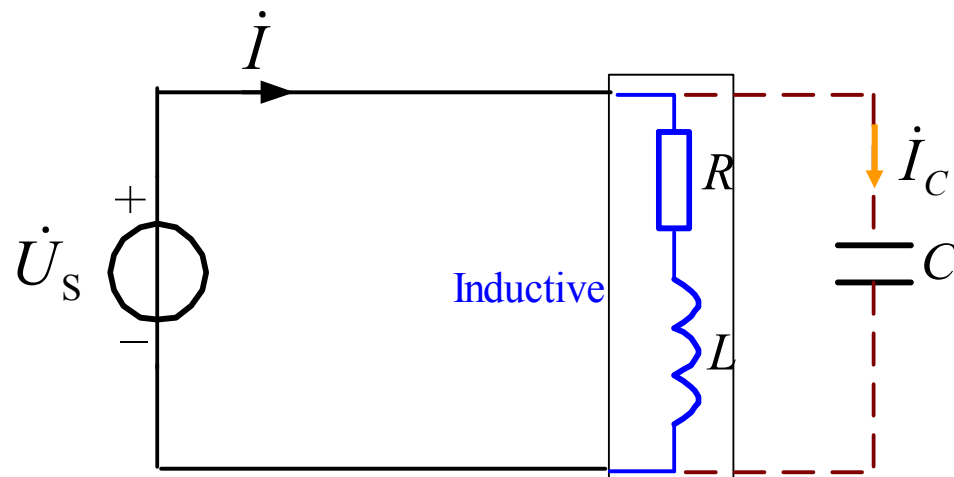
$$\dot{U}_s = 220\angle 0^\circ$$

$$\dot{I}_L = \frac{P}{U_s \cos \varphi_1} \angle -\varphi_1 = \frac{1210}{220 \times 0.5} \angle -60^\circ = 11\angle -60^\circ \quad \text{降低线路电流}$$

$$\dot{I} = \frac{P}{U_s \cos \varphi_2} \angle -\varphi_2 = \frac{1210}{220 \times 0.85} \angle -31.8^\circ = 6.5\angle -31.8^\circ$$

$$\dot{I}_C = \frac{\dot{U}_s}{-jX_C} = \frac{220}{-jX_C} \quad \dot{I} = \dot{I}_C + \dot{I}_L \Rightarrow 6.5\angle -31.8^\circ = 11\angle -60^\circ + \frac{220}{-jX_C}$$

$$X_C = 36.1\Omega \Rightarrow C = 88.2\mu F$$



【课下练习】

电压源:

2500VA, 220V (rms), 50Hz

感性负载:

1210W, 0.5 (滞后) \longrightarrow 0.85

$$\dot{U}_s = 220\angle 0^\circ$$

方法2 功率三角形

$$Q_1 = 1210 \tan \arccos 0.5 = 1210\sqrt{3} \text{Var}$$

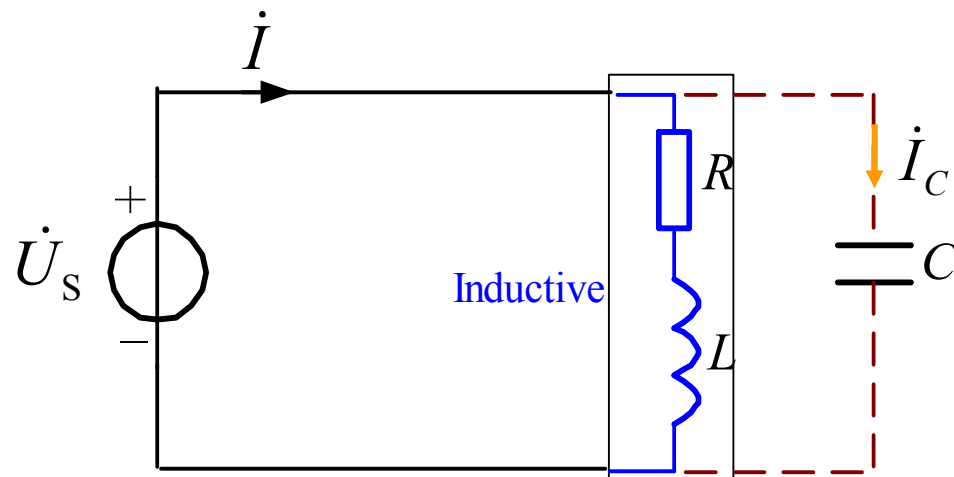
$$\begin{aligned} S_1 &= \sqrt{1210^2 + (1210\sqrt{3})^2} \\ &= 1210/0.5 = 2420 \text{VA} \end{aligned}$$

$$Q_2 = 1210 \tan \arccos 0.85 = 745 \text{Var}$$

$$Q_C = Q_1 - Q_2 = \omega C U_s^2 = 2\pi \times 50 \times 220^2 C$$

$$\begin{aligned} S_2 &= \sqrt{1210^2 + (745)^2} \\ &= 1210/0.85 = 1423.5 \text{VA} \end{aligned}$$

$$C = 88.5 \mu\text{F}$$



提高电源容量利用率

【例2】 已知：电动机 $P_D=1000\text{W}$ ，功率因数为0.8（滞后）
 $U=220\text{V}$ ， $f=50\text{Hz}$ ， $C=30\mu\text{F}$ 。求负载电路的功率因数。

解：

$$I_D = \frac{P_D}{U \cos \varphi_D} = \frac{1000}{220 \times 0.8} = 5.68\text{A}$$

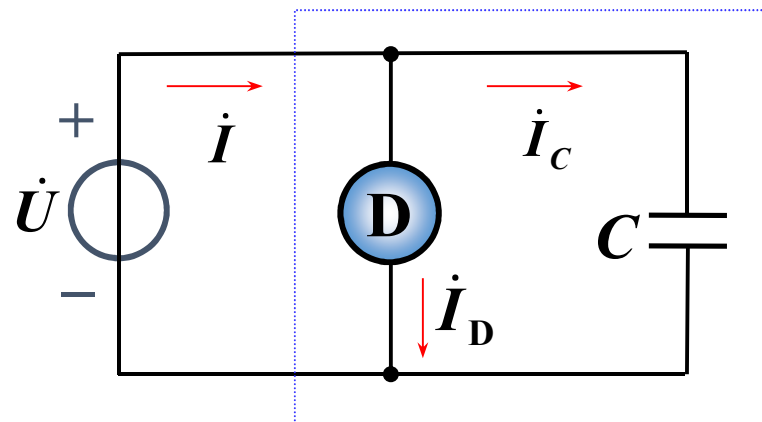
由 $\cos \varphi_D = 0.8$ (滞后)，得 $\varphi_D = 36.8^\circ$

设 $\dot{U} = 220 \angle 0^\circ$ ，则 $\dot{I}_D = 5.68 \angle -36.8^\circ$

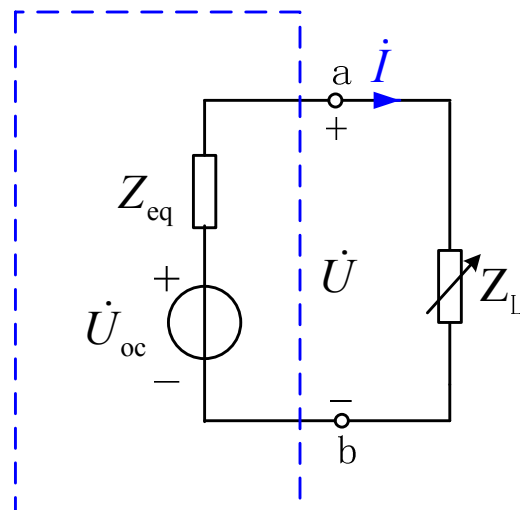
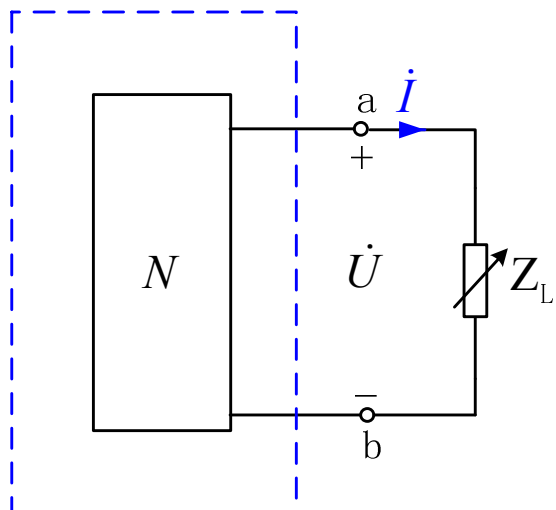
$$\dot{I}_C = \dot{U} \times j\omega C = 220 \angle 0^\circ \times j\omega C = j2.08$$

$$\dot{I} = \dot{I}_D + \dot{I}_C = 4.54 - j1.33 = 4.73 \angle -16.3^\circ$$

则 $\cos \varphi = \cos[0^\circ - (-16.3^\circ)] = 0.96$



11.7 最大功率传输 Maximum power transfer



$$Z_{eq} = R_{eq} + jX_{eq}$$

$$Z_L = R_L + jX_L$$

$$Z_L = ?$$

$$P_{Z_L} = \max?$$

$$P_Z = I^2 R_L$$

$$= \frac{U_{oc}^2 R_L}{(R_L + R_{eq})^2 + (X_L + X_{eq})^2}$$

$$\dot{I} = \frac{\dot{U}_{oc}}{Z_{eq} + Z_L}, \quad I = \frac{U_{oc}}{\sqrt{(R_{eq} + R_L)^2 + (X_{eq} + X_L)^2}}$$

$$\begin{cases} \frac{\partial P_Z}{\partial X_L} = 0 \\ \frac{\partial P_Z}{\partial R_L} = 0 \end{cases} \Rightarrow \begin{cases} X_L + X_{eq} = 0 \\ R_L = R_{eq} \end{cases}$$

$$Z_L = Z_{eq}^* \quad P_{Z_{max}} = \frac{U_{oc}^2}{4R_{eq}}$$

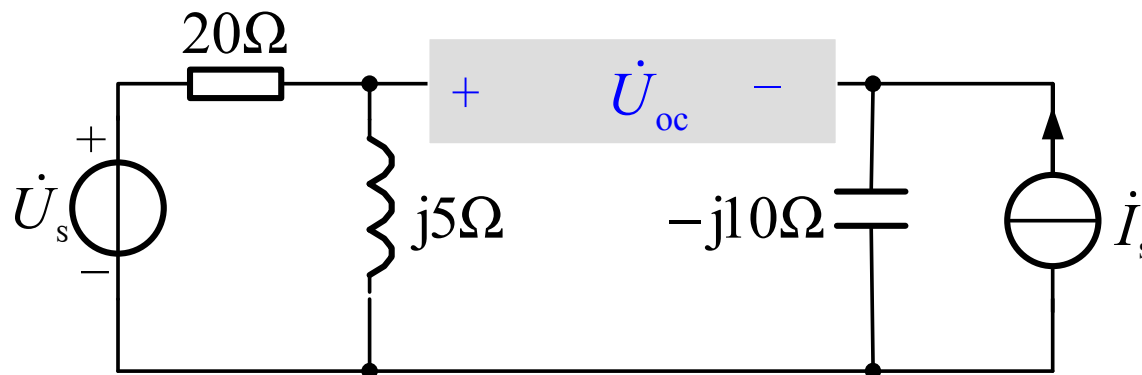
The load is matched to the network/source. 共轭匹配

11.7 最大功率传输 Maximum power transfer

【练习】：Z为何值时，Z获得最大功率？

$$\dot{U}_s = (100 - j50)V$$

$$\dot{I}_s = (20 + j30)A$$



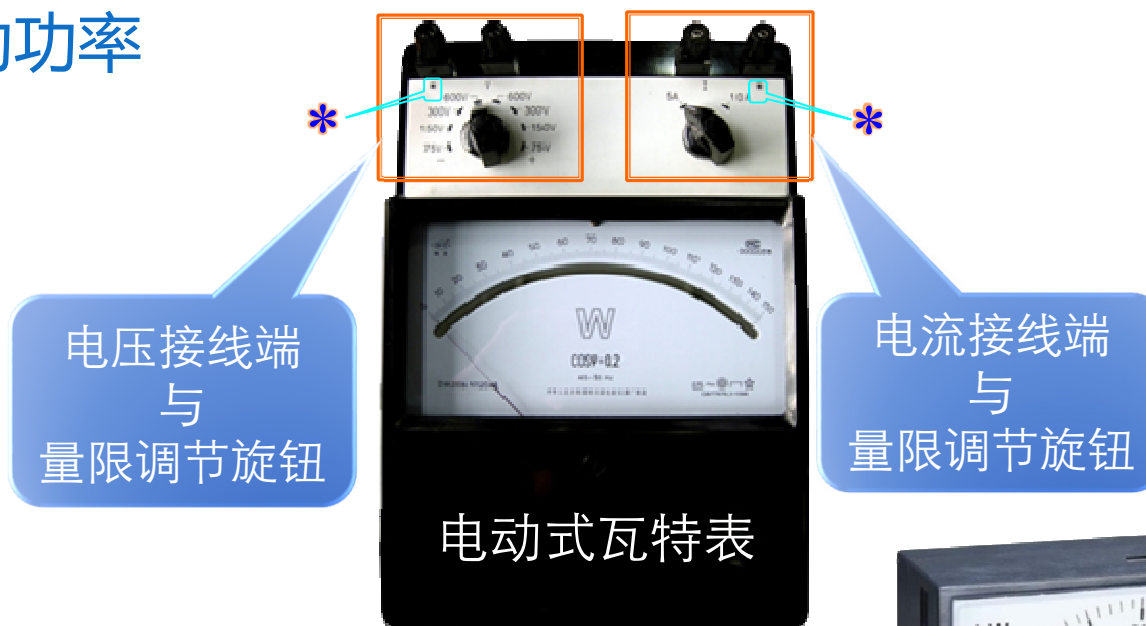
$$\dot{U}_{oc} = \dot{U}_s \times \frac{j5}{20 + j5} - (-j10)\dot{I}_s$$

$$Z_{eq} = \frac{20 \times j5}{20 + j5} + (-j10)$$

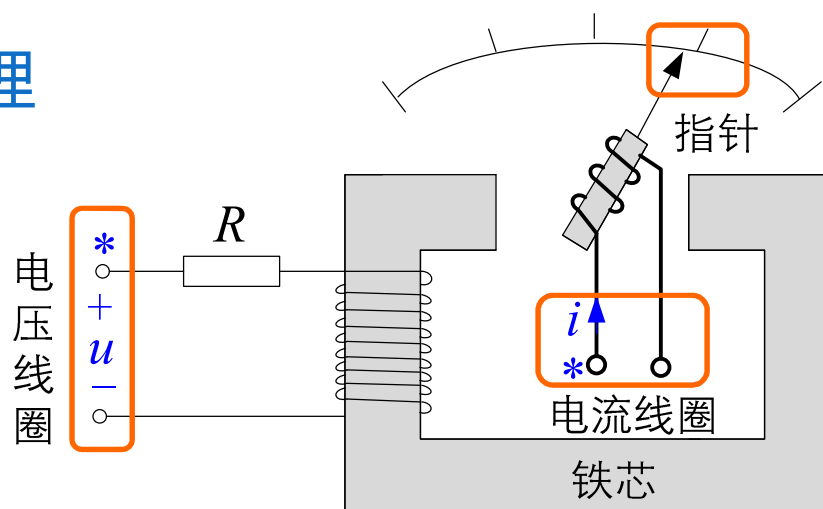
$$Z = Z_{eq}^* \quad P_{Zmax} = \frac{U_{oc}^2}{4 \operatorname{Re}[Z_{eq}]}$$

11.8 有功功率测量

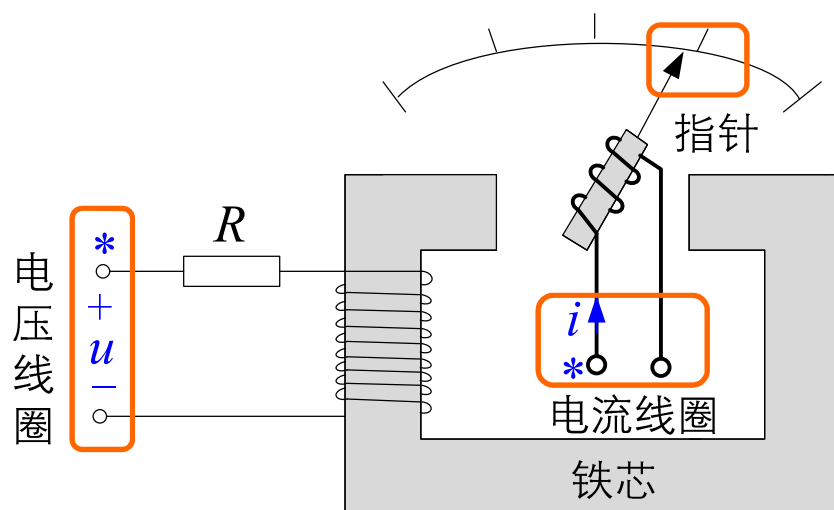
👉 瓦特表测量有功功率



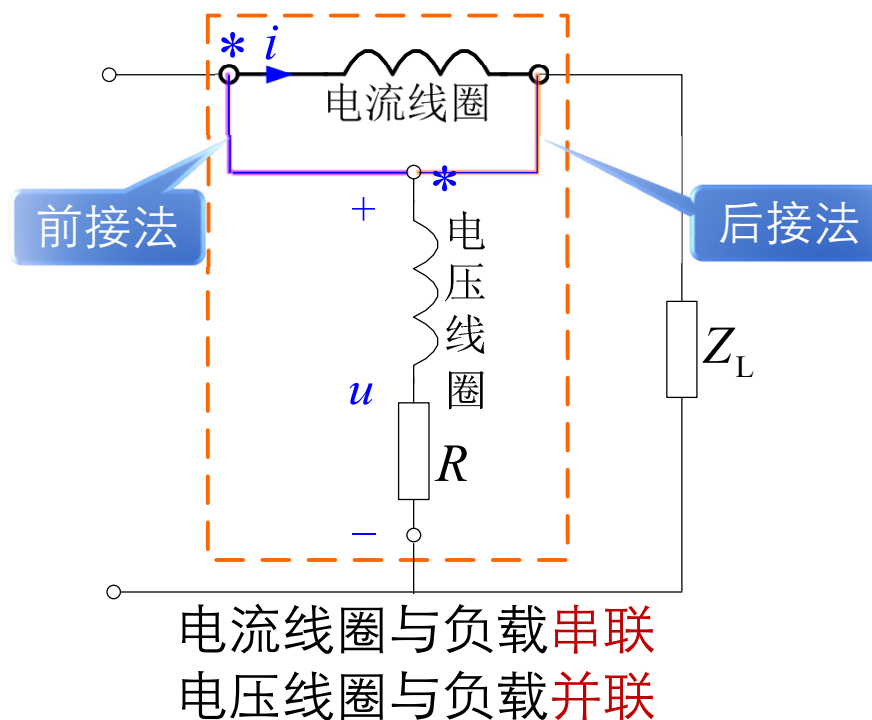
👉 电动式瓦特表原理



11.8 有功功率测量



瓦特表的接线方式

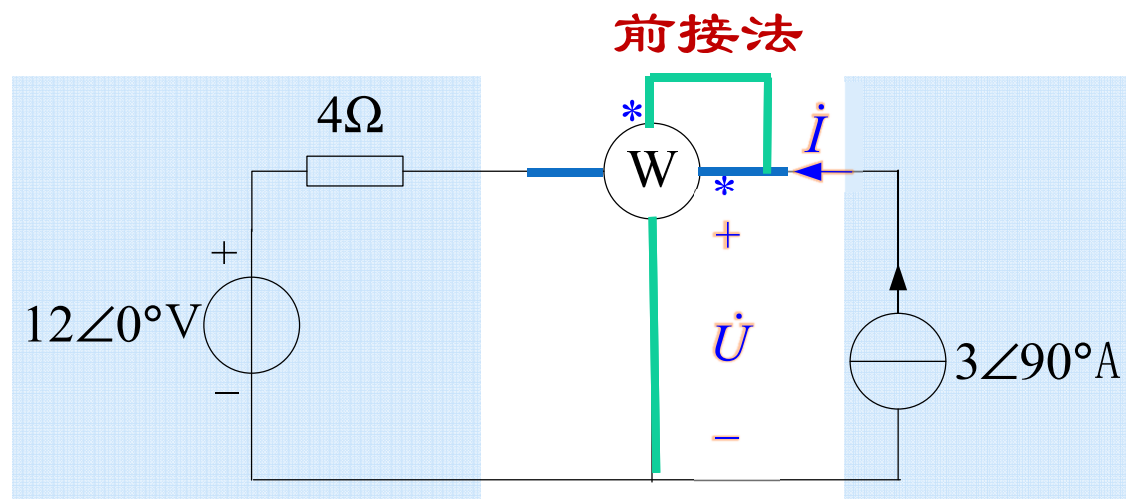


瓦特表的读数

$$P = \frac{1}{T} \int_0^T u i dt = \text{Re}[\dot{U} \times \dot{I}^*]$$

11.8 有功功率测量

练习 确定瓦特表的读数，及读数的物理含义。



瓦特表的读数 $P = \operatorname{Re}[\dot{U} \times \dot{i}^*]$

$$\dot{U} = 4 \times 3 \angle 90^\circ + 12 \angle 0^\circ = 12\sqrt{2} \angle 45^\circ \text{ V}$$

$$P = \operatorname{Re}[12\sqrt{2} \angle 45^\circ \times 3 \angle -90^\circ] = 36 \text{ W}$$

是电流源发出的有功功率，
也是电压源和电阻吸收的有功功率之和。

【例1】 三表法测线圈参数(R、L)与电源的复功率。已知 $f=50\text{Hz}$ ，
且测得 $U=50\text{V}$ ， $I=1\text{A}$ ， $P=30\text{W}$ 。

解： 设 $\dot{U} = 50\angle 0^\circ\text{V}$

$$P = UI \cos \varphi = 30$$

$$\cos \varphi = \frac{3}{5} \quad \varphi = 53.13^\circ \text{ (lagging)}$$

$$\text{则 } \dot{I} = 1\angle -53.13^\circ\text{A}$$

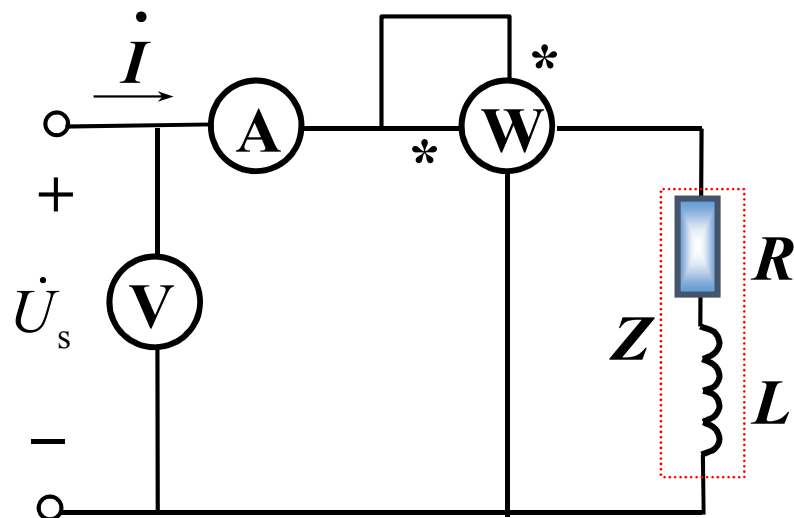
$$Z = \frac{\dot{U}}{\dot{I}} = 50\angle 53.13^\circ = (30 + j40)\Omega$$

$$Z = 30 + j40 = R + j2\pi fL$$

$$R = 30\Omega \quad L = 127\text{mH}$$

$$\bar{S} = \dot{U}\dot{I}^* = (30 + j40) \text{ VA}$$

$$(\bar{S} = UI\angle\varphi = 50\angle 53.13^\circ)$$



Method 2

$$P = I^2 R \Rightarrow R = \frac{P}{I^2} = \frac{30}{1^2} = 30\Omega$$

$$|Z| = \frac{U}{I} = \frac{50}{1} = 50\Omega$$

$$|Z| = \sqrt{R^2 + (\omega L)^2}$$

$$L = \frac{1}{\omega} \sqrt{|Z|^2 - R^2} = \frac{40}{314} = 0.127\text{H}$$

计划学时：4学时； 课后学习8学时

作业：

11-2/ 功率

11-7/ 复功率

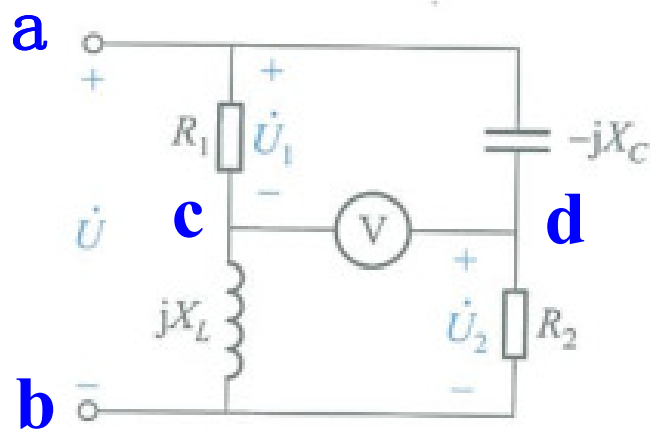
11-9/功率因数校正

11-13/最大功率

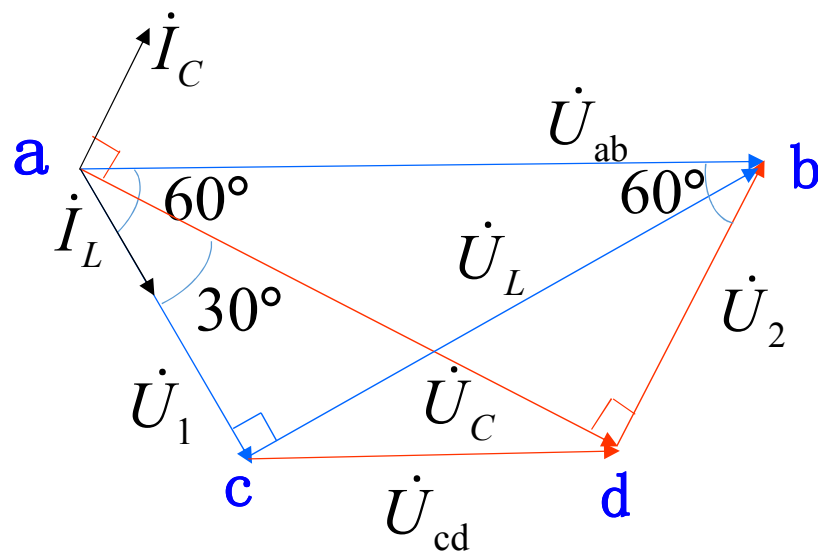
11-20/功率测量

11-26 /综合应用

11-25 图示电路中，端口电压 U 的有效值为100V， U_1 、 U_2 的有效值均为50V，求电压表的读数。



题 11-25 图



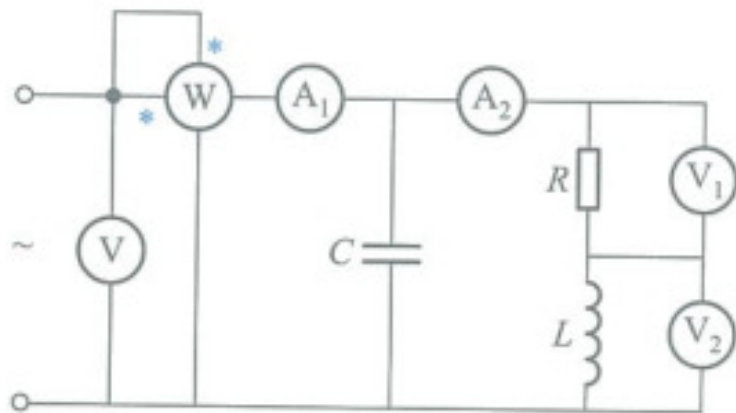
解：设端口电压 U 为参考相量 $\dot{U}=100\angle 0^\circ\text{V}$

$$U_1 = 50\text{V} \text{ 可以得出: } U_L = 50\sqrt{3}\text{V}$$

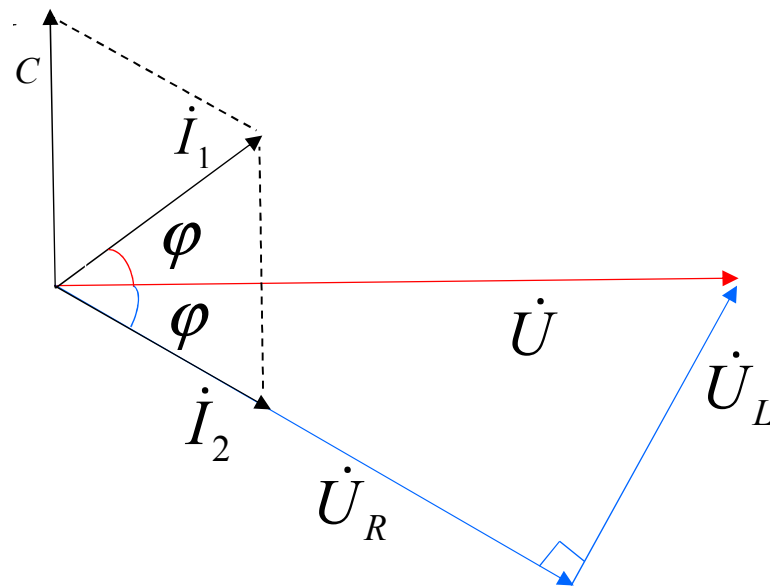
$$\begin{aligned} U_{cd}^2 &= U_1^2 + U_L^2 - 2U_1 \times U_L \cos 30^\circ \\ &= 50^2 + (50\sqrt{3})^2 - 2 \times 50 \times 50\sqrt{3} \times \frac{\sqrt{3}}{2} \end{aligned}$$

$$U_{cd} = 50\text{V}$$

11-26 图示电路中，功率表读数为100W，电压表读数为100V，电流表A₁A₂的读数相等，电压表V₂的读数是V₁的一半，求参数R, X_L, X_C的值。



题 11-26 图



解：设端口电压 U 为参考相量 $\dot{U}=100\angle 0^\circ\text{V}$

$$U_R = 2U_L \text{ 可以得出: } \cos \varphi = \frac{2}{\sqrt{5}}, \sin \varphi = \frac{1}{\sqrt{5}} \quad U_R = U \cos \varphi = 100 \times \frac{2}{\sqrt{5}} = 40\sqrt{5}\text{V}, \quad U_L = 20\sqrt{5}\text{V}$$

$$P = UI_1 \cos \varphi \text{ 可以得出: } I_1 = \frac{P}{U \cos \varphi} = \frac{100}{100 \times \cos \varphi} = \frac{\sqrt{5}}{2}\text{A} \quad I_2 = I_1 = \frac{\sqrt{5}}{2}\text{A}$$

$$I_C = 2I_1 \sin \varphi = 2 \times \frac{\sqrt{5}}{2} \times \frac{1}{\sqrt{5}} = 1\text{A}$$

$$R = \frac{U_R}{I_2} = \frac{40\sqrt{5}}{\frac{\sqrt{5}}{2}} = 80\Omega \quad X_L = 40\Omega \quad X_C = \frac{U}{I_C} = \frac{100}{1} = 100\Omega$$