$$\omega = \dot{\psi} + \dot{\varphi} = \frac{I_0}{I_3} \dot{\varphi}$$
  $\omega = \dot{\varphi}$ 

$$E \qquad L^2 \qquad \qquad E \qquad L^2$$

$$E = \frac{L^2}{2I_3}$$
  $E = \frac{L^2}{2I_0}$   $\dot{\psi}$   $\dot{\varphi}_0$   $\dot{\varphi}$ 

$$\dot{\psi}$$
  $\dot{arphi}_0$   $\dot{arphi}$   $\dot{\psi}_{max}=rac{\Delta I}{I_2}\dot{arphi}\cong 4.3\dot{arphi}$