$$ZFy = 0$$
 $F_{AB} + F_{DC} - F = 0$
 $F_{AB} + F_{DC} - Z_{0000} = 0$
 $F_{AB} = Z_{0000} - F_{DC} (1)$

$$F_{AB} = 20000 - FDC$$

2) $F_{AB} = 12,057KN$

$$\int_{CD} = \frac{7,943.00^3.2000}{350.03.45} = 1,009 mm$$

$$d_{AB} = \frac{12,06.0^3.2000}{350.00^3.60} = 1,148 \, \text{mm}$$

$$\frac{\delta e - \delta c_0 = \delta_{Ag} - \delta_{CD}}{\delta}$$

$$\int_{E} -1,009 = \frac{0,185}{1,41}$$

$$\int_{E} = 0,08379 + 1,009$$

$$\int_{E} = 1,093 \, \text{mm}$$