$= \frac{2\pi q^2}{16\pi^2 60} \left[\frac{r^5}{5R^c} \right] R + \frac{1}{r} \left[\frac{1}{R} \right]$ $= \frac{q^2}{8\pi\epsilon_0} \left[\frac{1}{5R} + \left(-\frac{1}{60} - \frac{1}{R} \right) \right]$ $=\frac{9^{2}}{8\pi\xi_{0}}\left(\frac{1}{5R}+\frac{1}{R}\right)^{2}=\frac{9^{2}}{8\pi\xi_{0}}\frac{6}{5R}=\frac{9^{2}}{4\pi\xi_{0}R}\frac{3}{5}$

 $W = \frac{\mathcal{E}_0}{\sqrt{\sum_{i=1}^{2} d_i T_i + g_i}} \left(\int_{V_i} E^2 d_i T_i + g_i V_i E_i d_i \right)$