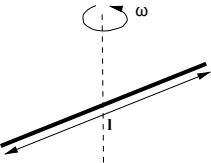
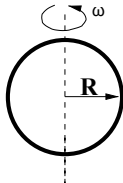


langer, dünner Stab



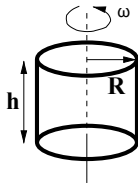
$$I_{St} = \frac{m l^2}{12}$$

Kugel

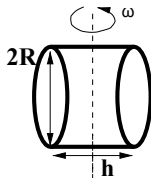


$$I_K = \frac{2}{5} m R^2$$

Zylinder



$$I_z = \frac{m R^2}{2}$$



$$I_{zh} = m \left( \frac{R^2}{4} + \frac{h^2}{12} \right)$$