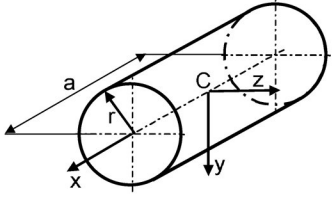
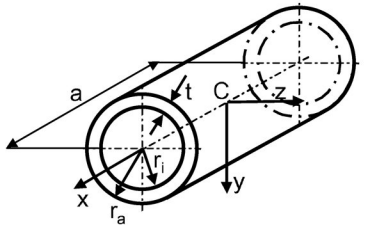
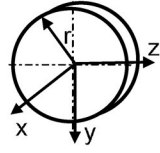
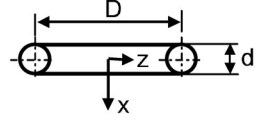
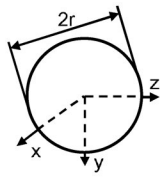
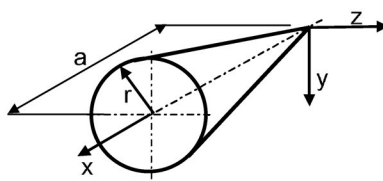
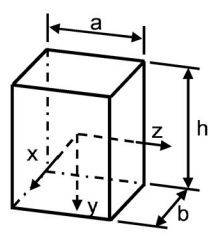
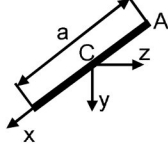


	Körper	Massenträgheitsmomente
1	Zylinder 	$J_x = \frac{1}{2} m r^2$ $J_y = J_z = \frac{1}{4} m \left(r^2 + \frac{a^2}{3} \right)$
2	Hohlzylinder 	$J_x = \frac{1}{2} m (r_a^2 + r_i^2) \quad J_y = J_z = \frac{1}{4} m \left(r_a^2 + r_i^2 + \frac{a^2}{3} \right)$ <p>für dünnwandige Hohlzylinder $d_m = r_a + r_i \quad (t \ll d_m)$</p> $J_x = \frac{1}{4} m d_m^2 \quad J_y = J_z = \frac{1}{8} m \left(d_m^2 + \frac{2a^2}{3} \right)$
3	dünne Kreisscheibe 	$J_x = \frac{1}{2} m r^2$ $J_y = J_z = \frac{1}{4} m r^2$
4	dünner Kreisring 	$J_x = \frac{1}{4} m \left(D^2 + \frac{3}{4} d^2 \right)$
5	Kugel 	$J_x = J_y = J_z = \frac{2}{5} m r^2$ <p>für dünnwandige Hohlkugel</p> $J_x = J_y = J_z = \frac{2}{3} m r^2$
6	Kreiskegel 	$J_x = \frac{3}{10} m r^2$ $J_y = J_z = \frac{3}{5} m \left(\frac{r^2}{4} + a^2 \right)$
7	Rechteckplatte 	$J_x = \frac{1}{12} m (a^2 + h^2)$ $J_y = \frac{1}{12} m (a^2 + b^2)$ $J_z = \frac{1}{12} m (h^2 + b^2)$
8	dünner Stab 	$J_x = 0$ $J_y^C = J_z^C = \frac{1}{12} m a^2$ $J_y^A = J_z^A = \frac{1}{3} m a^2$