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Gerndengleichung aufitellen:

$$\tilde{a}_{n} = \omega_{n} + \underline{\omega}_{-n} = 2Re\left[\underline{\omega}_{n}\right] = \frac{2\tilde{\omega}_{n}}{r_{n}^{2}T_{n}} = \frac{\tilde{\omega}_{n}}{r_{n}^{2}u^{2}}$$