Решение

1)
$$T = 2\pi \sqrt{\frac{I}{mgd}}$$

2)
$$I = I_0 + md^2$$

3)
$$I_0 = \frac{ml^2}{12}$$

4)
$$I = \frac{ml^2}{12} + md^2 = m(\frac{l^2}{12} + d^2)$$

5)
$$T = 2\pi \sqrt{\frac{m(\frac{l^2}{12} + d^2)}{mgd}} = 2\pi \sqrt{\frac{(\frac{l^2}{12} + d^2)}{gd}}$$

6)
$$d = x$$

7)
$$\frac{dT}{dx} = 0$$
, (условие минимума)

8)
$$T = 2\pi \left(\frac{(\frac{l^2}{12} + x^2)}{gx}\right)^{\frac{1}{2}}$$

9)
$$2\pi * \frac{1}{2} \left(\frac{\left(\frac{l^2}{12} + x^2\right)}{gx} \right)^{\frac{-1}{2}} \left[\frac{2x * gx - g\left(\frac{l^2}{12} + x^2\right)}{(gx)^2} \right] = 0$$

10)
$$gx = 0$$
, Q

11)
$$2x^2 - \frac{l^2}{12} + x^2 = 0$$
, $x^2 = \frac{l^2}{12}$, $x = \frac{l}{\sqrt{12}}$, $x = d = \frac{0.5}{\sqrt{12}} \approx 0.144$ m