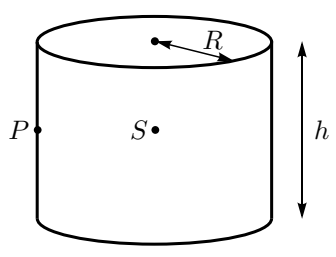
Scheibe ($h \ll 1$) / Zylinder

$\Theta_S = \frac{1}{2} m R^2$

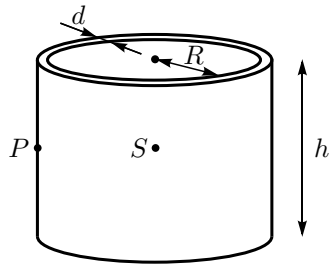
$\Theta_P = \frac{3}{2} m R^2$



Ring ($h \ll 1$) / Hohlzylinder dünnwandig ($d \ll 1$)

$\Theta_S = m R^2$

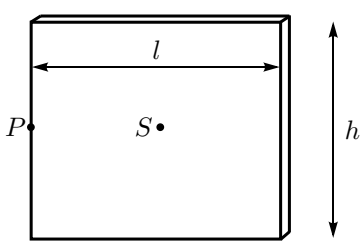
$\Theta_P = 2 m R^2$



Stab ($h \ll 1$) / Platte

$\Theta_S = \frac{1}{12} m l^2$

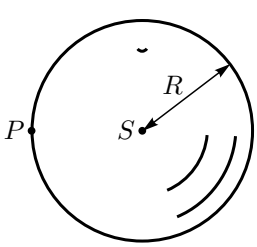
$\Theta_P = \frac{1}{3} m l^2$



Kugel

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

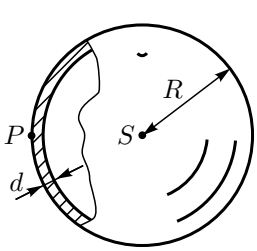
$\Theta_P = \frac{7}{5} m R^2$



Kugelschale($d \ll 1$)

$\Theta_S = \frac{2}{3} m R^2$

$\Theta_P = \frac{5}{3} m R^2$



Scheibe

$\Theta_S = \frac{1}{4} m R^2$

$\Theta_P = \frac{5}{4} m R^2$