

$$\int_0^{2\pi} d\varphi \int_0^R r dr \int_{\frac{hr}{R}}^{h^2} x dx = \int_0^{2\pi} d\varphi \int_0^R r dr \cdot \left( \frac{h^2}{2} - \frac{1}{2} \left( \frac{hr}{R} \right)^2 \right) =$$

$$= \int_0^{2\pi} d\varphi \int_0^R r \cdot \frac{h^2}{2} \cdot \left( 1 - \frac{r^2}{R^2} \right) dr =$$

$$= \int_0^{2\pi} d\varphi \left( \frac{h^2 x^2}{4} - \frac{h^2 x^4}{8x^2} \right) \Big|_0^R = \int_0^{2\pi} d\varphi \left( \frac{h^2 r^2}{8} \right) =$$

$$= \int_0^{2\pi} \left( \frac{h^2 r^2}{8} \right) d\varphi = \frac{\pi h^2 r^2}{4} = \frac{\pi}{4} \cdot (hr)^2$$

$$x^2 = \frac{h^2}{R} (z^2 + y^2)$$

$$\begin{cases} x = x \\ z = r \sin \varphi \\ y = r \cos \varphi \end{cases}$$

$$\frac{h^2}{R^2} (r^2 \sin^2 \varphi + r^2 \cos^2 \varphi) \Rightarrow x = \frac{hr}{R}$$

$$\iiint (x+y+z) dx dy dz = \int_0^a dx \int_0^b dy \int_0^c (x+y+z) dz =$$

$$= \int_0^a dx \int_0^b dy \left( \frac{c^2}{2} + c(x+y) \right) =$$

$$= \int_0^a dx \left( \frac{b^2 c}{2} + b \left( \frac{c^2}{2} + cx \right) \right) = \frac{a^2 b c}{2} + \frac{a b^2 c}{2} + \frac{a b c^2}{2} =$$

$$= \frac{1}{2} a b c (a+b+c)$$

$$\begin{cases} x=0 \\ y=0 \\ z=0 \\ x=a \\ y=b \\ z=c \end{cases}$$