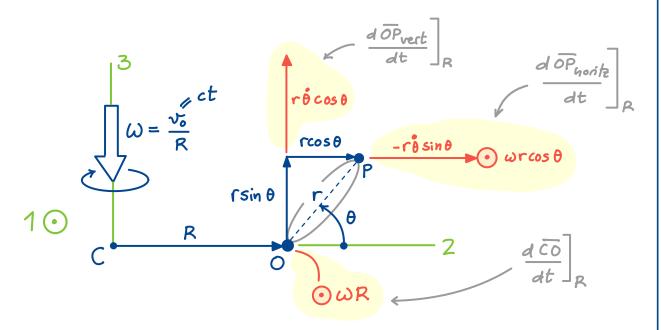


Solució:

Derivarem
$$\overline{CP} = \overline{CO} + \overline{OP} = \overline{CO} + \overline{OP}_{vert.} + \overline{OP}_{horitz.}$$

Cal deivar els vecs. blaus, i obtenim els vermells:



Projectem vecs. vermells sobre B = (1,2,3):

$$\left\{ \overline{v_T}(P) \right\}_{B} = \left\{ \begin{array}{l} \omega R + \omega r \cos \theta \\ -r \dot{\theta} \sin \theta \\ r \dot{\theta} \cos \theta \end{array} \right\}_{B}$$