$$Q_e = -\frac{a_{0p}\pi^{2}}{L} \frac{\gamma}{\gamma-1} \sin\left(\frac{a_{0p}\pi^{2}}{L}\right) \left[u_0 + u_x \sin\left(\frac{a_{0p}\pi^{2}}{L}\right) + u_y \cos\left(\frac{a_{0p}\pi^{2}}{L}\right) \right] + \\ + \frac{a_{0p}\pi^{2}}{L} \frac{\gamma}{\gamma-1} \sin\left(\frac{a_{0p}\pi^{2}}{L}\right) \left[u_0 + u_x \sin\left(\frac{a_{0p}\pi^{2}}{L}\right) + u_y \cos\left(\frac{a_{0p}\pi^{2}}{L}\right) \right] + \\ + \frac{a_{0p}\pi^{2}}{L} \frac{\gamma}{\gamma-1} \sin\left(\frac{a_{0p}\pi^{2}}{L}\right) \left[u_0 + u_x \sin\left(\frac{a_{0p}\pi^{2}}{L}\right) + u_y \cos\left(\frac{a_{0p}\pi^{2}}{L}\right) \right] + \\ + \frac{a_{0p}\pi^{2}}{L} \frac{\gamma}{\gamma-1} \sin\left(\frac{a_{0p}\pi^{2}}{L}\right) \left[u_0 + u_x \sin\left(\frac{a_{0p}\pi^{2}}{L}\right) + u_y \cos\left(\frac{a_{0p}\pi^{2}}{L}\right) \right] + u_z \cos\left(\frac{a_{0p}\pi^{2}}{L}\right) + u_y \cos\left(\frac{a_{0p}\pi^{2}}{L}\right) + u_y \cos\left(\frac{a_{0p}\pi^{2}}{L}\right) + u_y \cos\left(\frac{a_{0p}\pi^{2}}{L}\right) + u_z \cos\left(\frac{a_{0p}\pi^{2}}{L}\right) + u_y \cos\left(\frac{a_{0p}\pi^{2}}{L}\right) + u_z \cos\left(\frac{a_{0p}\pi^{2}}{L}\right) + u_y \cos\left(\frac{a_{0p}\pi^{2}}{L}\right) + u_y \cos\left(\frac{a_{0p}\pi^{2}}{L}\right) + u_z \sin\left(\frac{a_{0p}\pi^{2}}{L}\right) + u_z \cos\left(\frac{a_{0p}\pi^{2}}{L}\right) + u_z \cos\left(\frac{a_{0p}\pi^{2}}{L}\right) + u_z \sin\left(\frac{a_{0p}\pi^{2}}{L}\right) + u_z$$