$$\frac{m}{\sqrt{2}} = \sum_{i=1}^{m} m_{i} r_{i}^{2}$$

$$= m\left(\frac{L}{2}\right)^{2} + m\left(\frac{L}{2}\right)^{2}$$

$$=\frac{1}{2}mL^{2}$$
 |=m1*r1^2 + m2*r2^2