Kreisfrequenz 
$$\omega_{o}$$

(2, N.P.)  $\omega_{o} = \sqrt{\frac{D}{m}}$ 

Schwingungsperiode T

 $T = \frac{2\pi}{\omega_{o}}$ 

Frequent 
$$f = \frac{1}{T} = \frac{\omega_0}{2\pi}$$