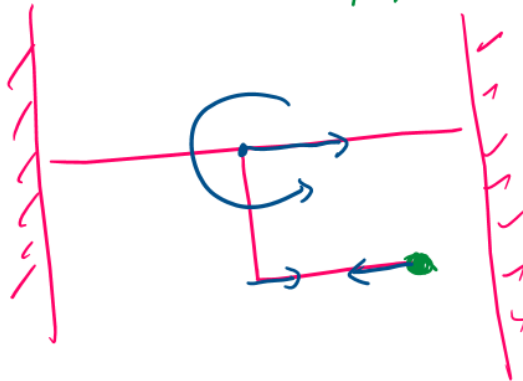
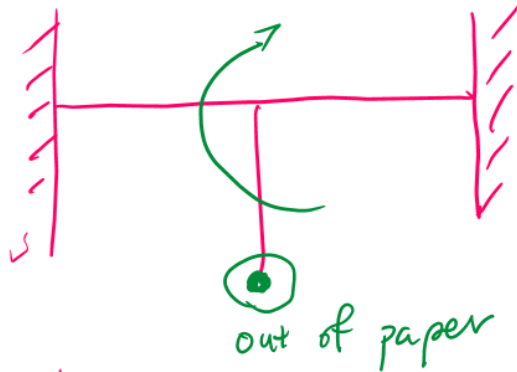


$$F = \frac{mv^2}{r} = mr\omega^2$$

$$F = 0.2(0.5)(100^2) = 1000 \text{ N}$$

$$T = 1000 \times 0.25 = 250 \text{ Nm}$$



net force
into
fixed end.

But this
is statically
indeterminate.