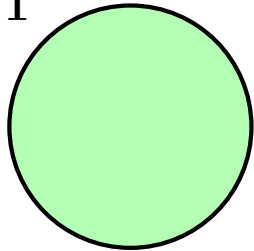
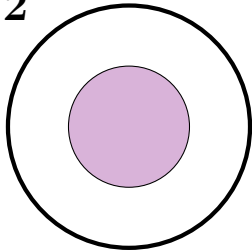


1



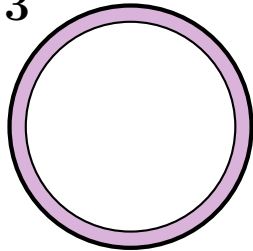
$$J_1 = \frac{1}{2}mR^2$$

2



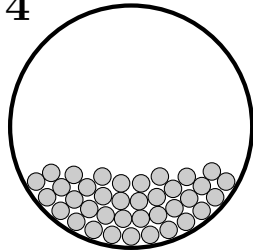
$$J_2 = \frac{1}{8}mR^2$$

3



$$J_3 = mR^2$$

4



Innere Reibung