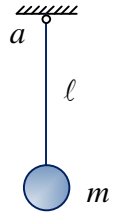
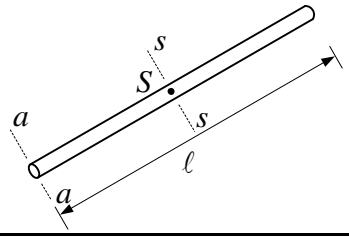
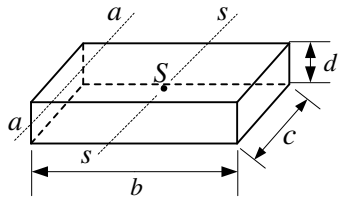
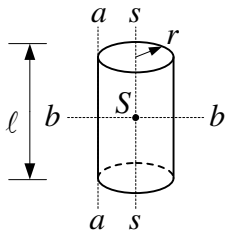
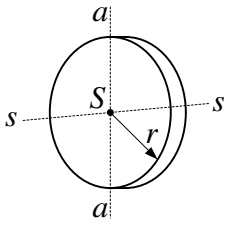
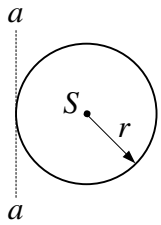
Massenträgheitsmomente bestimmter Körper

Geometrie	Massenträgheitsmomente
Punktmasse 	$\Theta_a = ml^2$
dünner Stab 	$\Theta_s = \frac{ml^2}{12}$ $\Theta_a = \frac{ml^2}{3}$
Quader 	$\Theta_s = \frac{1}{12} m \left(b^2 + d^2\right)$ $\Theta_a = m\left(\frac{1}{3}b^2 + \frac{1}{12}d^2\right)$
Kreiszylinder 	$\Theta_s = \frac{1}{2} mr^2$ $\Theta_a = \frac{3}{2} mr^2$ $\Theta_b = \frac{1}{4} mr^2 + \frac{1}{12} ml^2$
dünne Kreisscheibe 	$\Theta_s = \frac{1}{2} mr^2$ $\Theta_a = \frac{1}{4} mr^2$
Kugel 	$\Theta_s = \frac{2}{5} mr^2$ $\Theta_a = \frac{7}{5} mr^2$