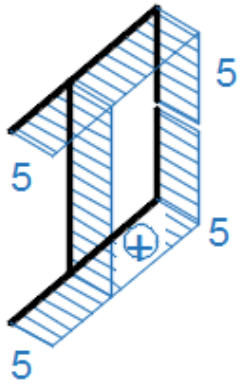
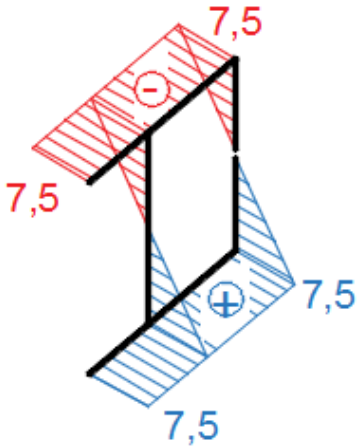
$\frac{N}{A} = \frac{20}{40} = 0{,}5 \frac{kN}{cm^2} = 5MPa$

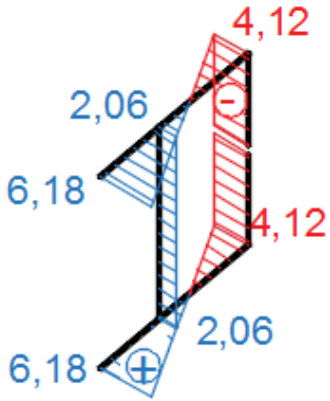


$0{,}15 \cdot (-5) = -0{,}75 \frac{kN}{cm^2} = -7{,}5MPa$



$\frac{-Pay}{Jz} = \frac{-20 \cdot 2 \cdot y}{386{,}67} = -0{,}103y$

$-0{,}103 \cdot 4 = -0{,}412 \frac{kN}{cm^2} = -4{,}12MPa$



$0{,}15 \cdot (5) = 0{,}75 \frac{kN}{cm^2} = 7{,}5MPa$

$\frac{Pbz}{Jy} = \frac{20 \cdot 5 \cdot z}{666{,}67} = 0{,}15z$

$\frac{B\omega}{J\omega}$

$-0{,}103 \cdot (-2) = 0{,}206 \frac{kN}{cm^2} = 2{,}06MPa$

$-0{,}103 \cdot (-6) = 0{,}618 \frac{kN}{cm^2} = 6{,}18MPa$