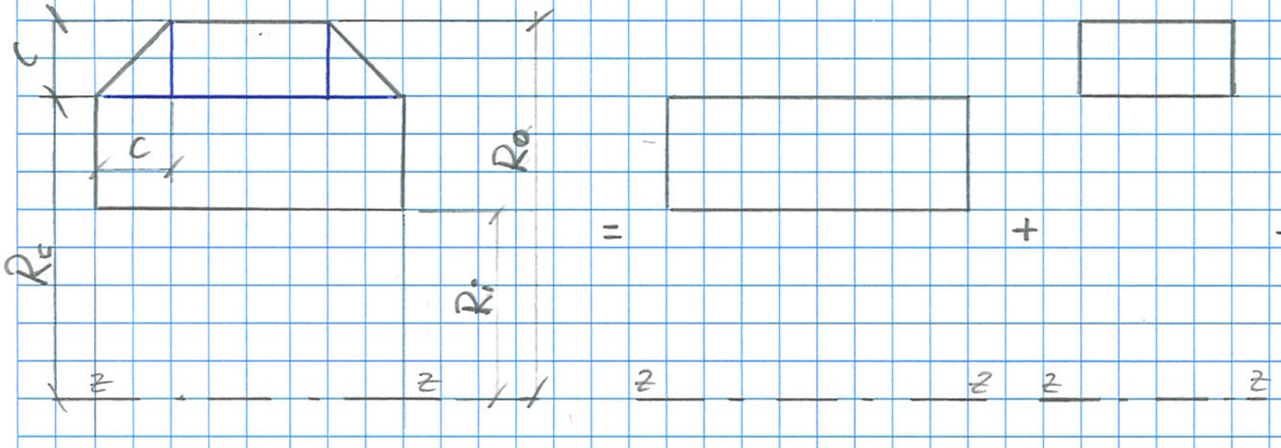
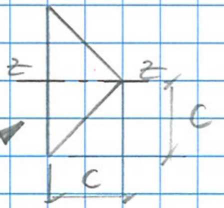
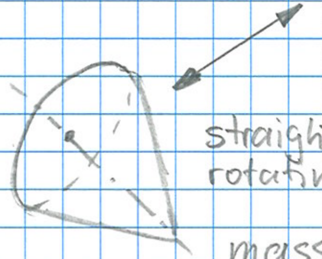


$$+\,2 * J_{cone} \quad +\,2 * m \cdot R_c^2$$

parallel axis theorem





straight cone,
rotating around it's central axis

$$\text{mass } m = \frac{1}{3}\pi \rho\, c^2 \cdot c$$

$$J_{cone} = \frac{3}{10}\, m \cdot c^2$$

(formulas from eng. handbook)