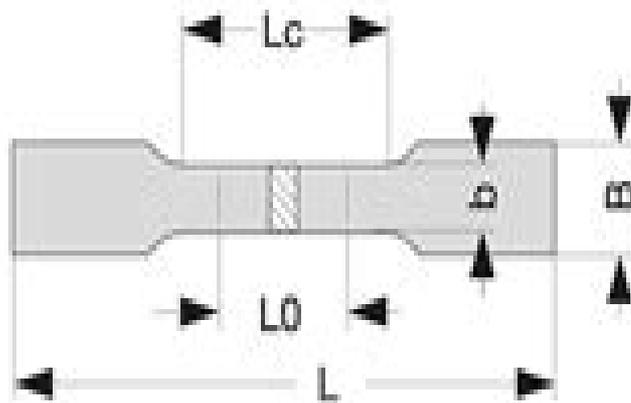


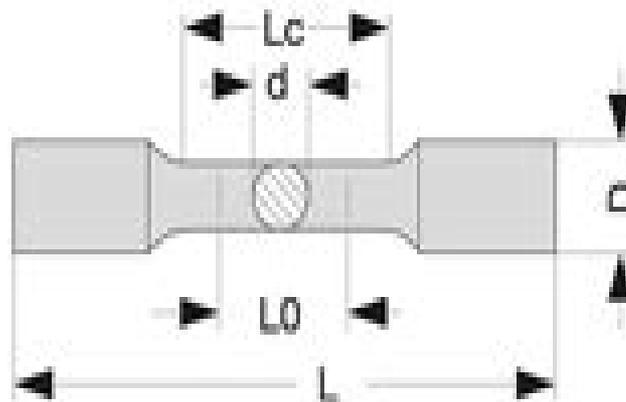
### Flat specimen



### Dimension, mm

$b$	$L_0$	$B$	$L_c$	$L$	$\Delta b$
12,5	50	20	60	$\geq 200$	0,05
40	200	50	225	$\geq 450$	0,1

### Round specimen



$d$	$L_0$	$L_c$
12,5	50	60
8,75	35	45

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Investigation of Grey Cast Iron Water Mains to Develop a Methodology for Estimating Service Life Balvant Rajani,AWWA Research Foundation,2000 The principal objective of this research project was to develop a methodology that would assist water distribution engineers estimating the optimum time to replace grey cast iron water mains The methodology should integrate information on corrosion induced pit dimensions effective pipe wall thickness residual strength of grey cast iron corrosion rates and the mechanical behavior of metallic water mains Secondary objectives within the project were to determine the most effective and practical approaches to measure the residual strength of grey cast iron pipe to determine whether current or near term nondestructive testing technology could be used to produce the necessary information on corrosion put dimensions and to expand the current state of knowledge with respect to the mechanical behaviour of grey cast iron water mains

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Standard Handbook for Mechanical Engineers ,1967    *Fracture and Strength of Solids VI* Ichsan Setya Putra,Djoko Suharto,2006-03-15 FEOFS 2005 Proceedings of the 6th International Conference on Fracture and Strength of Solids FEOFS 2005 April 4 6 2005 Bali Indonesia

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web apr 16 2020 ide al für den be cken bo den pi la tes ü bun gen sind ide al um sich wäh rend der schwan ger schaft und in der zeit da nach fit zu hal ten und wohl zu füh len denn schwan ger schaft und ge burt be an spru chen den be cken bo den die bauch mus ku la tur und die bän der sehr stark

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web spezielle pilates Übungen für schwangere eignen sich hierbei besonders gut um den körper für eine gesündere haltung zu stärken pilates gilt als sanfter sport und die damit verbundenen techniken sind nichts neues als abgestimmte schwangerschaftsgymnastik aber

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web oct 14 2019 fitness pilates gehört mittlerweile zum standardprogramm eines fitnessstudios viele stellen sich die frage eignet sich pilates auch für schwangere ja da genau die muskeln trainiert werden die in der schwangerschaft sehr wichtig sind auch als rückbildungsgymnastik eignet es sich hervorragend mehr zum thema rückbildung

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web pilates koordiniert Übungsreihen bei denen atmung körperliche kräftigung und dehnung trainiert werden daher ist es eine gute praxis für frauen die schwanger sind nutzen sie pilates kurse um an einer gruppenaktivität mit anderen schwangeren frauen teilzunehmen hier sind einige der wichtigsten vorteile 1

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web 1 bei pilates geht es darum kraft und koordination zu verbessern 2 pilates kann dabei helfen rüchenschmerzen zu lindern 3 an speziellen kursen für schwangere teilnehmen 4 pilates workout für zuhause mit diesen Übungen halten sie ihren körper fit 5 fit in der schwangerschaft schonende Übungen für zuhause 1

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web die oft geäußerte meinung dass eine gut trainierte beckenboden und bauchmuskulatur zu einer schwierigeren entbindung führen könnte ist wissenschaftlich längst widerlegt im gegenteil die durch das pilates training erlernten möglichkeiten zum an und entspannen sind vielen sportlerinnen während der geburt von großem nutzen

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web pilates für schwangere und mütter steuert mit kräftigungs und mobilisationsübungen die tiefliegende muskulatur an und sorgt für ein gutes körpergefühl online programme fit durch die schwangerschaft

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web pilates stärkt die muskeln von bauch rücken und beckenboden ohne die gelenke zu belasten deshalb ist es ein ideales training in der schwangerschaft einige studienresultate legen sogar nahe dass regelmäßiges pilates genauso effektiv sein kann wie beckenbodentraining

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web aug 25 2021 pilates ist eine mit vielen anderen kombinierbare sportart zur stärkung des rumpfes und der allgemeinen körperkoordination für schwangere gibt es eine modifizierte form von pilates nach der schwangerschaft kann pilates für die rückbildungsgymnastik genutzt werden bälle bieten hilfestellung zu den Übungen

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web speziell um pilates kurse für werdende mütter anzubieten spezifische abwandlungen zahlreicher pilatesübungen für schwangere hintergrundwissen zu schwangerschaft geburt und schwangerschaftsbeschwerden besonderer stundenflow sanfteres training passende atmosphäre