

Height	Centre-of-mass	$\omega_{sb}$	$\omega_{ro}$	$\omega_{ro}$
$H$	$a$	rad s <sup>-1</sup> (Hz)	rad s <sup>-1</sup> (Hz)	rad s <sup>-1</sup> (Hz)
m	m		$k = 100$ kNm	$k = 1000$ kNm
3	1.80	18.20 (2.90)	104.00 (16.55)	328.88 (52.34)
15	8.60	2.09 (0.33)	3.77 (0.60)	11.93 (1.90)
22	13.9	1.45 (0.23)	0.52 (0.24)	4.82 (0.76)
27	16.3	1.48 (0.23)	0.99 (0.16)	3.15 (0.05)
35	21.0	1.65 (0.26)	0.43 (0.07)	1.36 (0.21)