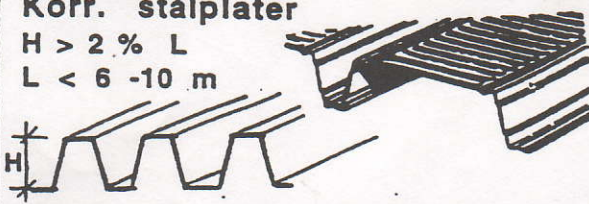
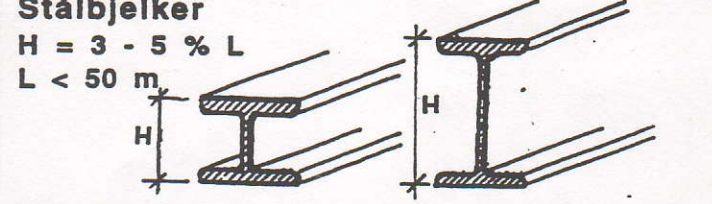
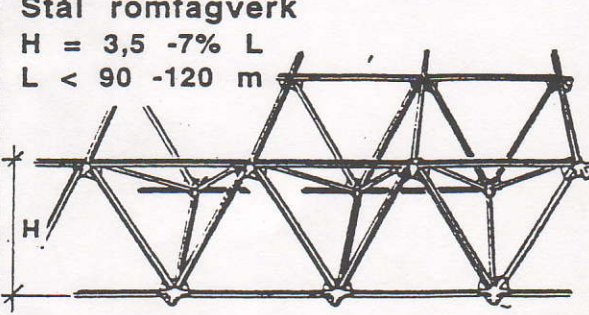
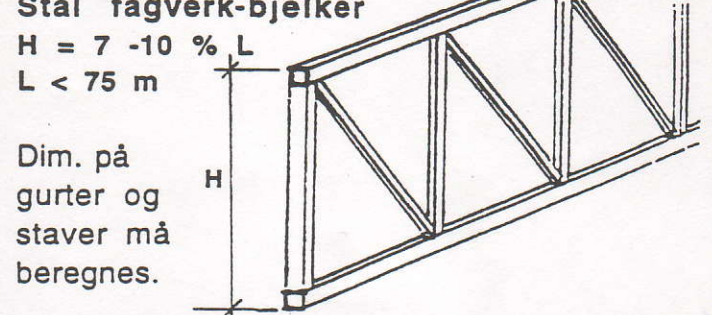
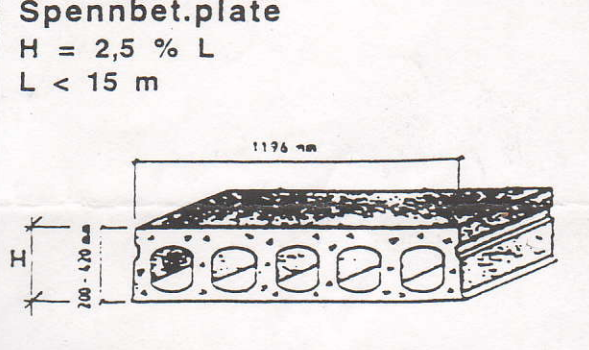
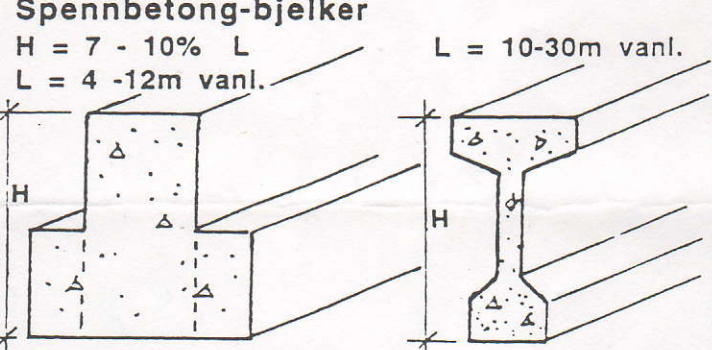
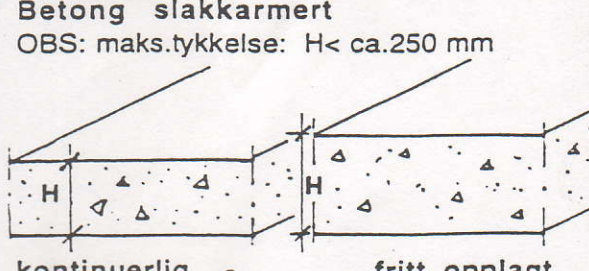
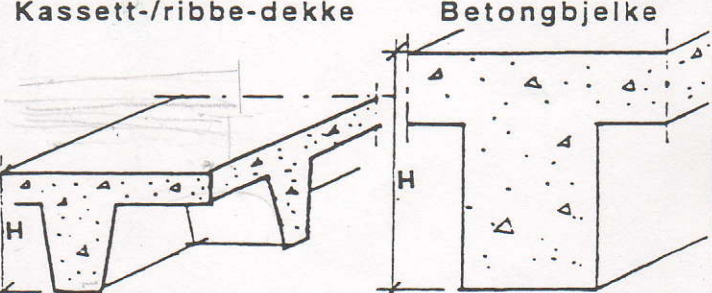
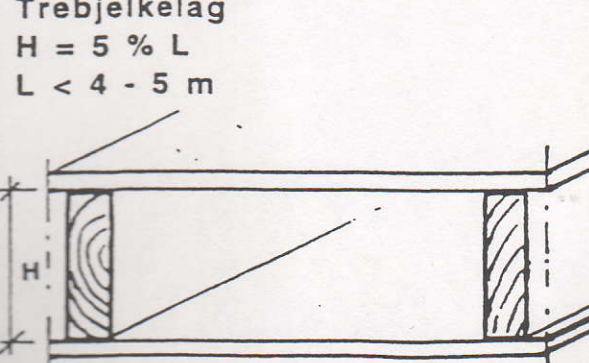


Ingulv's tommelfingerregler.

SAMMENLIGNING AV KONSTRUKSJONSHØYDER SOM % AV SPENNLENGDEN L
OBS: Kun for grove ca. - overslag! Avhengig av belastninger, konstr. og materialer m.v.

PLATE-ELEMENTER (REL. LITEN LAST)	HOVEDBJELKE-ELEMENTER (REL. STOR LAST)
<p>Korr. stålplater $H > 2\% L$ $L < 6 - 10 \text{ m}$</p> 	<p>Stålbjelker $H = 3 - 5\% L$ $L < 50 \text{ m}$</p> 
<p>Stål romfagverk $H = 3,5 - 7\% L$ $L < 90 - 120 \text{ m}$</p> 	<p>Stål fagverk-bjelker $H = 7 - 10\% L$ $L < 75 \text{ m}$</p> <p>Dim. på gurer og staver må beregnes.</p> 
<p>Spennbet.plate $H = 2,5\% L$ $L < 15 \text{ m}$</p> 	<p>Spennbetong-bjelker $H = 7 - 10\% L$ $L = 4 - 12 \text{ m vanl.}$ $L = 10 - 30 \text{ m vanl.}$</p> 
<p>Betong slakkarmert OBS: maks.tykkelse: $H < \text{ca.} 250 \text{ mm}$</p>  <p>kontinuerlig - $H = 2,5\% L$ $L < 10 \text{ m}$</p> <p>fritt opplagt $H = 3,3\% L$ $L < 7,2 \text{ m}$</p>	<p>Kassett-/ribbe-dekke Betongbjelke</p>  <p>$H = \text{ca.} 4\% (3\%)$ $L = 8 - 20 \text{ m}$</p> <p>$H = \text{ca.} 7\% L$ $L = 10 - 30 \text{ m}$</p>
<p>Trebjelkelag $H = 5\% L$ $L < 4 - 5 \text{ m}$</p> 	<p>Limtrebjelke $H = 6 - 10\% L$</p> <p>$(H = \text{ca.} 8\%)$ $L = 3 - 30 \text{ m}$</p> 