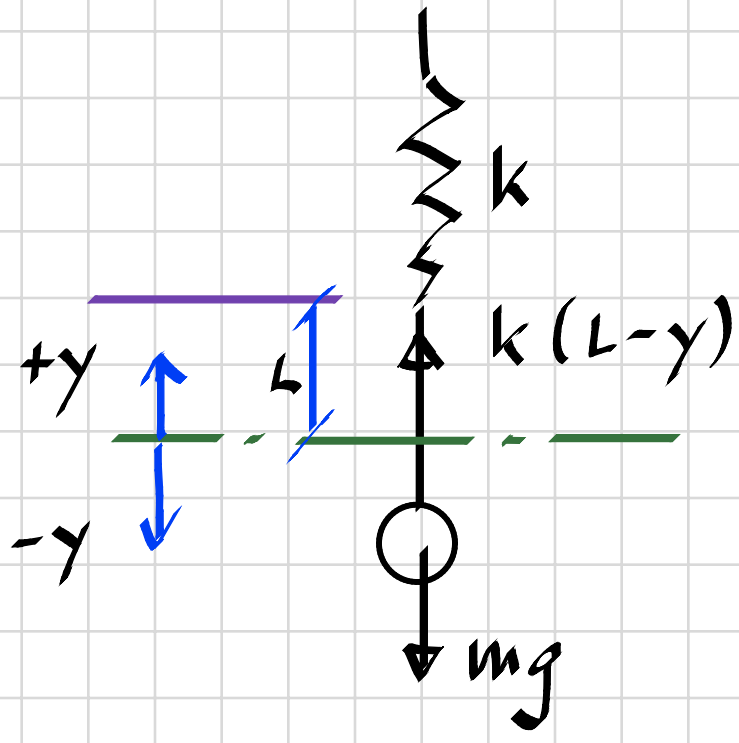
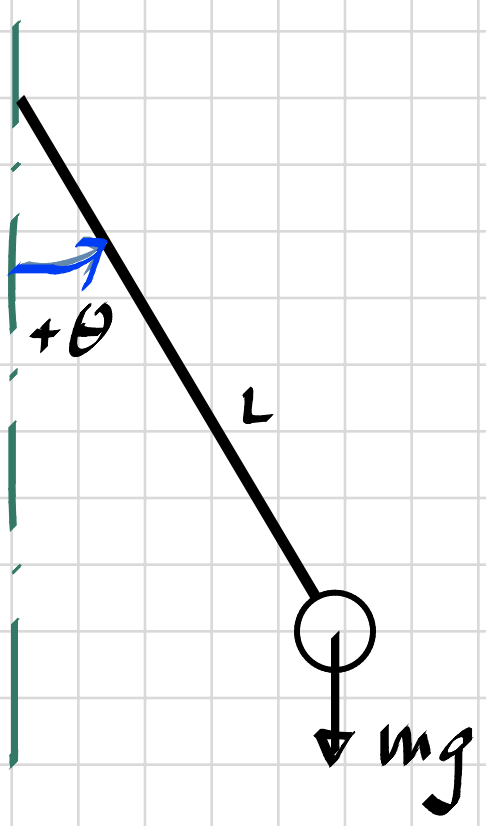
	Fjäder	Pendel
Vinkelhastigheten, ω:	$\sqrt{\frac{k}{m}}$	$\sqrt{\frac{g}{L}}$
Frekvensen, f:	$\frac{1}{2\pi}\sqrt{\frac{k}{m}}$	$\frac{1}{2\pi}\sqrt{\frac{g}{L}}$
Periodtiden, T:	$2\pi\cdot\sqrt{\frac{m}{k}}$	$2\pi\sqrt{\frac{L}{g}}$
Max potentiell energi, E_{pmax}:	$\frac{1}{2}ky_{max}^2$	$mgL(1-\cos\theta_{max})$
Max kinetisk energi, E_{kmax}:	$\frac{1}{2}mv^2$	$\frac{1}{2}mv^2$
Max utslag, s_{max}:	y_{max}	$\theta_{max}\cdot L$
Max hastighet, v_{max}:	$y_{max}\cdot\omega$	$\theta_{max}\cdot L\omega$
Max acceleration, a_{max}:	$y_{max}\cdot\omega^2$	$\theta_{max}\cdot L\omega^2$



$\uparrow$: $ma = k(L-y) - mg$



$\nearrow$: $ma = -mg\cdot\sin\theta$