

$$\begin{aligned}
 & \gamma^{ik} \left[ T_{ik,s} - \frac{1}{2} (T_{i,s,k} + T_{k,i,s}) - T_{i\ell}^{\ell} T_{k\ell}^{\ell} + T_{ik}^{\ell} T_{\ell s}^{\ell} \right] \\
 & - \gamma^{ik} \epsilon + \frac{1}{2} \delta_{\ell}^i \gamma^{sk} + \frac{1}{2} \delta_{\ell}^k \gamma^{is} \quad \left| \quad - \frac{1}{2} \gamma^{tk} T_{+s}^{\ell} \delta_{\ell}^i + \frac{1}{2} \gamma^{it} T_{+s}^{\ell} \delta_{\ell}^k \right. \\
 & \quad \left. + \gamma^{tk} T_{+s}^{\ell} - \gamma^{tk} T_{+s}^{\ell} \right. \\
 & \quad \left. \frac{1}{2} \left| \gamma^{tk} T_{+s}^{\ell} \right. \right.
 \end{aligned}$$

Diese Tennen  $T^{ik}$  genannt.

$$\begin{aligned}
 T_{ik}^{\ell} + \frac{1}{3} (\delta_{i\ell}^{\ell} T_{k\ell}^{\ell} - \delta_{k\ell}^{\ell} T_{i\ell}^{\ell}) &= T_{ik}^{\ell} \\
 T_{i\ell}^{\ell} + \frac{1}{3} T_{i\ell}^{\ell} - \frac{1}{3} T_{i\ell}^{\ell} &= T_{i\ell}^{\ell} = \sigma \\
 \text{Setzen } T_{ik}^{\ell} &= T_{ik}^{\ell} + \frac{1}{3} (T_{i\ell}^{\ell} \delta_{k\ell}^{\ell} - T_{k\ell}^{\ell} \delta_{i\ell}^{\ell})
 \end{aligned}$$

$$\begin{aligned}
 T_{ik}^{\ell} &= \gamma^{ik} \epsilon + \gamma^{sk} T_{s\ell}^{\ell} + \gamma^{is} T_{\ell s}^{\ell} - \gamma^{ik} T_{\ell s}^{\ell} \\
 &= \gamma^{ik} \epsilon + \gamma^{sk} \frac{1}{3} (T_{s\ell}^{\ell} + \delta_{\ell}^i - T_{\ell s}^{\ell} - \delta_{\ell}^i) + \gamma^{is} \frac{1}{3} (T_{\ell s}^{\ell} + \delta_{\ell}^k - T_{s\ell}^{\ell} - \delta_{\ell}^k) \\
 \gamma^{sk} &= \gamma^{sk} + \gamma^{sk} \frac{1}{3} (4 T_{s\ell}^{\ell} - T_{s\ell}^{\ell}) + \gamma^{ks} \frac{1}{3} (T_{\ell s}^{\ell} - T_{\ell s}^{\ell}) \quad \left. \frac{1}{2} \delta_{\ell}^i \right. \\
 \gamma^{is} &= \gamma^{is} + \gamma^{is} \frac{1}{3} (-4 T_{s\ell}^{\ell} + T_{s\ell}^{\ell}) + \gamma^{is} \frac{1}{3} (T_{\ell s}^{\ell} + \delta_{\ell}^i + \frac{1}{3} \gamma^{it} T_{s\ell}^{\ell}) \quad \left. \frac{1}{2} \delta_{\ell}^k \right.
 \end{aligned}$$

$$\begin{aligned}
 & \delta_{\ell}^i \left( -\frac{1}{3} \gamma^{sk} T_{s\ell}^{\ell} + \frac{1}{2} \gamma^{sk} T_{s\ell}^{\ell} - \frac{1}{6} \gamma^{ks} T_{s\ell}^{\ell} \right) \\
 & \delta_{\ell}^k \left( \dots \right) \\
 & + T_{\ell s}^{\ell} \left( -\frac{1}{3} \gamma^{ik} + \frac{1}{3} \gamma^{ik} \right) + \frac{1}{6} \gamma^{tk} T_{\ell s}^{\ell} - \frac{1}{6} \gamma^{it} T_{\ell s}^{\ell} \delta_{\ell}^k \\
 & \left. \begin{aligned} & \frac{1}{3} \gamma^{sk} T_{s\ell}^{\ell} + \frac{1}{6} \gamma^{ks} T_{s\ell}^{\ell} \\ & - \frac{1}{2} \gamma^{sk} T_{s\ell}^{\ell} \\ & - \frac{1}{6} (\gamma^{ks} + \gamma^{sk}) \delta_{\ell}^i T_{s\ell}^{\ell} \end{aligned} \right\} \delta_{\ell}^i
 \end{aligned}$$

$$\begin{aligned}
 -U^{ik} \epsilon + \frac{1}{2} \delta_{\ell}^i U^{sk} + \frac{1}{2} \delta_{\ell}^k U^{is} &= -\frac{1}{2} \gamma^{tk} T_{+s}^{\ell} \delta_{\ell}^i + \frac{1}{2} \gamma^{it} T_{+s}^{\ell} \delta_{\ell}^k \\
 -U^{is} + \frac{1}{2} U^{si} + 2 U^{is} &= -\frac{1}{2} \gamma^{ki} T_{+s}^{\ell} + 2 \gamma^{it} T_{+s}^{\ell} \quad \left| \quad 1 \quad -2 \quad \frac{3}{2} U^{si} = \frac{1}{2} \gamma^{it} + \gamma^{it} \right. \\
 -U^{sk} + 2 U^{sk} + \frac{1}{2} U^{ks} &= -2 \gamma^{tk} T_{+s}^{\ell} + \frac{1}{2} \gamma^{kt} T_{+s}^{\ell} \quad \left| \quad -2 \quad 1 \quad -\frac{3}{2} U^{is} = -\gamma^{it} - \frac{2}{2} \gamma^{it} \right. \\
 -U^{ik} &= \frac{1}{2} \left[ -\gamma^{tk} T_{+s}^{\ell} - \left( -\frac{2}{3} \gamma^{tk} T_{+s}^{\ell} - \frac{2}{3} \gamma^{kt} T_{+s}^{\ell} \right) \right] \delta_{\ell}^i + \\
 & \quad \left( -\frac{2}{3} \gamma^{tk} T_{+s}^{\ell} + \frac{1}{3} \gamma^{kt} T_{+s}^{\ell} \right) \delta_{\ell}^i + \dots \\
 \left( -\gamma^{ik} \epsilon + U^{ik} \right) &= \frac{1}{3} \gamma^{sk} T_{s\ell}^{\ell} \delta_{\ell}^i - \frac{2}{3} \gamma^{tk} T_{+s}^{\ell} \delta_{\ell}^i + \frac{1}{3} \gamma^{kt} T_{+s}^{\ell} \delta_{\ell}^i \\
 & \quad \frac{1}{3} (\gamma^{kt} T_{+s}^{\ell} - \gamma^{tk} T_{+s}^{\ell}) \delta_{\ell}^i
 \end{aligned}$$

