"belt" : heavy beam 1200 / 550 / 40 / 75 [mm] all around ; including own weight ; deflections x 150 ; max. deflection = 19 mm

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Recipes for bending moment M_b become simple if (distributed) load q is uniform :

q

L

$-1/12$

$1/8$

$1/24$

$$\frac{M_b}{q\,L^2}$$