

```
! -----  
! SolidShell-Element SOLSH190  
fini  
/cle  
/foc,,50,50,20  
/dist,,57  
/view,,28,-9,.35  
/ang  
/vup,,z  
/prep7  
et,1,190  
block,,100,,100,,5  
esize,10  
vmesh,all  
mp,ex,1,210000  
mp,nuxy,1,0.3  
nselect,s,loc,x  
nselect,a,loc,y  
d,all,all  
alls  
f,node(100,100,0),fz,100  
/solu  
solve  
/post1  
/edge,,1  
/dsca,,200  
/pbc,t,dis,1  
/pbc,r,dis,1  
/pbc,f,1  
/plopts,minm,off  
/cont,,9,0,,.125  
plns,u,z,2
```