

```
! -----  
! Schalen-Element SHELL181  
fini  
/cle  
/foc,,50,50,20  
/dist,,57  
/view,,28,-9,.35  
/ang  
/vup,,z  
/prep7  
et,1,shell181  
keyopt,1,3,2  
sectype,1,shell  
secdata,5  
rect,,100,,100  
esize,10  
amesh,all  
mp,ex,1,210000  
mp,nuxy,1,0.3  
nset,s,loc,x  
nset,a,loc,y  
d,all,all  
alls  
f,node(100,100,0),fz,100  
/solu  
solve  
/post1  
/edge,,1  
/dsc,,200  
/pbc,tdis,1  
/pbc,rdis,1  
/pbc,f,1  
/plopts,minm,off  
/cont,,9,0,,125  
plns,u,z,2
```