

$$f_{ij} = \frac{\pi}{2} \left[\left[\frac{i}{a} \right]^2 + \left[\frac{j}{b} \right] \right] \sqrt{\frac{E^2 t^4}{12\rho(1-\nu^2)}} \quad (1)$$

$$f_{ij} = \frac{\pi}{2} \left[\left[\frac{i}{a} \right]^2 + \left[\frac{j}{b} \right] \right] \sqrt{\frac{Et^2}{12\rho(1-\nu^2)}} \quad (2)$$