

Guide to Mass Concrete

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Mass concrete is any volume of concrete with dimensions large enough to require that measures be taken to cope with the generation of heat from hydration of the cement and attendant volume change to minimize cracking. The design of mass concrete structures is generally based on durability, economy, and thermal action, with strength often being a secondary concern. This document contains a history of the development of mass concrete practice and discussion of materials and concrete mixture proportioning, properties, construction methods, and equipment. It covers traditionally placed and consolidated mass concrete and does not cover roller-compacted concrete.

Keywords: admixture; aggregate; air entrainment; batch; cement; compressive strength; cracking; creep; curing; durability; fly ash; formwork; grading; heat of hydration; mass concrete; mixing; mixture proportion; modulus of elasticity; placing; Poisson's ratio; pozzolan; shrinkage; strain; stress; temperature rise; thermal expansion; vibration; volume change.

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web die schmerzen können in den arm den hals oder den oberbauch ausstrahlen wie die schmerzen sind flächenhaft und werden als brennend und drückend mit engegefühl in der brust beschrieben weitere symptome und besonderheiten je älter die person mit herzinfarkt desto weniger ausgeprägt kann der typische brustschmerz sein

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web sie treten vielfältig in erscheinung und reichen von bluthochdruck arteriosklerose und herzhrythmusstörungen über herzschwäche bis hin zu einem herzinfarkt erfahren sie die wichtigsten fakten zu herz kreislauf erkrankungen wie sie diese erkennen und wie sie ihr erkrankungsrisiko senken

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web wer kreislaufprobleme verstehen will sollte zunächst die grundsätzlichen abläufe im körper kennen der blutkreislauf besteht aus herz und blutgefäßen die sich durch den ganzen körper ziehen seine aufgabe besteht darin die zellen des körpers mit sauerstoff und nährstoffen zu versorgen