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We show here selected results obtained with spring gravimeter LCR-ET26 located at Józefosław observatory, in the vicinity of Warsaw. With a few year of measurements we were able to present some geodynamics effects in gravity. Particularly we put an attention to estimation of tidal gravimetric factors, atmospheric effects, Earth free oscillations and Free Core Nutation. We found here a very good agreement with modeled values for these phenomena and with previous estimations by other authors. We present here that even in the era of superconducting gravimeters the spring type one can also give valuable results.



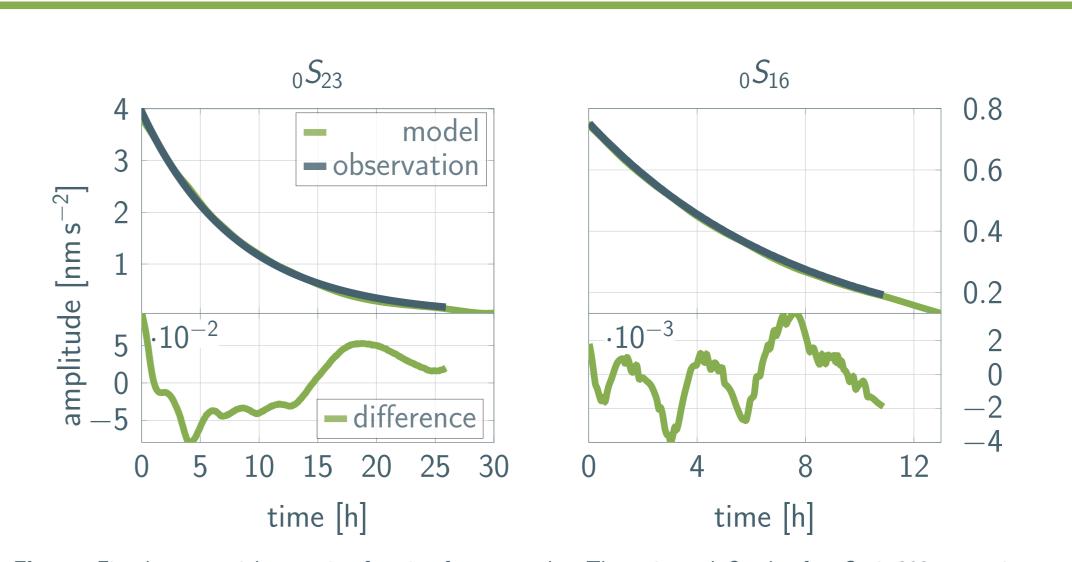


Figure. Fitted exponential regression function for two modes. The estimated Q value for $_0S_{23}$ is 293 comparing to theoretical value of 259. For $_0S_{16}$ we found 284 when the expected from Earth model is 325 respectively

Corpus Christi Sunday Sunday noise Anthropogenic Figure. Time derivative of gravity residuals (tides, ocean loading and pressure effects removed)

Nutation Factor Quality Core and

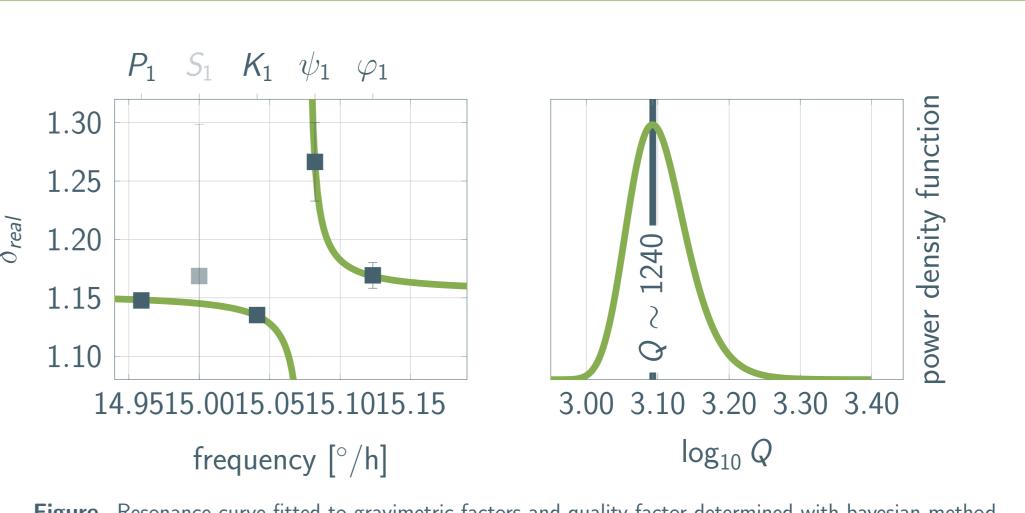
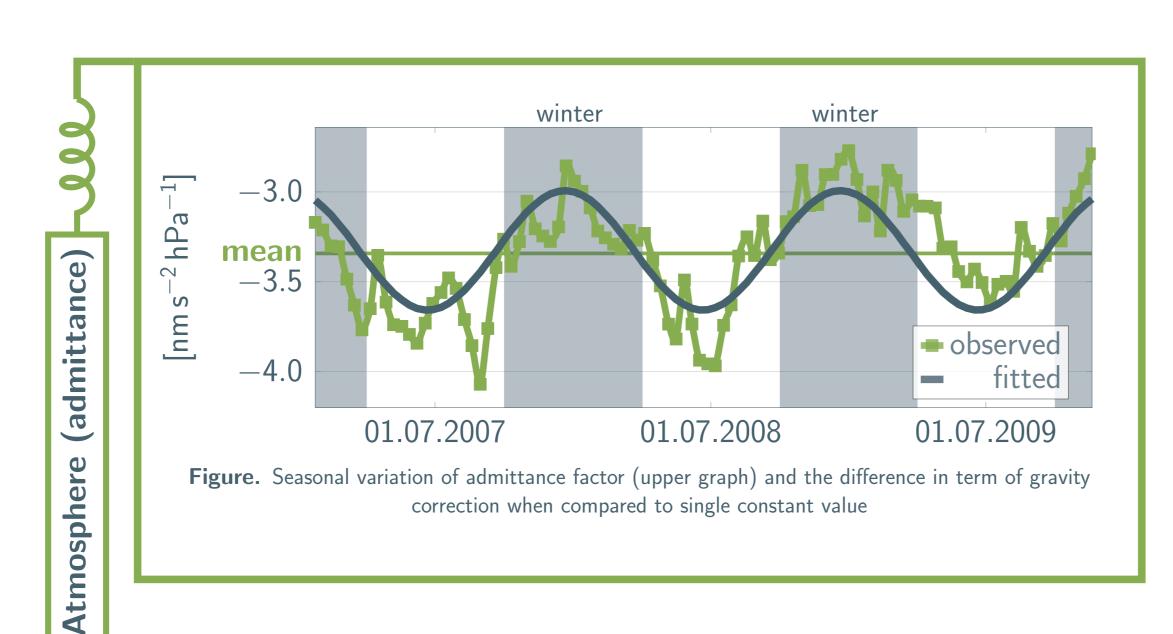
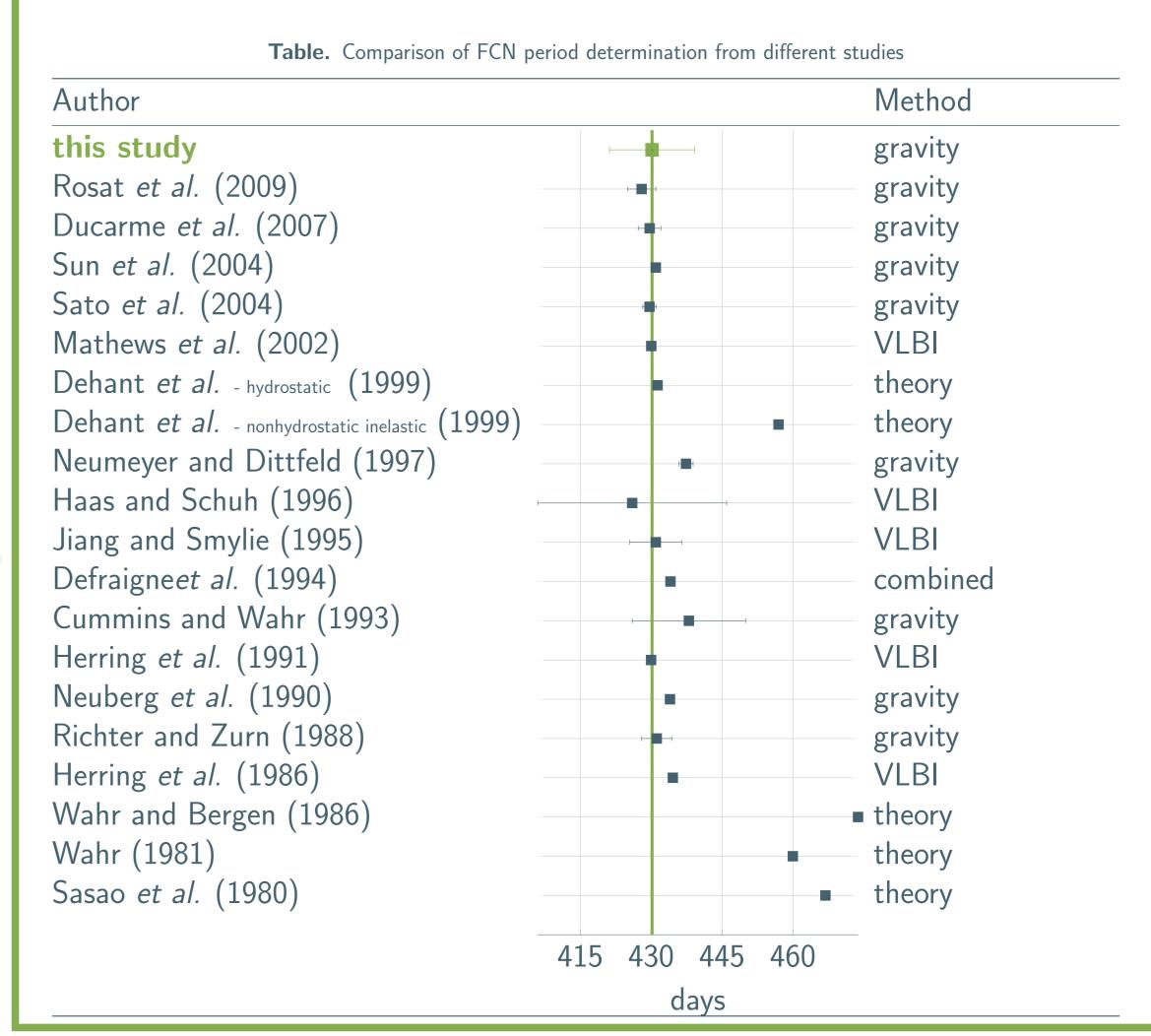


Figure. Resonance curve fitted to gravimetric factors and quality factor determined with bayesian method



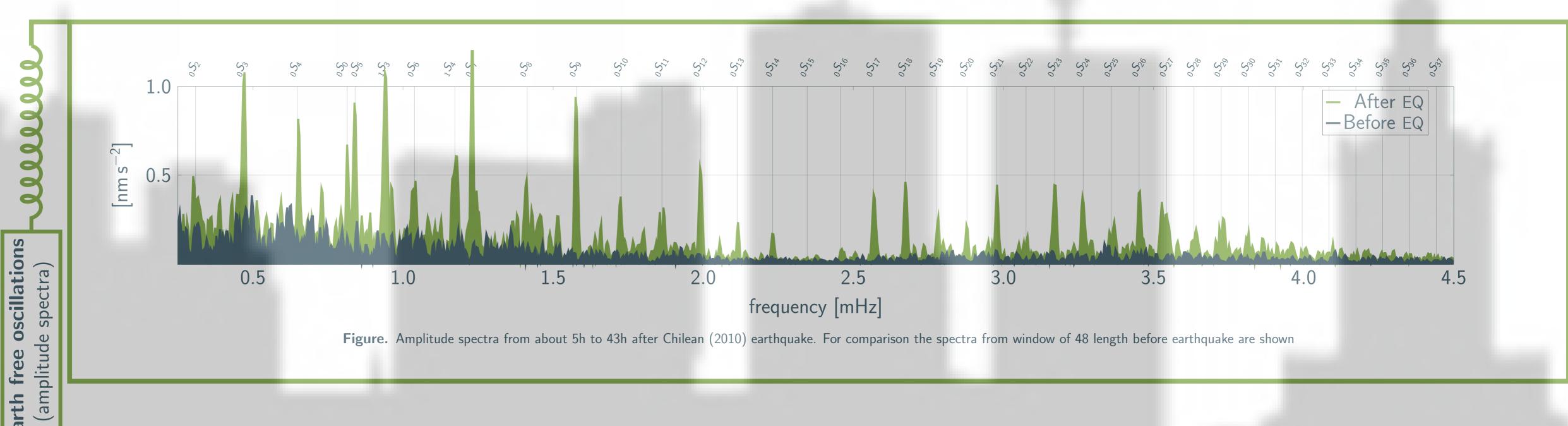




In the era of Superconducting gravimeters the spring type can also give valuable results.

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Conclusions

