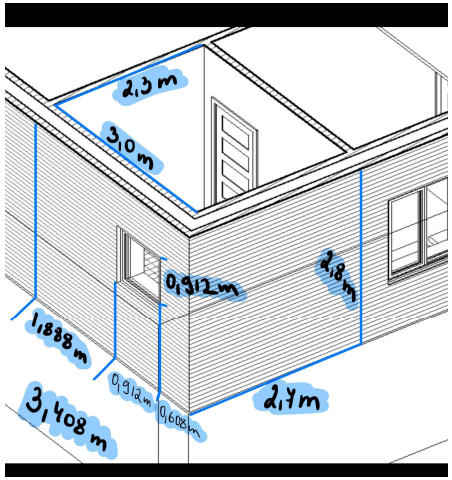
Building component	U-value [W/m^2·K]	A [m^2]	ΔT [K]	Φ_{TR} [W]
Floor	0,099	6,90	10	7
Internal wall foundation	0,03	6,90	10	2
External wall	0,152	16,01	32	78
Rebats	0,385	0,258	32	3
Windows	1,10	0,832	32	29
Doors				0
Ceiling	0,116	6,90	32	26
	Liniar loss [W/m·K]	Length [m]	ΔT [K]	
Joints at heavy external wall and window/door ψ_{sa}	0,03	3,648	32	4
Joint at heavy external wall and foundation ψ_f	0,13	6,108	32	25
Joint at foundation and door ψ_{fx}				0
Transmission loss Φ_{TR} =				174

Natural ventilation		
Air flow	0,3	l/s·m^2
Heated area	9,20	m^2
Temperature difference	32	K
Ventilation loss Φ_{NV} =	107	W
Mechanical ventilation		
Temperature efficiency	85	%
Infiltration	0,1	l/s·m^2
Heated area	0,00	m^2
Outdoor air temp. after aggregate	20,0	°C
Ventilation loss Φ_{MV} =	0	W

Total heat loss - with natural ventilation $\Phi_{TR} + \Phi_{NV}$ = 281 W
Total heat loss - with mechanical ventilation $\Phi_{TR} + \Phi_{MV}$ = 174 W



Rebats: 0,19699 0,06091 sum 0,2579 m*2
U value of rebats is the same as in his example

Of the ceiling aswell