$$∆V=\frac{3,14242,32mm\*28,03mm}{2}\*0,07mm+ \frac{3,142\*(28,03mm)^{2}}{4}\*0,04mm+\frac{(28,03mm)^{2}\*42,32mm}{4}\*0,001=163 mm^{3}≈0,2cm^{3}$$