$RPM := 2000\ rpm$ $\omega := \frac{RPM \cdot 2\ \pi}{60} = 21.932\ \frac{1}{s}$

$r_1 := 30\ mm$ $r := r_1$

$v := r \cdot \omega = 0.658\ \frac{m}{s}$

Height is assumed from the video and density is of steel as I have no idea, which material it is supposed to be

$h := 3\ cm$ $r := r_1$

$\rho := 8050\ \frac{kg}{m^3}$

$V := \pi \cdot r^2 \cdot h$

$m := \rho \cdot V = 0.683\ kg$

$I := \frac{1}{2} \cdot m \cdot r^2 = \left(307.27 \cdot 10^{-6}\right)\ kg \cdot m^2$

$t := 4\ s$ *Not sure what time to use, so I used the one specified for motor startup*

$\alpha := \frac{\omega}{t} = 5.483\ \frac{1}{s^2}$

$T := I \cdot \alpha = 0.002\ J$

$P := T \cdot \omega = 0.037\ W$

$n_1 := 26$

$P_{1\_out} := n_1 \cdot P = 0.961\ W$

Assumed efficiency

$\mu_1 := .85$

$P_{1\_in} := \frac{P_{1\_out}}{\mu_1} = 1.13\ W$