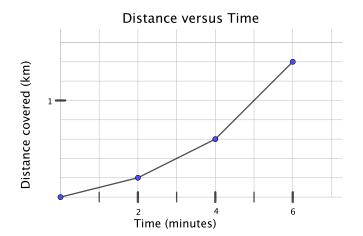
Problem of the Week Problem B

Ambulate and Calculate

Sierra goes for a quick bit of exercise before breakfast. She walks for 2 minutes, then jogs for 2 minutes, and then runs for 2 minutes. The graph on the right below shows her distance covered, in kilometres, as she exercises for 6 minutes.

- a) How much distance does Sierra cover in the first 2 minutes?
- b) What is Sierra's walking speed, in metres per minute?
- c) What is her jogging speed, in metres per minute?
- d) What is her running speed, in metres per minute?
- e) What is the total distance that Sierra covers, in kilometres?
- f) What is her average speed for the trip, in metres per minute?



STRAND MEASUREMENT

