



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.

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

