Sara, an amazingly well-rounded athlete, participates in a grueling race. Use the information to determine the answers to each question.

1. Sara begins the race by running 5 km from the starting line to checkpoint A in 20 minutues and 40 seconds. What is her velocity (in m/s)?
2. Next, Sara swims 500 m from checkpoint A to checkpoint B with a velocity of 1.1 m/s. How much time does it take her?
3. From checkpoint B she rides a bike with a velocity of 4.9 m/s for 1 hour. What is the distance between checkpoint B to checkpoint C?
4. Sara must now run all the way back to the starting line to finish the race. Completely exhausted, Sara climbs into her single-engine airplane and flies back to the starting line. What is her velocity to go from checkpoint C to the starting line if the plane ride is 19 minutes and 17 seconds?
5. Calculate Sara's **average speed** for the entire race and her **average velocity**.

Sara, an amazingly well-rounded athlete, participates in a grueling race. Use the information to determine the answers to each question.

1. Sara begins the race by running 5 km from the starting line to checkpoint A in 20 minutues and 40 seconds. What is her velocity (in m/s)?
2. Next, Sara swims 500 m from checkpoint A to checkpoint B with a velocity of 1.1 m/s. How much time does it take her?
3. From checkpoint B she rides a bike with a velocity of 4.9 m/s for 1 hour. What is the distance between checkpoint B to checkpoint C?
4. Sara must now run all the way back to the starting line to finish the race. Completely exhausted, Sara climbs into her single-engine airplane and flies back to the starting line. What is her velocity to go from checkpoint C to the starting line if the plane ride is 19 minutes and 17 seconds?
5. Calculate Sara's **average speed** for the entire race and her **average velocity**.