
Worksheet D: Distance, average speed and time



Use this equation to answer the following questions.

$$\text{Average speed} = \frac{\text{total distance}}{\text{total time}}$$

1. The current world record for running a 100 m race is 9.58 s. What is the average speed?

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2. An arrow is shot by an archer and travels for 2.3 s at an average speed of 76 m/s before it hits the target. How far is the target from the archer?

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3. A sound wave in air travels at a speed of around 330 m/s. How long will it take for the sound wave to travel 524 m in air?

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4. If the sound of thunder reaches your house 3.5 s after you see the lightning, how far from your house did the lightning strike?

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