

Daily Homework Sheet - Applications of Speed, Distance and Time

1. A runner completes a 200 m race in 25 s. What is his average speed?
2. An athlete takes 4 minutes 20 s to complete a 1500 m race. What is the average speed?
3. A fighter jet can travel at 680 m/s. How far will it travel in 25 s at this speed?
4. A girl can walk at an average speed of 2 m/s. How far will she walk in 20 minutes?
5. How long will it take a cyclist to travel 40 km at an average speed of 5m/s?
6. On a fun run, a competitor runs 10 km in 1 hour 3 minutes.
What is her average speed in:
 - (a) km/h?
 - (b) m/s?
7. Look at this timetable for a train between Glasgow and Edinburgh:

Station	Time	Distance from Glasgow
Glasgow	0800	0 km
Falkirk	0820	34 km
Linthligow	0828	46 km
Edinburgh	0850	73 km

- (a) What was the average speed for the whole journey in m/s?
- (b) What was the average speed in m/s between Glasgow and Falkirk?