- A. 17
- 10 64
- E. 199
- 13. 360
- A linear transformation on the out place is defined by P': (x, y) - (2x * y, -2y). Find P².
 - A (4 1)
 - PL (4 0)
 - C (40
 - D. (4 4 0 0
- 22. The velocity of a body of mass 4.56 kg increases from (10 ms 1,060°) to (50 ms 1,060°) in 16 seconds. Calculate the magnitude of the force acting on it.
 - A. 36.5 N
 - B. 17.1 N
 - C. 11.4 N
 - D. 5.7 N
- 23. Find the lifth term in the binomial expansion of $(q + x)^2$.
 - A. 21q4x1
 - B. 3545x2
 - C. 3597x
 - D: 2192x3

24 Green Dan P - (; ;) . 0 - (; ;) . mil

the determinant of Q in three more than that of P, find the values of ϵ

- A. -2.-3
- B. -2, 2
- D. 2. 3
- 25. Solve 6 sin 26 tan 0 = 4, where $0^{\circ} < 0 < 90^{\circ}$
 - A. 35.26°
 - EL: 3/0/00"
 - C. 39.477
 - 15 18.43"
 - Calculuse, correct to one decimal place, the angle between 5t + 12t and -2t = 3t.
 - A. 54.8"
 - 11. 56.3
 - C. 66.4"
 - D. 76.3"
 - 27. The distance S metres moved by a body in

r neconds in given by

$$S = 5t^3 - \frac{19}{2}t^2 + 6t - 4$$
. Calculate the

acceleration of the body after 2 accords.

- A. 19 mm 2
- 68. 23 mm. "
- C. 31 mm 2
- D. 41 ms

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what to eat before a run pre run foods for 5k to marathons - Sep 01 2022

web apr 16 2023 the best hydration packs for running my go to before a 5k is a banana a banana is one of the best foods to eat before a run they re rich in potassium full easily digestible carbs without being heavy on the stomach i would eat this at least 30 minutes before going to warm up for the race

runner's diet what to eat before during and after running - Oct 14 2023

web sep 16 2022 a balanced diet for healthy runners should include all the essentials carbohydrates protein fats vitamins and minerals while they should be used along with a proper diet some of these best supplements for runners can help improve performance carbohydrates without a doubt carbs are the best source of energy for athletes

runner s diet plan what to know medical news today - Feb 06 2023

web oct 29 2021 a runner s diet plan typically includes a balance of the three macronutrients carbohydrates proteins and fats by focusing on eating plenty of fruits and vegetables people will typically

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web jan 24 2022 daily this runner consumes carbohydrates 35 of total daily fuel these carbohydrates are a mix that includes run of the mill carbs such as bread and oatmeal dairy such as yogurt and milk and fruit such as berries and bananas protein 35 of total daily fuel healthy fats 15 of total daily fuel