

Average Speed/Velocity Practice Problems

Directions: Use one of the three variations of the speed equation to solve the following problems. **Be sure to show your work and use the correct units!**

1. Florence Griffith Joyner set a world record by running 200 m in 21.34 s. What was her **average speed**?
2. The world's fastest passenger elevator operates at an average speed of about 10 m/s. If the 60th floor is 219 m above the first floor, how much **time** does it take the elevator to go from the first to the 60th floor?
3. In a snowboarding tournament, the winner covered 525 km in 30 hrs. What was the winner's **average speed**.
4. If a cyclist travels for 8 hours at an average speed of 16 km/h, what is the total **distance** traveled?