The file consists of $\frac{2MB}{512bytes} = 4000$ blocks.

$T_{avg\,rotation} = \frac{1}{2} \times \frac{1}{15,000RPM} \times \frac{60secs}{1min} \times \frac{1,000ms}{1sec} = 2ms$

$T_{avg\,transfer} = \frac{1}{15,000RPM} \times \frac{1track}{1,000sectors} \times \frac{60secs}{1min} \times \frac{1,000ms}{1sec} = 0.004ms$

Best case:
$T_{access} = T_{seek} + T_{avg\,rotation} + 4000 \times T_{avg\,transfer} = 4ms + 2ms + 4000 \times 0.004ms = 22ms$

Random case:
$T_{access} = 4000 \times (T_{seek} + T_{avg\,rotation} + T_{avg\,transfer}) = 4000 \times (4ms + 2ms + 0.004ms) = 4000 \times 6.004ms = 24.016s$