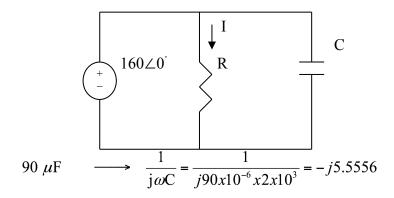
## Chapter 11, Solution 3.



$$I = 160/60 = 2.667A$$

The average power delivered to the load is the same as the average power absorbed by the resistor which is

$$P_{avg} = 0.5|I|^260 = 213.4 \text{ W}.$$