5. 
$$DAHO!$$

$$\frac{1}{3} \int \vec{B} d\vec{r} = MO \int \vec{a} \times r dr$$

$$\frac{1}{2} B(t) \pi f = MO \int \pi E f^{2}$$

$$B(t) = \frac{MO}{2}$$

~ 0.76B