17 Laurent competed in a triathlon.
The incomplete table gives some information about each of his three stages of the triathlon.

Stage	Distance (km)	Time taken	Average speed (km/h)
Swim	1.5	22 min 30 sec	4
Cycle	40		32
Run	10	37 min 30 sec	16

(a) Calculate, in hours and minutes, the time taken by Laurent to complete the cycle stage.

.... hours .... minutes

(2)

(b) Calculate, in kilometres per hour, Laurent's overall average speed for all three stages of the triathlon.
Give your answer to 3 significant figures.

.... km/h

(2)

(Total for Question 17 is 4 marks)