$$\frac{1}{2}k(sx)^2 + mgh = \frac{1}{2}mV_B^2$$

$$k(sx^2) + 2mgh = mV_B^2$$

$$V_R = \sqrt{\frac{k(ax_R)^2}{m} + zgh} \rightarrow falls \text{ at } z.zm$$

$$\left(\sqrt{\frac{k(\alpha x_{\rm E})^2}{m} + zgh}\right)^2 = \left(6.811 \sqrt{\frac{k(0.0011)^2}{m} + zgh}\right)^2$$

$$\frac{k(sx_{e})^{2}}{m} + 2gh = 0.877 \left( \frac{k(0.0011)^{2}}{m} + 2gh \right)$$

$$\frac{k(3\pi e)^{2} + 29h = \frac{0.877k(0.0011)^{2}}{m} + 1.7549h$$

$$0.877(0.0011)^{2}K$$
 $+ 1.754gh - 2gh ] \frac{m}{K}$