$$PE = KE$$

$$\frac{1}{2}KX^{2} = \frac{1}{2}MV^{2}$$

$$V = \sqrt{\frac{KX^{2}}{M}}$$

$$\Delta X = \sqrt{\frac{Kx^2 2h}{mg}}$$

$$0.27)$$

$$1.93 = \sqrt{\frac{KX^2 2L}{Mg}}$$

$$AX = \sqrt{X^2}$$
 $193 = \sqrt{0.011^2}$

$$1.93 = \sqrt{\frac{4 \times (0.01)^2 2h}{m 9.8}}$$
 $1.93 = \sqrt{\frac{1.93}{m 9.8}}$