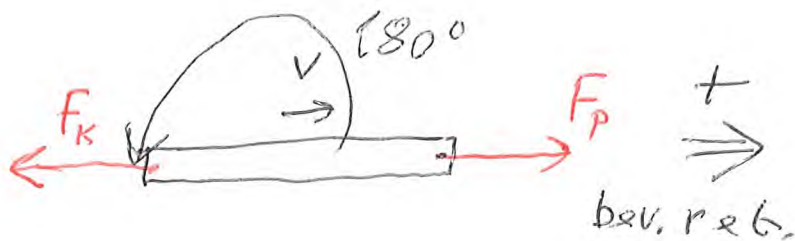


4.04



a)

$$F_P = 640 \text{ N}$$

$$v = \text{Konst}$$

$$\text{Dah. } \Sigma F = 0$$

$$F_P = F_K = 640 \text{ N}$$

$$\begin{aligned} \text{b) } W_P &= F \cdot s \cdot \cos \alpha = 640 \text{ N} \cdot 50 \text{ m} \cdot 1,00 \\ \alpha &= 0^\circ & = 3200 \text{ J} = \underline{3,2 \text{ kJ}} \end{aligned}$$

$$\begin{aligned} \text{c) } \alpha &= 180^\circ \\ \cos 180^\circ &= -1 \Rightarrow W_K = \underline{-3,2 \text{ kJ}} \end{aligned}$$

$$\text{d) } \Sigma W = W_P + W_K = 3,2 \text{ kJ} - 3,2 \text{ kJ} = \underline{0}$$

$$\begin{aligned} 4.05 \text{ a) } E_K &= \frac{1}{2} m v^2 = \frac{1}{2} \cdot 2,0 \text{ kg} \cdot \left(12 \frac{\text{m}}{\text{s}}\right)^2 = 144 \text{ kg} \frac{\text{m}^2}{\text{s}^2} \\ &= \underline{0,14 \text{ kJ}} \end{aligned}$$

$$\text{b) } W = E_K = \underline{0,14 \text{ kJ}}$$

$$4.06 \text{ a) } E_K = \frac{1}{2} m v^2$$

$$\begin{aligned} E_K &= \frac{1}{2} \cdot 9,11 \cdot 10^{-31} \text{ kg} \cdot \left(1,5 \cdot 10^7 \frac{\text{m}}{\text{s}}\right)^2 \\ &= \underline{1,0 \cdot 10^{-16} \text{ J}} \end{aligned}$$

$$\left(\text{fJ} = 10^{-15} \text{ J} \right)$$

$$b) E_k = \frac{1}{2} m v^2$$

$$2E_k = m v^2$$

$$\frac{2E_k}{m} = v^2$$

$$v = \sqrt{\frac{2E_k}{m}}$$

$$v = \sqrt{\frac{2 \cdot 1,01 \cdot 10^{-20} \text{ J}}{5,31 \cdot 10^{-26} \text{ kg}}} = \underline{617 \frac{\text{m}}{\text{s}}}$$

4,07 $|F_2| = 60 \text{ N}$ $v_0 = 0$ $|F_1| = 150 \text{ N}$ $s = 27 \text{ m}$
 $m = 15 \text{ kg}$

$$a) W_1 = F_1 \cdot s = 150 \text{ N} \cdot 27 \text{ m} = 4050 \text{ J} = \underline{4,1 \text{ kJ}}$$

$$W_2 = F_2 \cdot s = -60 \text{ N} \cdot 27 \text{ m} = -1620 \text{ J} = \underline{-1,6 \text{ kJ}}$$

$$b) W_{\Sigma F} = W_1 + W_2 = 4050 \text{ J} - 1620 \text{ J} = 2430 \text{ J} = \underline{2,4 \text{ kJ}}$$

$$c) \Sigma F = ma$$

$$F_1 - F_2 = ma$$

$$\frac{F_1 - F_2}{m} = a$$

$$a = \frac{150 \text{ N} - 60 \text{ N}}{15 \text{ kg}} = \underline{6,0 \frac{\text{m}}{\text{s}^2}}$$

$$2as = v^2 - v_0^2 \quad \text{og} \quad v_0 = 0$$

$$2as = v^2$$

$$v = \sqrt{2as} = \sqrt{2 \cdot 6,0 \frac{\text{m}}{\text{s}^2} \cdot 27 \text{ m}} = \underline{18 \frac{\text{m}}{\text{s}}}$$

$$d) E_k = \frac{1}{2} m v^2$$

$$= \frac{1}{2} \cdot 15 \text{ kg} \cdot \left(18 \frac{\text{m}}{\text{s}}\right)^2 = 2430 \text{ J} = \underline{2,4 \text{ kJ}}$$

4.11 a) $V_n = 36 \frac{\text{km}}{\text{h}} = 10 \frac{\text{m}}{\text{s}}$ $V_0 = 0$ $s = 10 \text{ m}$
 $m = 80 \text{ kg}$

$$\Delta E_k = \frac{1}{2} m V^2 = \frac{1}{2} \cdot 80 \text{ kg} \cdot \left(10 \frac{\text{m}}{\text{s}}\right)^2 = 40 \cdot 100 \text{ J}$$

$$= \underline{4,0 \cdot 10^3 \text{ J}}$$

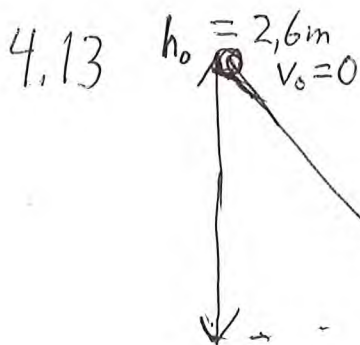
$$W = \Delta E_k$$

$$\bar{F} \cdot s = \Delta E_k$$

$$\bar{F} = \frac{\Delta E_k}{s}$$

$$\bar{F} = \frac{4,000 \cdot 10^3 \text{ J}}{10 \text{ m}} = 4,0 \cdot 10^2 \text{ N} = \underline{0,40 \text{ kN}}$$

b) $s = 7,0 \text{ m}$ $W_R = \Delta E_k = \underline{-4,0 \cdot 10^3 \text{ J}}$, duv så mye tap
 $\bar{F} = \frac{\Delta E_k}{s} = \frac{-4,0 \cdot 10^3 \text{ J}}{7,0 \text{ m}} = \underline{-571 \text{ N}}$
 $= \underline{-0,57 \text{ kN}}$



a) $E_k = E_{p0}$
 $\frac{1}{2} m V^2 = m g h_0$
 $V^2 = 2 g h$
 $V = \sqrt{2 g h}$

$$V = \sqrt{2 \cdot 9,81 \frac{\text{m}}{\text{s}^2} \cdot 2,6 \text{ m}} = 7,142 \frac{\text{m}}{\text{s}}$$

$$= \underline{7,1 \frac{\text{m}}{\text{s}}}$$

b) $m = 20 \text{ kg}$
 $V_n = 2,6 \frac{\text{m}}{\text{s}}$

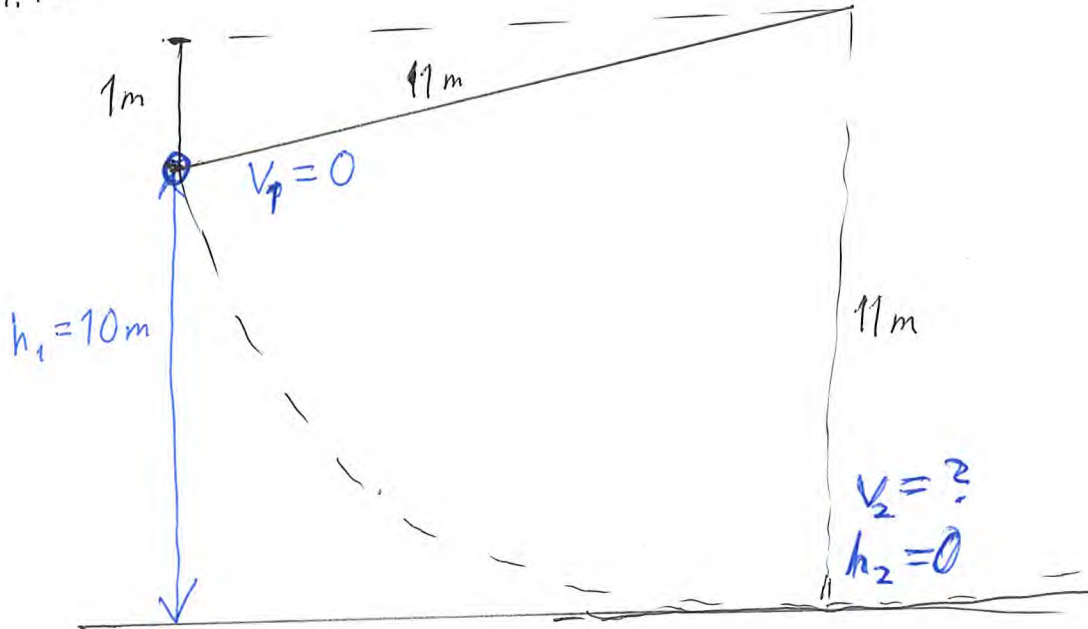
$$\Delta E = E_{p0} - E_{kn}$$

$$= m g h_0 - \frac{1}{2} m V_n^2 = m \left(g h_0 - \frac{1}{2} V_n^2 \right)$$

$$= 20 \text{ kg} \cdot \left(9,81 \frac{\text{m}}{\text{s}^2} \cdot 2,6 \text{ m} - \frac{1}{2} \cdot \left(2,6 \frac{\text{m}}{\text{s}} \right)^2 \right)$$

$$= 442,5 \text{ J} = \underline{0,44 \text{ kJ}}$$

4.15



a)

$$E_{K2} + \cancel{E_{P2}} = \cancel{E_{K1}} + E_{P1}$$

$$\frac{1}{2} m V_2^2 = m g h_1$$

$$V_2^2 = 2 g h_1$$

$$V_2 = \sqrt{2 g h_1}$$

$$V_2 = \sqrt{2 \cdot 9,81 \cdot 10} \frac{\text{m}}{\text{s}} = \underline{14 \frac{\text{m}}{\text{s}}}$$

b) Samme høydeforskjell og startfart \Rightarrow samme svar.

4.16

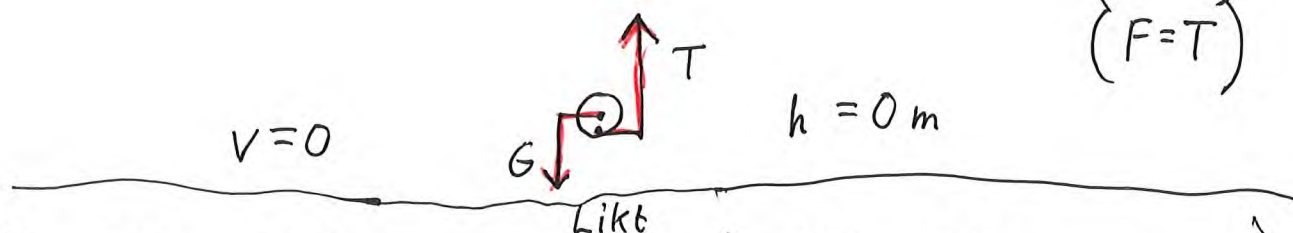
$$v = 10 \frac{m}{s}$$



$$h = 0,30 m$$

$$m = 0,120 kg$$

$$\begin{cases} s = h \\ F = T \end{cases}$$



a)
$$W_T = T \cdot h$$

$$W_T = \Delta E_p + \Delta E_k$$

$$\overline{T} \cdot h = mgh + \frac{1}{2}mv^2$$

$$\overline{T} = mg + \frac{mv^2}{2h}$$

$$\overline{T} = m \left(g + \frac{v^2}{2h} \right)$$

$$= 0,120 kg \cdot \left(9,81 \frac{m}{s^2} + \frac{(10 \frac{m}{s})^2}{2 \cdot 0,30 m} \right) = 21,17 N$$

$$= \underline{21 N}$$

Energibetraktning gir $g = 9,81 \frac{m}{s^2}$

E_p er positiv fordi energien øker oppover.

(I beregelseslikning tar man hensyn til retningen på a og s)

$$W_{\Sigma F} = \Delta E_k$$

$$\cancel{W_T} - W_G = \Delta E_k$$

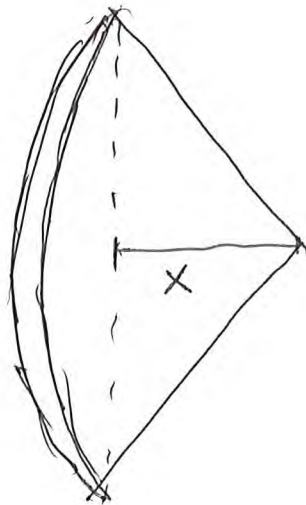
$$W_T = W_G + \Delta E_k$$

$$\left(F \cdot s - m \cdot g \cdot s = \frac{1}{2}mv^2 \right)$$

$$\begin{aligned}
 \text{b) } \Delta E_p &= \Delta E_k \\
 mg\Delta h &= \frac{1}{2}mv^2 \\
 \Delta h &= \frac{v^2}{2g} = \frac{(10 \frac{\text{m}}{\text{s}})^2}{2 \cdot 9,81 \frac{\text{m}}{\text{s}^2}} = \underline{5,1 \text{ m}} \quad (5,096 \text{ m})
 \end{aligned}$$

$$\begin{aligned}
 \text{c) } E_{k0} &= E_k + E_p \\
 \frac{1}{2}mV_0^2 &= \frac{1}{2}mv^2 + mgh \\
 V_0^2 &= v^2 + 2gh \\
 v^2 &= V_0^2 - 2gh \\
 v &= \sqrt{V_0^2 - 2gh} \\
 v &= \sqrt{(10 \frac{\text{m}}{\text{s}})^2 - 2 \cdot 9,81 \frac{\text{m}}{\text{s}^2} \cdot 2,5 \text{ m}} = \underline{7,1 \frac{\text{m}}{\text{s}}}
 \end{aligned}$$

4.18



$$\begin{aligned}
 F &= kx \\
 k &= \frac{F}{x} \\
 k &= \frac{100 \text{ N}}{0,20 \text{ m}} \\
 &= 500 \frac{\text{N}}{\text{m}} \\
 &= \underline{0,50 \frac{\text{KN}}{\text{m}}}
 \end{aligned}$$

$$\begin{aligned}
 \text{b) } E_p &= \frac{1}{2}kx^2 = \frac{1}{2} \cdot 500 \frac{\text{N}}{\text{m}} \cdot (0,26 \text{ m})^2 \\
 &= \underline{17,3 \text{ J}} \quad (16,9 \text{ J})
 \end{aligned}$$

$$\begin{aligned}
 \text{c) } E_k &= E_{p0} \\
 \frac{1}{2}mV^2 &= \frac{1}{2}kx^2 \\
 V^2 &= \frac{kx^2}{m} \\
 V &= \sqrt{\frac{k}{m}} \cdot x \\
 V &= \sqrt{\frac{500 \frac{\text{N}}{\text{m}}}{0,020 \text{ kg}}} \cdot 0,26 \text{ m} = \underline{41 \frac{\text{m}}{\text{s}}}
 \end{aligned}$$

$$4.19 \text{ a) } E_{k0} = \frac{1}{2} m v_0^2 = \frac{1}{2} \cdot 0,40 \text{ Kg} \cdot \left(8,0 \frac{\text{m}}{\text{s}}\right)^2 = \underline{13 \text{ J}} \quad (12,8 \text{ J})$$

$$\text{b) } x = 0,10 \text{ m}$$

$$E_{k0} = E_k + E_p$$

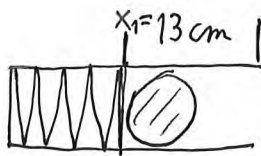
$$\frac{1}{2} m v_0^2 = \frac{1}{2} m v^2 + \frac{1}{2} k x^2$$

$$E_{k0} - E_p = E_k$$

$$E_k = E_{k0} - \frac{1}{2} \cdot 400 \frac{\text{N}}{\text{m}} \cdot (0,10 \text{ m})^2$$

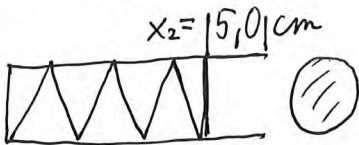
$$E_k = \underline{11 \text{ J}} \quad (10,8 \text{ J})$$

4.20



$$m = 0,025 \text{ kg}$$

$$k = 100 \frac{\text{N}}{\text{m}}$$



$$\begin{aligned} \text{a) } W_f = \Delta E_p &= \frac{1}{2} k x_1^2 - \frac{1}{2} k x_2^2 = \frac{1}{2} k (x_1^2 - x_2^2) \\ &= \frac{1}{2} \cdot 100 \frac{\text{N}}{\text{m}} \cdot (0,13^2 - 0,050^2) \text{ m}^2 = \underline{0,72 \text{ J}} \end{aligned}$$

$$\text{b) } \Delta E_k = W_f$$

$$\frac{1}{2} m v^2 = W_f$$

$$v^2 = \frac{2 W_f}{m}$$

$$v = \sqrt{\frac{2 W_f}{m}} = \sqrt{\frac{2 \cdot 0,72 \text{ J}}{0,025 \text{ kg}}} = \underline{7,6 \frac{\text{m}}{\text{s}}}$$

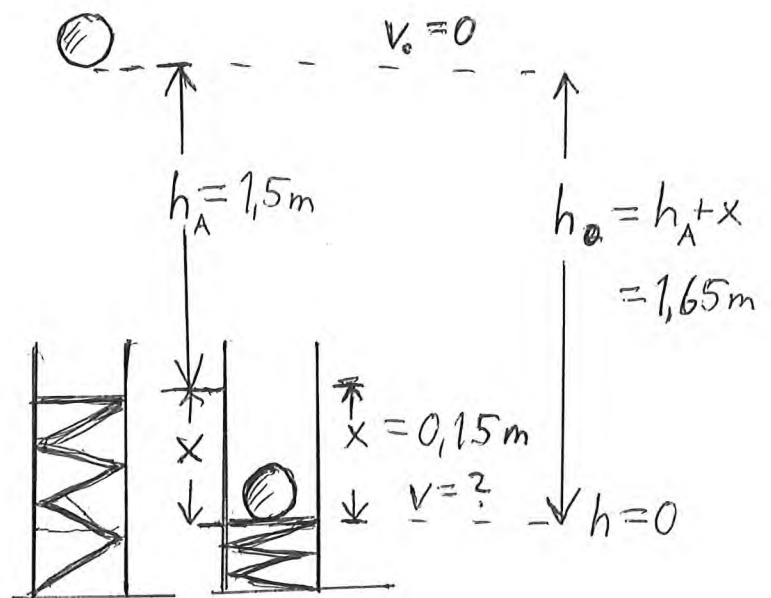
$$\text{c) } W_f - W_g = m g h$$

$$h = \frac{W_f - W_g}{m g} = \frac{W_f - m g (x_1 - x_2)}{m g}$$



$$= \frac{0,72 \text{ J} - 0,025 \text{ kg} \cdot 9,81 \frac{\text{m}}{\text{s}^2} (0,13 - 0,050) \text{ m}}{0,025 \text{ kg} \cdot 9,81 \frac{\text{m}}{\text{s}^2}} = \underline{2,9 \text{ m}}$$

4,21 $k = 2,4 \frac{\text{kN}}{\text{m}}$
 $m = 7,3 \text{ kg}$



$$E_{\text{psjær}} = \frac{1}{2} k x^2 = \frac{1}{2} \cdot 2,4 \cdot 10^3 \frac{\text{N}}{\text{m}} \cdot (0,15 \text{ m})^2 = 27 \text{ J}$$

$$E_{\text{pokule}} = m g h_0 = 7,3 \text{ kg} \cdot 9,81 \frac{\text{N}}{\text{kg}} \cdot 1,65 \text{ m} = 118 \text{ J}$$

$$E_{\text{pokule}} = E_{\text{psjær}} + E_{\text{kkule}}$$

$$E_{\text{pokule}} - E_{\text{psjær}} = \frac{1}{2} m v^2$$

$$\sqrt{\frac{2 \cdot (E_{\text{pokule}} - E_{\text{psjær}})}{m}} = v$$

$$v = \sqrt{\frac{2 \cdot (118 \text{ J} - 27 \text{ J})}{7,3 \text{ kg}}} = 5,0 \frac{\text{m}}{\text{s}}$$

$$4.26 \quad V = 1150 \cdot 10^6 \text{ m}^3 \quad h = 316 \text{ m}$$

$$a) \quad E_p = mgh = \rho \cdot V \cdot g \cdot h = 0,998 \cdot 10^3 \frac{\text{kg}}{\text{m}^3} \cdot 1,150 \cdot 10^9 \text{ m}^3 \cdot 9,81 \frac{\text{m}}{\text{s}^2} \cdot 316 \text{ m} \\ = 3,5578 \cdot 10^{15} \text{ J} = \underline{\underline{3,56 \cdot 10^{15} \text{ J}}} (= 3,56 \text{ PJ})$$

$$P = 220 \cdot 10^6 \text{ W}$$

$$b) \quad E_d = P \cdot t = 220 \cdot 10^6 \text{ W} \cdot 24 \text{ h} = 5,280 \cdot 10^9 \text{ Wh} (= 5,28 \cdot 10^6 \text{ kWh}) \\ = \underline{\underline{5,28 \text{ GWh}}}$$

$$c) \quad A = 14 \text{ km}^2$$

$$E_d = E_{pd} \quad \begin{array}{l} \text{produsert} \\ \text{el. energi per døgn} \end{array} = \begin{array}{l} \text{tap i potensiell} \\ \text{energi per døgn} \end{array}$$

$$E_d = mgh$$

$$E_d = \rho \cdot V_d \cdot g \cdot h$$

$$E_d = \rho \cdot A \cdot \Delta h \cdot g \cdot h$$

$$\Delta h = \frac{E_d}{\rho \cdot A \cdot g \cdot h}$$

$$\Delta h = \frac{5,28 \cdot 10^9 \cdot \overbrace{3600}^{\text{sekunder i en time}}}{998 \frac{\text{kg}}{\text{m}^3} \cdot 14 \cdot (10^3 \text{ m})^2 \cdot 9,81 \frac{\text{m}}{\text{s}^2} \cdot 316 \text{ m}} = \frac{1,9008 \cdot 10^{13}}{4,331 \cdot 10^{13} \text{ N}}$$

$$= 0,4388 \text{ m} = \underline{\underline{0,44 \text{ m}}}$$

$$4.28 \quad F = 0,45 \text{ kN} \quad E \text{ per mil} = \frac{33 \cdot 10^6 \text{ J}}{\text{mil}} \cdot 0,70 = 23,1 \cdot 10^6 \text{ J/mil}$$

$$W = F \cdot s = 0,45 \cdot 10^3 \text{ N} \cdot 10^4 \text{ m} = 4,5 \cdot 10^6 \text{ J} \quad \begin{array}{l} \text{nyttbart arbeid} \\ \text{per mil} \end{array}$$

$$\eta = \frac{\text{nyttbart arbeid}}{\text{tilført energi}} = \frac{4,5 \cdot 10^6 \text{ J}}{23,1 \cdot 10^6 \text{ J}} = 0,19 = \underline{\underline{19\%}}$$