To calculate the time it takes to send the file we convert the size to bits

In[5]:=
$$\text{filesize} = \text{Quantity}\left[640 * 10^3,\ \text{"bytes"}\right] * \text{Quantity}[8,\ \text{"bits/byte"}];$$

The final delay is the sum of all the individual transmission delays and the RTT

In[6]:=
$$d_{AP} = \frac{\text{filesize}}{\text{Quantity}\left[54 * 10^6,\ \text{"bits/ms"}\right]};$$

In[7]:=
$$d_{modem} = \frac{\text{filesize}}{\text{Quantity}\left[100 * 10^6,\ \text{"bits/ms"}\right]};$$

In[8]:=
$$d_{DSLAM} = \frac{\text{filesize}}{\text{Quantity}\left[2 * 10^6,\ \text{"bits/ms"}\right]};$$

In[9]:=
$$d_{Internet} = \frac{\text{filesize}}{\text{Quantity}\left[1 * 10^6,\ \text{"bits/ms"}\right]};$$

In[10]:=
$$\text{delay} = d_{AP} + d_{modem} + d_{DSLAM} + d_{Internet} + \text{RTT}$$

Out[10]=
$$39.8325\ \text{ms}$$