The material is linear-elastic and isotropic.
The Young's modulus is 215 GPa.
The Poisson's ratio is 0.33.
It is in plane strain.

The applied force f1x is: 115.4 MN/m.
The applied force f1y is: 158.5 MN/m.
Note that these forces are normalised with respect to thickness.
Nodal coordinates shown in Figure 2 are in metres.