1)

16/1																				
A-104																				
16/1		//////////	//////////	16/1																
A-104				B-120																
16/1		//////////	//////////	16/1				16/1			////////									
A-104				B-120				C-136												
16/1		//////////	//////////	16/1				16/1			////////	32/1					//////////	//////////	////////	
A-104				B-120				C-136				D-152								
16/1		//////////	//////////	16/0				16/1			////////	32/1					//////////	//////////	////////	
A-104				B-120				C-136				D-152								
32/0								16/1			////////	32/1					//////////	//////////	////////	
104								C-136				D-152								
32/0								16/1			////////	32/0								
104								C-136				152								

Best fit and first fit are both the same:

8 slash 1		24/0						16/1			////////	32/0								
E-100		108						C-136												

3)

10 slash 1			//////////	//////////	10 slash 1															
A-102					B-112															
10 slash 1			//////////	//////////	10 slash 1				////////											
A-102					B-112															
10 slash 1			//////////	//////////	10 slash 1				////////	10 slash 1			////////							
A-102					B-112					C-122										
10 slash 1			//////////	//////////	10 slash 1				////////	10 slash 1			////////	////////	10 slash 1					
A-102					B-112					C-122					D-132					
10 slash 1			//////////	//////////	10 slash 1				////////	10 slash 1			////////	////////	10 slash 0					
A-102					B-112					C-122					132					
10 slash 1			//////////	//////////	10 slash 0					10 slash 1			////////	////////	10 slash 0					
A-102					112					C-122					132					
First fit and best fit are the same:																				
10 slash 1			//////////	//////////	6 slash 1			4 slash 0		10 slash 1			////////	////////	10 slash 0					
A-102					E-112			F-118		C-122					132					
10 slash 1			//////////	//////////	6 slash 1			4 slash 0		10 slash 0					10 slash 0					
A-102					E-112			F-118		122					132					
10 slash 1			//////////	//////////	6 slash 1			4 slash 0		10 slash 1				////////	10 slash 0					
A-102					E-112			F-118		122					132					

4)

p						/////////	/////////																
A-103																							
24/1						/////////	/////////	12 slash 1		/////////	/////////												
A-103								B-127															
24/1						/////////	/////////	12 slash 1		/////////	/////////	24 slash 1					/////////	/////////	/////////				
A-103								B-127				C-139											
24/1						/////////	/////////	12 slash 1		/////////	/////////	24 slash 1					/////////	/////////	/////////	12 slash 1		/////////	/////////
A-103								B-127				C-139								D-163			

First fit and best fit are the same:

24/1						/////////	/////////	12 slash 0				24 slash 1					/////////	/////////	/////////	12 slash 1		/////////	/////////
A-103								127				C-139								D-163			
24/1						/////////	/////////	6 slash 1		6 slash 0		24 slash 1					/////////	/////////	/////////	12 slash 1		/////////	/////////
A-103								E-127		133		C-139								D-163			
24/1						/////////	/////////	6 slash 1		6 slash 0		24 slash 1					/////////	/////////	/////////	12 slash 0			
A-103								E-127		133		C-139								163			
24/1						/////////	/////////	6 slash 1		42/0													
A-103								E-127		133													
24/1						/////////	/////////	6 slash 1		15/1					27/0								
A-103								E-127		F-133					148								

1. Expanding data inside an allocated segment to fill an internal segment is possible, but since this internal fragmentation is small it is unlikely to be big enough to store any new memory, so it would likely just results in slower memory allocation.
2. It seems like the ideal size for blocks of memory to be allocated is as small as possible so that there is no internal fragmentation because you can allocate new memory to precisely the amount of memory needed
3. In some cases, you may be able to use program logic to put small pieces of data into the internal fragments.
4. Explicit free lists make it faster to allocate new memory as you only have to search through all the free blocks to find memory big enough to place the new data rather than searching through all blocks.