In[2]:

$$r = \{1 + 2 \sin[t], 2 \cos[t], 4 \cos[t] + 4 \sin[2 t]\}$$

$$Out[2] = \{1 + 2 Sin[t], 2 Cos[t], 4 Cos[t] + 4 Sin[2 t]\}$$

In[3]:=
$$r1 = D[r, t] /. t \rightarrow \pi/2$$

Out[3]=
$$\{0, -2, -12\}$$

$$ln[4]:= r2 = D[D[r, t], t] /. t \rightarrow \pi/2$$

Out[4]=
$$\{-2, 0, 0\}$$

Out[5]=
$$\left\{0, -\frac{1}{\sqrt{37}}, -\frac{6}{\sqrt{37}}\right\}$$

In[6]:= B = Cross[r1, r2] / Norm[Cross[r1, r2]]

Out[6]=
$$\left\{0, \frac{6}{\sqrt{37}}, -\frac{1}{\sqrt{37}}\right\}$$

Out[7]=
$$\{-1, 0, 0\}$$

In[8]:=

FrenetSerretSystem[$\{1 + 2 \sin[t], 2 \cos[t], 4 \cos[t] + 4 \sin[2 t]\}, t$] /. $t \rightarrow \pi/2$

Out[8]=
$$\left\{ \left\{ \frac{1}{74}, -\frac{6}{37} \right\}, \left\{ \left\{ 0, -\frac{1}{\sqrt{37}}, -\frac{6}{\sqrt{37}} \right\}, \left\{ -1, 0, 0 \right\}, \left\{ 0, \frac{6}{\sqrt{37}}, -\frac{1}{\sqrt{37}} \right\} \right\} \right\}$$