dynamics explanation

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1   question c

NOTE: for this question the positive x-axis points to the left the general equation for the change in position is:

$$x(t) = x_O + V_0 t + 0.5 a t^2 \quad (1)$$

$$x_O = 0 \quad (2)$$

$$a = 0 \quad (3)$$

$$V_O t = 5 \quad (4)$$

$$V_O \times 6 = 5 \quad (5)$$

$$V_O = \tfrac{5}{6} m/s \quad (6)$$