12–113. The position of a particle is defined by $\mathbf{r} = \left\{4(t-\sin t)\mathbf{i} + \left(2t^2-3\right)\mathbf{j}\right\}$ m, where t is in seconds and the argument for the sine is in radians. Determine the speed of the particle and its normal and tangential components of acceleration when t=1 s.