



$$K = \frac{m8}{2 \times} = \frac{(3,0 \text{ kg})(9,8 \text{ kg})}{2 (5,0 \times 10^{-2} \text{ m})} = 2,34 \times 10^{2} \frac{N}{m} \simeq \left[2,3 \times 10^{2} \frac{N}{m}\right]$$