PA4.515 N 20

$$m = 64 \text{ kg}$$

$$F_{m} = \frac{m N_{A}}{\Delta t} =$$

$$= \frac{(64 \text{ kg})(3,7 \text{ m/s})}{1,8 \text{ s}} =$$

$$= 2737 \text{ N} = 10.2 \times 40^{2} \text{ N}$$