$d = 3,5\ cm$

$k = 0,1019\ N/m$

$T = F d =$

$l_{initial} = \frac{49,5}{2} = 24,75\ cm$

$l_{final} = 30\ cm$

$\Delta x = l_{final} - l_{initial} = 30 - 24,75 = 5,25\ cm$

$F = 0,1019\ N/m \cdot 0,5\ m = 0,05095\ N$

$T = F d = 0,05095\ N \cdot 3,5 = 0,178325\ Nm$