11. The lower estimate is also the left-hand estimate, so the lower estimate for how far she travelled is 
(0.5)(0 + 6.2 + 10.8 + 14.9 + 18.1 + 19.4) = 34.7 meters. The upper and right-hand estimates also 
coincide, so the upper estimate is (0.5)6.2 + 10.8 + 14.9 + 18.1 + 19.4 + 20.2) = 44.8.

12. I will use a right-hand estimate: 

13. I will use a width of 1 second. My upper estimate is 
(1)(70 + 48 + 35 + 22 + 15 + 6) = 196 feet.

14. I will estimate by counting rectangles in the grid and multiplying by the area of each. I see about 25 
such rectangles, and each has an area of 100/3600 km, or 1/36 km. The distance travelled is therefore 
about 25/36 ≈ 0.69 km.