A sprinter runs at 9 metres per second for 10 seconds, stops for 10 seconds, then runs at 9 metres per second for another 10 seconds in the same direction.

A sprinter runs at 9 metres per second for 10 seconds, stops for 10 seconds, then takes 10 seconds to run back to his starting point.
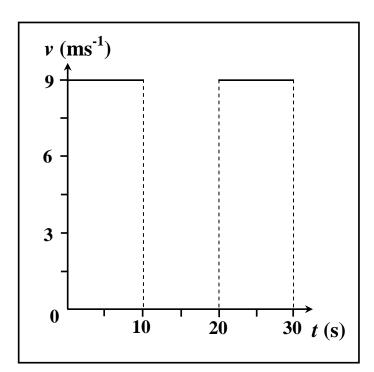
A mechanic drives a car at a steady speed of 20 ms^{-1} for 8 seconds, then puts on the brakes to come to a halt 4 seconds later.
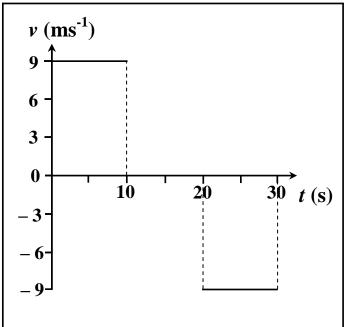
A driver drives her car 1.2 km to a garage, spends 8 minutes checking her tyres, then drives the car back home again.
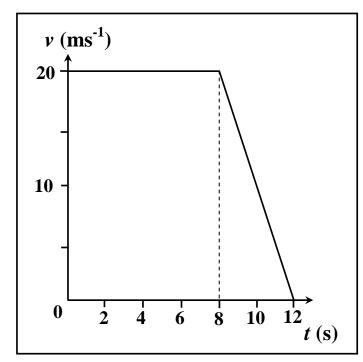
The distance between two bus stops is 60 metres. A bus sets off from the first bus stop and reaches a speed of 10 metres per second, before braking to stop at the second bus stop.
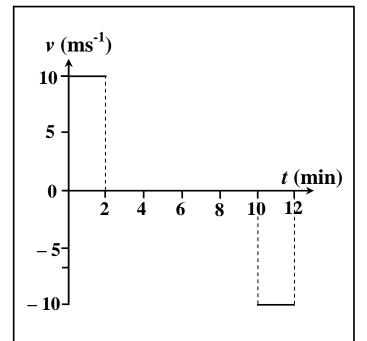
A remote-controlled car reverses 10 metres then travels 30 metres forward at the same speed.
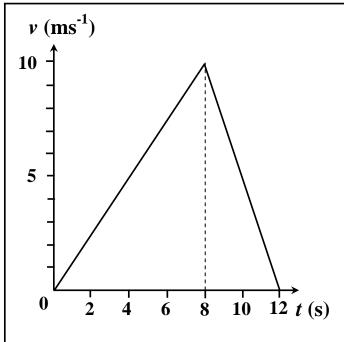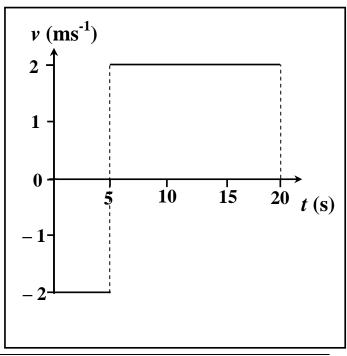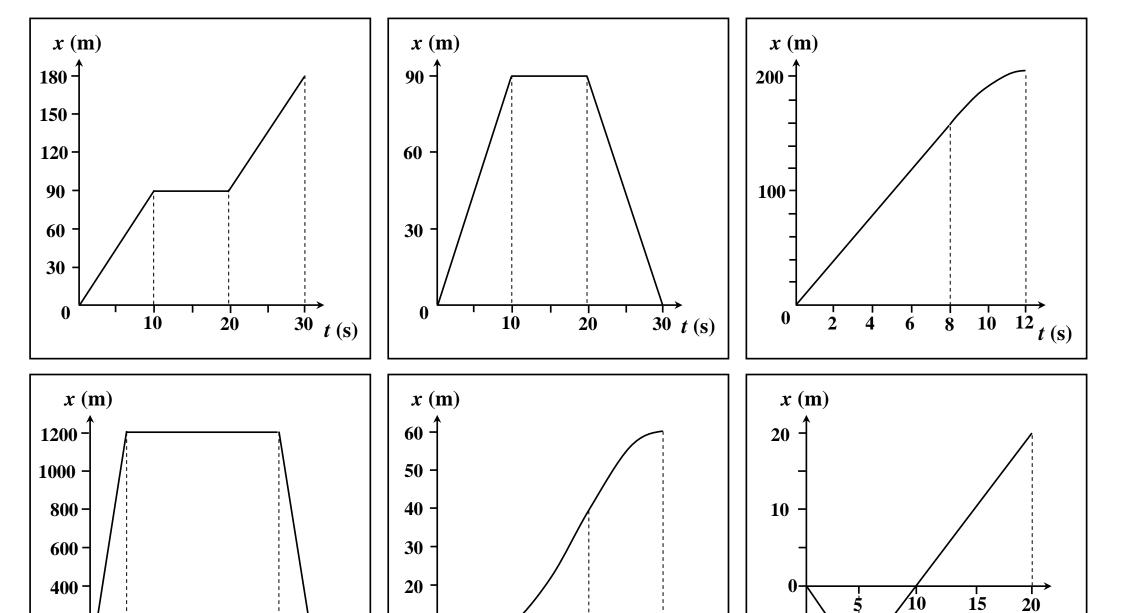
This takes a total of 20 seconds.