

The One-Mile Average Rate Theorem

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Abstract

The Mean Value Theorem suggests the following question: If a jogger runs a distance d miles, where $d > 1$, is there a one-mile stretch over which the average speed is identical to the average speed over the entire d miles? It turns out that for some values of d , the answer is definitely yes, while for other values of d , there are running scenarios in which there is no such one-mile stretch.



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