11. Since v is an increasing function, L_6 will give us a lower estimate and R_6 will give us an upper estimate.

$$L_6 = (0 \text{ ft/s})(0.5 \text{ s}) + (6.2)(0.5) + (10.8)(0.5) + (14.9)(0.5) + (18.1)(0.5) + (19.4)(0.5)$$
$$= 0.5(69.4) = 34.7 \text{ ft}$$
$$R_6 = 0.5(6.2 + 10.8 + 14.9 + 18.1 + 19.4 + 20.2) = 0.5(89.6) = 44.8 \text{ ft}$$

12. We can find an upper estimate by using the final velocity for each time interval. Thus, the distance d traveled after 62 seconds can be approximated by

$$d = \sum_{i=1}^{6} v(t_i)\Delta t_i = (185 \text{ ft/s})(10 \text{ s}) + 319 \cdot 5 + 447 \cdot 5 + 742 \cdot 12 + 1325 \cdot 27 + 1445 \cdot 3 = 54{,}694 \text{ ft}$$