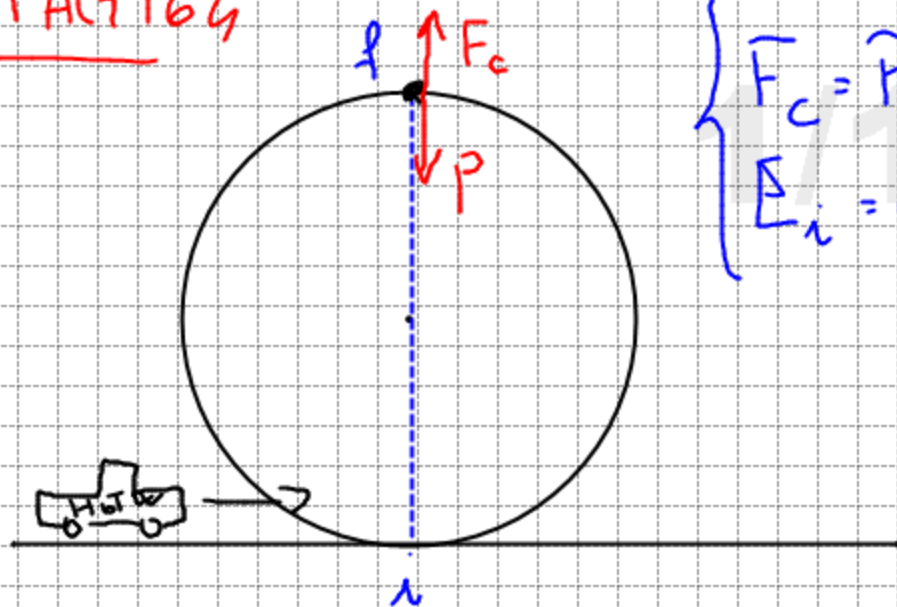


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$$\begin{cases} m r \frac{v_f^2}{r} = m g \\ \frac{1}{2} m v_i^2 = m g (2r) + \frac{1}{2} m v_f^2 \end{cases} \quad v_f = \sqrt{2g}$$