

Remarks: See §2.2.1, pages 19 till 21
See §2.3, pages 24 till 26
See §2.6, pages 34 onwards

Answer:

120 mm

Explanation:

$$\ell = 5 + 14 = 19 \text{ m}$$

$$\text{The block drops a distance of } \Delta\ell = \frac{(48 \times 10^3 \text{ N})(19 \times 10^3 \text{ mm})}{(200 \times 10^3 \text{ N/mm}^2)(38 \text{ mm}^2)} = 120 \text{ mm}$$