68. (a) The intuitive conclusion, that the tension is greatest at the bottom of the swing, is certainly supported by application of Newton's second law there:

$$T - mg = \frac{mv^2}{R} \implies T = m\left(g + \frac{v^2}{R}\right)$$

where Eq. 6-18 has been used. Increasing the speed eventually leads to the tension at the bottom of the circle reaching that breaking value of 40 N.

(b) Solving the above equation for the speed, we find

$$v = \sqrt{R\left(\frac{T}{m} - g\right)} = \sqrt{(0.91)\left(\frac{40}{0.37} - 9.8\right)}$$

which yields v = 9.5 m/s.