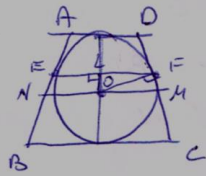


3.93  
3.



$EF \parallel BC \perp L \leftarrow \text{vign } \triangle EOF \quad \perp$   
 $OL \perp EF$

$\angle OFH = 90^\circ = \angle FLO \leftarrow OM \parallel LF$   
 $(\text{vign } \triangle OFH) \angle FOM = \angle OFL$

$\triangle LOF \sim \triangle FHO$

$\frac{LF}{OF} = \frac{OF}{OM} \rightarrow \frac{4}{5} = \frac{5}{OM} \rightarrow OM = 6\frac{1}{4} \rightarrow NM = 12\frac{1}{2}$  .P

$(\text{vign } \triangle OFH) AD + BC = 2EF$  ~~AD + BC = 2EF~~

$AD + BC = 25$

$h = 2R = 10$

$S = \frac{25 \cdot 10}{2} = 125$