$$\frac{4^{-3}5}{60} = 840 \text{ rpm } \times \frac{7}{1 \text{ rev}} \times \frac{1}{60 \text{ sec}} = 28\pi \frac{\text{rad}}{5} = 87.96 \frac{\text{rad}}{5}$$

$$e^{\text{W}} = \frac{1}{3} \frac{1}{1 \text{ rev}} \times \frac{1}{60 \text{ sec}} \times \frac{1}{5} \frac{\text{rad}}{5} = 87.96 \frac{$$