DB --

$$v_{avg} = \frac{\Delta d}{\Delta t} = \frac{(40\text{yd})\left(0.9144\text{m}\middle/1\text{yd}\right)}{4.35\text{s}} = \frac{36.58\text{m}}{4.35\text{s}} = 8.41\text{m}/\text{s}$$

$$a = \frac{\Delta v}{\Delta t} = \frac{(8.41-0)\text{m}/\text{s}}{0.25\text{s}} = 33.63\text{m}/\text{s}^2$$

$$F = ma = \left[(203\text{lb})\left(0.4536\text{kg}\middle/1\text{lb}\right)\right](33.63\text{m}/\text{s}^2) = 3096.97\text{N}$$

LB --

$$v_{avg} = \frac{\Delta d}{\Delta t} = \frac{(40\text{yd})\left(0.9144\text{m}\middle/1\text{yd}\right)}{4.94\text{s}} = \frac{36.58\text{m}}{4.94\text{s}} = 7.40\text{m}/\text{s}$$

$$a = \frac{\Delta v}{\Delta t} = \frac{(7.40-0)\text{m}/\text{s}}{0.25\text{s}} = 29.60\text{m}/\text{s}^2$$

$$F = ma = \left[(224\text{lb})\left(0.4536\text{kg}\middle/1\text{lb}\right)\right](29.60\text{m}/\text{s}^2) = 3007.66\text{N}$$

DB generates roughly 90 N larger force than LB