$$V = \frac{1}{3}\pi \left(\frac{h}{4}\right)^{2}h$$

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$$V = \frac{1}{3}\pi \frac{h^{2}}{16}h$$

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$$V = \frac{1}{48}\pi h^{3}$$

$$\frac{dV}{dt} = \frac{1}{16}\pi h^{2}\frac{dh}{dt}$$

$$-3 = \frac{\pi}{16}\left(\frac{5}{5}\right)^{2}\frac{dh}{dt}$$

$$-\frac{48}{25\pi}\sin \frac{\pi}{5} = \frac{dh}{dt}$$

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