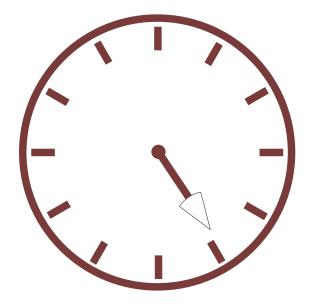
Problem of the Week Problem C Have YOU Got a Minute?

My clock is a perfectly good clock. It keeps exact time. But it only has an hour hand. Today, in the afternoon, I looked at my clock and discovered that the hour hand was $\frac{7}{8}$ of the distance between the "4" and the "5".

Determine the exact time (hours, minutes and seconds).



STRAND NUMBER SENSE AND NUMERATION

