

Travelling at:

40mph for 30mins and then at 60mph for 30mins  
gives an average speed of 50mph

This = 20miles and 30miles in 1 hour = 50mph

Travelling at:

40mph for 30miles and then at 60mph for 30miles  
gives an average speed of 50mph

This = 45mins and 30mins = 60miles in 75mins = 48 mph