

4.2 minutes = $4.2 \cdot 60$ seconds = 252 seconds. 3.7 km = 3700 m.
Equation for displacement is

$$S = v_0 \cdot t + at^2/2$$

Equation for velocity

$$v = v_0 + at$$

From these we can find

$$a = \frac{2(S - v_0t)}{t^2} = \frac{2(3700 - 5.6 \cdot 252)}{252^2} = 0.072 \text{ m/s}^2$$

$$v = 5.6 + 0.072 \cdot 252 \approx 23.7 \text{ m/s}$$

Final velocity is 23.7 m/s.