Problem.
D=5t to the 2nd. Find the distance d in meters that an object falls in a time t of 5 seconds.
Solution:
If $D(t) = 5t^2$, then the distance in a time $t = 5$ seconds equals
$$D(5) = 5 \cdot 5^2 = 125 \text{ m.}$$
Answer: $D(5) = 125$ m.