$a = 10.0 \, m/s^2$
$d = 400 \, m$
$V_o = 0 \, m/s$

a) $\quad d = \frac{1}{2} \cdot a \cdot t^2$

$\qquad 400 \, m = \frac{1}{2} \cdot (10 \, m/s^2) \cdot t^2$

$\qquad \boxed{t = 8.94 \, sec}$

b) $\quad V_f = a \cdot t + V_i$

$\qquad = (10.0 \, m/s^2)(8.94 \, (sec)) + 0 \, m/s$

$\qquad \boxed{V_f = 89.4 \, m/s}$