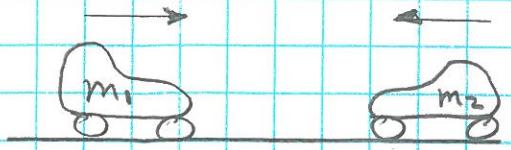
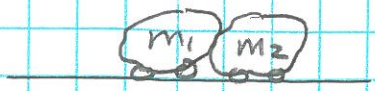
Initial

$v = 80\ km/h = v$



Final



for either car:

$KE = Q$

$\frac{1}{2} m_1 v^2 = m_1 c \Delta T$

$\Delta T = \frac{v^2}{2c}$

where $v = 80 \frac{km}{h} \left(\frac{1\ h}{3600\ s}\right)\left(\frac{1000\ m}{1\ km}\right) = 22.22\ m/s$

$c = 449 \frac{J}{kg\,K}$ (Iron)

So:

$\Delta T = 0.5498\ K$ (or $^{\circ}C$)