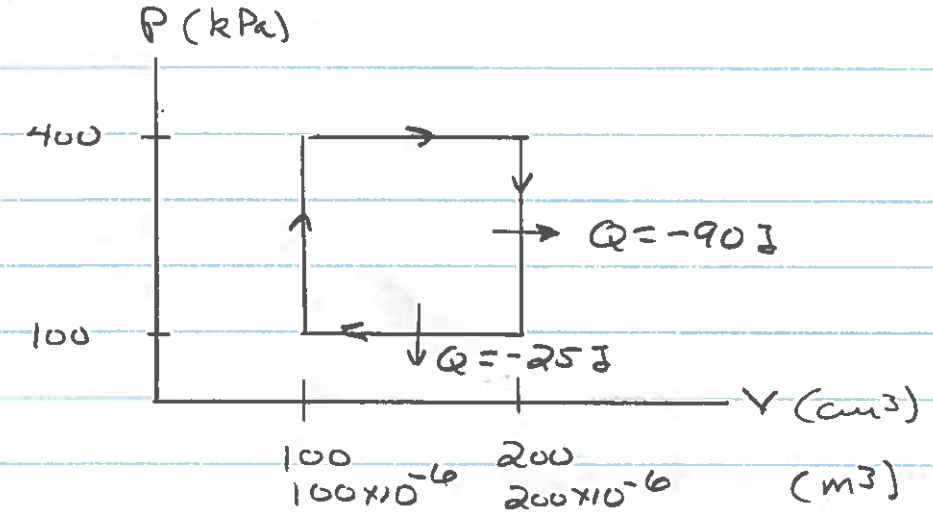

Since the heat shown is out of the gas, it is Q_C where:

$$Q_C = |Q_{OUT}| = 115\ J$$

And, W_S = area bounded by cycle

$$= (400\times10^3 - 100\times10^3)(200\times10^{-6} - 100\times10^{-6})$$

$$W_S = \underline{30\ J} = W_{OUT}$$

Now, $Q_H = W_{OUT} + Q_C = \underline{145\ J}$

$$\eta = \frac{W_{OUT}}{Q_H} = \underline{0.207} = \underline{20.7\ \%}$$