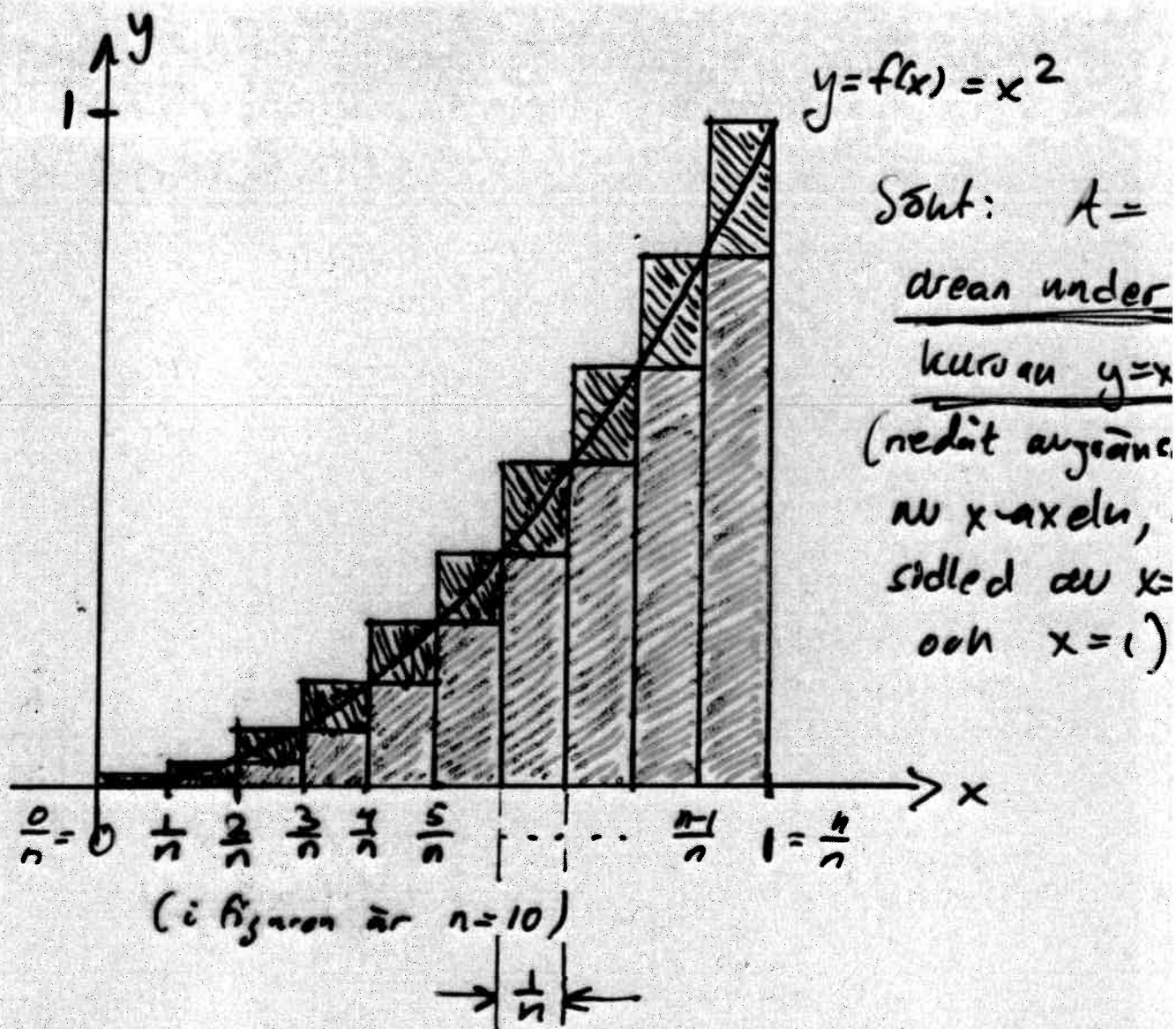




Undersumma (gröna rektanglarnas summa):

$$\begin{aligned} & \frac{1}{n} f(0) + \frac{1}{n} f\left(\frac{1}{n}\right) + \frac{1}{n} f\left(\frac{2}{n}\right) + \dots + \frac{1}{n} f\left(\frac{n-1}{n}\right) = \\ & = \frac{1}{n} \cdot 0^2 + \frac{1}{n} \left(\frac{1}{n}\right)^2 + \frac{1}{n} \left(\frac{2}{n}\right)^2 + \dots + \frac{1}{n} \left(\frac{n-1}{n}\right)^2 = \\ & = \frac{1}{n^3} (0^2 + 1^2 + 2^2 + \dots + (n-1)^2) = \frac{1}{n^3} \sum_{k=0}^{n-1} k^2 = \frac{1}{n^3} \cdot \frac{(n-1) \cdot n \cdot (2n-1)}{6} \\ & = \frac{1}{6} \left(1 - \frac{1}{n}\right) \left(2 - \frac{1}{n}\right) \end{aligned}$$

Översumma (röda rektanglarnas):

$$\frac{1}{n} f\left(\frac{1}{n}\right) + \frac{1}{n} f\left(\frac{2}{n}\right) + \dots + \frac{1}{n} f\left(\frac{n}{n}\right) = \frac{1}{n^3} \sum_{k=1}^n k^2 = \frac{1}{n^3} \cdot \frac{n(n+1)(2n+1)}{6}$$

$$\frac{1}{6} \left(1 - \frac{1}{n}\right) \left(2 - \frac{1}{n}\right) < A < \frac{1}{6} \left(1 + \frac{1}{n}\right) \left(2 + \frac{1}{n}\right)$$

$\rightarrow \frac{1}{3} \quad \rightarrow \frac{1}{3} \text{ då } n \rightarrow \infty \Rightarrow \boxed{A = \frac{1}{3}}$