4. If the driver drives at the velocity v_0, then the distance he needs to stop is

$$x = v_0 \Delta t + \frac{1}{2} a t_0^2$$

↑ reaction time ↑ t_0 is the time between reaction and stop

$$t_0 = \frac{v_0}{a}$$

$$\boxed{x = v_0 \Delta t + \frac{1}{2} \frac{v_0^2}{a}}$$

so when $x = 4\,m$, $\Delta t = 0.5\,s$ and $a = 7\,m/s^2$

$$v_0 = 4.76\,m/s \doteq 17\,km/hr$$