

First, the transmit time:

$$\begin{aligned}t_{xmit} &= \frac{\text{msg size}}{\text{throughput}} \\&= \frac{4 \times 10^7 B}{320000b/s} \\&= \frac{32 \times 10^7 b}{32 \times 10^4 b/s} \\&= 1 \times 10^3 s \\&= 1000s\end{aligned}$$

Second, the propagation delay:

$$\begin{aligned}t_{prop} &= \frac{\text{distance}}{\text{speed}} \\&= \frac{3000km}{3 \times 10^8 m/s} \\&= \frac{10^6}{10^8} s \\&= 10^{-2} s\end{aligned}$$

So the total time is 1000.01s.