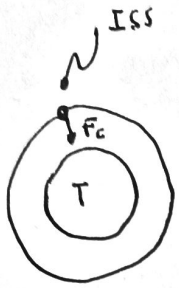
El període de l'ISS és $T = 90\,\text{min} = 90 \cdot 60 = 5400\,\text{s}$.



$$F_c = \frac{G M_T m}{r^2} = m\omega^2 \cdot r$$

$$\omega^2 \cdot r^3 = G M_T$$

$$r = \sqrt[3]{\frac{G M_T}{\omega^2}} = \sqrt[3]{\frac{G M_T \cdot T^2}{4\pi^2}} = \sqrt[3]{\frac{6{,}67 \times 10^{-11} \cdot 5{,}98 \times 10^{24} \cdot (5400)^2}{4\pi^2}}$$

$$r = 6{,}65 \times 10^6\ \text{m} \quad \text{(radi de l'òrbita)}$$

La altura sobre la superfície de la Terra:

$$h = r - R_T = 6{,}65 \times 10^6 - 6{,}37 \times 10^6$$

$$\boxed{h = 280000\ \text{m}.}$$

La velocitat orbital serà

$$V = \frac{2\pi r}{T} = \frac{2\pi\ 6.65 \times 10^6}{5400} = \boxed{7738\ \text{m/s}}$$