68. If we write $\vec{r} = x\hat{\mathrm{i}} + y\hat{\mathrm{j}} + z\hat{\mathrm{k}}$, then (using Eq. 3-30) we find $\vec{r} \times \vec{F}$ is equal to

$$(yF_z - zF_y)\,\hat{\mathrm{i}} + (zF_x - xF_z)\,\hat{\mathrm{j}} + (xF_y - yF_x)\,\hat{\mathrm{k}} \ .$$

With (using SI units) $x = 0$, $y = -4.0$, $z = 5.0$, $F_x = 0$, $F_y = -2.0$ and $F_z = 3.0$ (these latter terms being the individual forces that contribute to the net force), the expression above yields

$$\vec{\tau} = \vec{r} \times \vec{F} = -2.0\,\hat{\mathrm{i}} \ \mathrm{N \cdot m} \ .$$