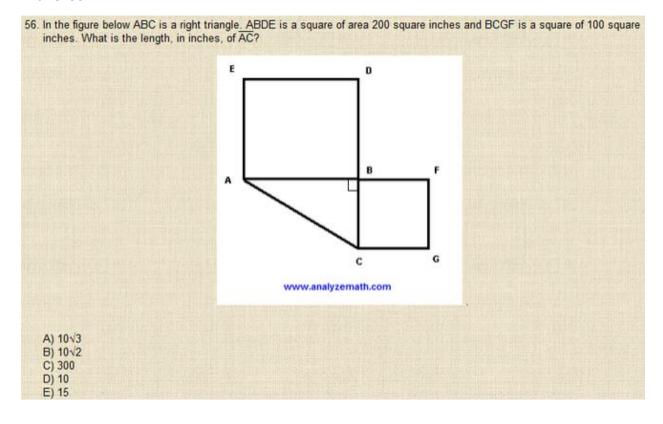
Answer 56



Since ABDE is a square and has an area of 200 in², the length of one side (AB) is:

$$AB^2 = 200 \ AB = \sqrt{200} \ AB = \sqrt{100 * 2} \ AB = 10\sqrt{2}$$

Similarly, BCGF is a square with an area of 100, so side BC is going to be 10.

Then, use the Pythagorean Theorem to solve for AC:

$$AC^2 = (10\sqrt{2})^2 + 10^2$$

$$AC^2 = 100 * 2 + 100 \quad AC^2 = 200 + 100 \quad AC^2 = 300$$

$$AC = \sqrt{300} \quad AC = \sqrt{100 * 3} \quad AC = 10\sqrt{3}, \text{ so Answer A}.$$