

Let's say you drop a billiard ball in a vacuum, no air resistance, so that it can rush up to speed as fast as possible. Then, when it reaches the speed of terminal velocity, it remains that speed from thereafter.:

Jones gives Terminal Velocity = 40 m per second

$$\begin{aligned}v &= gt \\40 &= 9.81t \\t &= \frac{40}{9.81} \\t &= \underline{\underline{4.0775 \text{ seconds}}}\end{aligned}$$

In that time, how much distance was covered, getting up to speed?

$$\begin{aligned}s &= \frac{1}{2}gt^2 \\s &= \frac{1}{2}9.81(4.0775)^2 \\s &= \frac{1}{2}163.101 \\s &= \underline{\underline{81.55 \text{ metres}}}\end{aligned}$$

What distance remains of the entire building height (417m), which will be travelled at constant speed of terminal velocity?

$$\begin{aligned}s &= 417 - 81.55 \\s &= \underline{\underline{335.45 \text{ metres}}}\end{aligned}$$

How long does it take to cover that distance at a constant speed?

$$\begin{aligned}s &= vt \\t &= \frac{s}{v} \\t &= \frac{335.45}{40} \\t &= \underline{\underline{8.39 \text{ seconds}}}\end{aligned}$$

What is the total time for falling?

$$\begin{aligned}\text{total time} &= 8.39 + 4.08 \\&= \underline{\underline{12.47 \text{ seconds}}}\end{aligned}$$

12.47 seconds > 11 seconds

Note: The time I calculated is conservative, in that I assumed a fall through vacuum for the first part. In reality it would take the object longer to get to terminal velocity due to air resistance. But hey, even then he's real wrong! It's impossible for an object dropped from the height of WTC1 to reach the ground in 11