20 The diagram shows equilateral triangle ABC with sides of length 10 cm.
A circle is drawn inside the triangle.

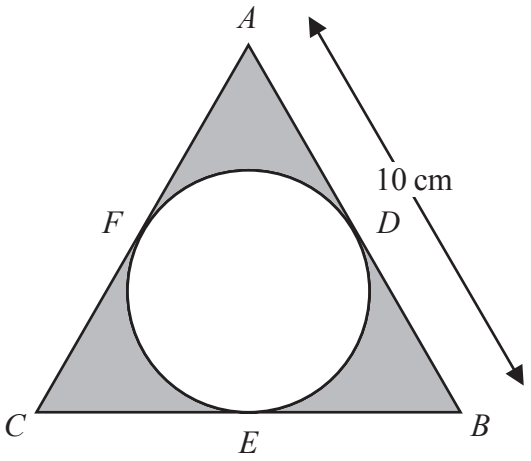


Diagram **NOT** accurately drawn

D, E and F are points on the circle.

ADB, BEC and CFA are tangents to the circle.

Calculate the total area of the regions shown shaded in the diagram.
Give your answer correct to 3 significant figures.

..... cm^2

(Total for Question 20 is 4 marks)

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