$$
\begin{aligned}
\Delta(\mathrm{GPE}) &= \mathrm{GPE}_f - \mathrm{GPE}_i \\
\frac{\Delta(\mathrm{GPE})}{\Delta \mathrm{height}} &= \frac{\mathrm{GPE}_f - \mathrm{GPE}_i}{\mathrm{height}_f - \mathrm{height}_i} \\
\Delta(\mathrm{SPE}) &= \mathrm{SPE}_f - \mathrm{SPE}_i \\
\frac{\Delta(\mathrm{SPE})}{\Delta \mathrm{length}} &= \frac{\mathrm{SPE}_f - \mathrm{SPE}_i}{\mathrm{length}_f - \mathrm{length}_i}
\end{aligned}
$$