Feat here
https://youtu.be/5VPrFWaGqTE

Method 1: Blast radius
Omni-Man said the meteor Mark threw would've destroyed the country

Well say it would've landed in the center of the US for lowballing purposes

Google tells me the distance between New York and San Francisco is 2901.7 miles
(4669.83348km)
Half that for blast radius, 2334.91674km (2334916.74m)

Groundblast time
$2334916.74^3 * ((27136*1.37895+8649)^{(1/2)}/13568-93/13568)^2$ = 1.0230567e+15 Tons
Takes 20 seconds to fully stop it

1.0230567e+15/20 = 5.1152835e+13 Tons, **51.15 Teratons**

Method 2: KE
Image is 1080px
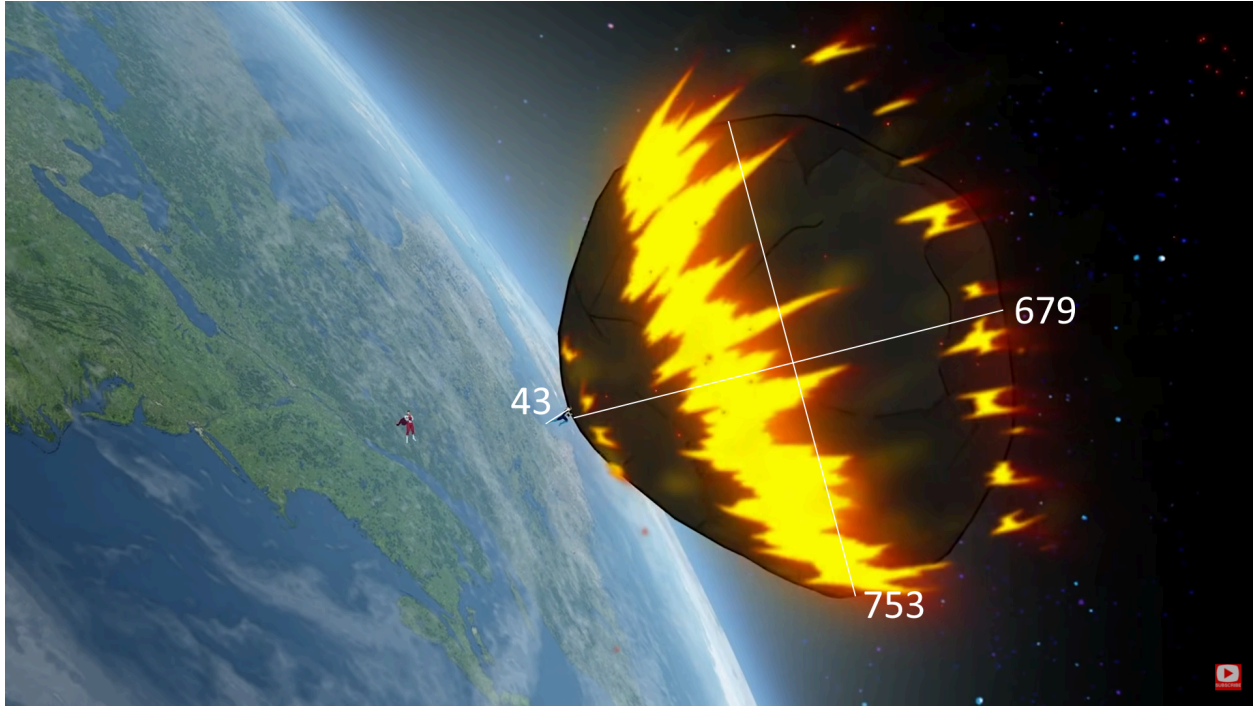$2atan(tan(70deg/2)* (361/1080))$ = 26.3460085525819494 deg

Earth diameter is 12742 km
Angsize of 27221 km away

We'll try idk a minute for travel time cause the camera cuts and Invincible is then seen stopping
it
Speed of 453683 m/s
https://cdn.discordapp.com/attachments/950887843675394059/973434394872274964/unknown
.png

Mark on the Image Wiki is cited at 5' 11", about 1.8m

Height:
753/43 = 17.511627907x ratio
(17.511627907* 1.8)/2 = 15.7604651163m height radius

Width:
679/43 = 15.7906976744x ratio
(15.7906976744* 1.8)/2 = 14.211627907m width radius

Length is the same as width for simplicty
Volume of 13333.534704733 m^3
Chondrite density of 3700 kg/m^3

Weight of 49334078.4075kg

KE of 5.07717386939E+18 J
20 second timeframe again
5.07717386939E+18/2 = 2.5385869e+17 J, **60.67 Megatons**

From an early Mark as well

I'd stick to the higher end since it fits the statement better. KE of throwing it back doesn't get anything noteworthy if your wondering