Answer the Sphynx's mathematical riddles so it does not devour you.

1. Well balanced

What number equals the average of its digits?

2. Clever countdown

You are playing a game with a friend, in which you start at the number 100 and take turns to deduct a number between 1 and 7. The winner is the person that lands on zero.

Which number do you choose first to be assured of winning?