

$$\begin{array}{rcl} (1) & 4x & -2y + z = 2 \\ (2) & -2x & +3y + z = -12 \\ (3) & & 7y - 4z = 20 \end{array}$$

$$\begin{array}{rcl} (1)-(2) & 6x & -5y = 14 & | *4 \\ 4(2)+(3) & -8x & +19y = -28 & | *3 \\ & 37y & = -28 & \end{array}$$