10 Two identical springs are arranged in series. A force of 45.0 N is applied to the springs, as shown.



The springs extend a total distance of 15 mm.

Which of the following expressions gives the stiffness of each spring in N mm<sup>-1</sup>?

- $\triangle$  A  $\frac{15}{2 \times 45}$
- $\square$  B  $\frac{45}{2 \times 15}$
- $\square$  C  $\frac{2\times13}{45}$
- $\square$  D  $\frac{2 \times 45}{15}$