3. . A 60 kg man holding a 20 kg box rides on a skateboard at a speed of 7 m/s. He throws the box behind him, giving it a velocity of 5 m/s. with respect to the ground. What is his velocity after throwing the object?  (A) 8 m/s (B) 9 m/s (C) 10 m/s (D) 11 m/s (E) 12 m/s