10. . A forklift lifting a crate of mass 100 kg at a constant velocity to a height of 8 m over a time of 4 s. The forklift then holds the crate in place for 20 s. How much power does the forklift exert in holding the crate in place? (A) 0 W (B) 400 W (C) 1.6 103 W (D) 4.0 103 W (E) 1.6 104 W