17 A man has a mass of 80 kg. He ties himself to one end of a rope which passes over a single fixed pulley. He pulls on the other end of the rope to lift himself up at an average speed of $50\,\mathrm{cm\,s^{-1}}$.

What is the average useful power at which he is working?

A   40 W   **B**   0.39 kW   **C**   4.0 kW   **D**   39 kW