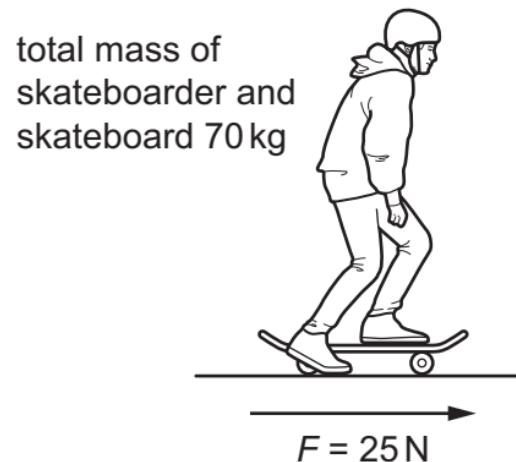


- 16 A skateboarder and her skateboard have a total mass of 70 kg. She pushes on the ground with her foot to create a forward force F of 25 N on herself and the skateboard, as shown in the diagram.



The skateboarder and skateboard travel forwards a distance of 0.50 m before the skateboarder lifts her foot from the ground.

What is the work done by F on the skateboarder and skateboard?

A 13 J

B 50 J

C 340 J

D 360 J