

18 An object of mass 0.30 kg is thrown vertically upwards from the ground with an initial velocity of  $8.0 \text{ m s}^{-1}$ . The object reaches a maximum height of 1.9 m.

How much work is done against air resistance as the object rises to its maximum height?

A 4.0 J

B 5.6 J

C 9.6 J

D 15 J