8 The diagram shows a velocity-time graph for a car.
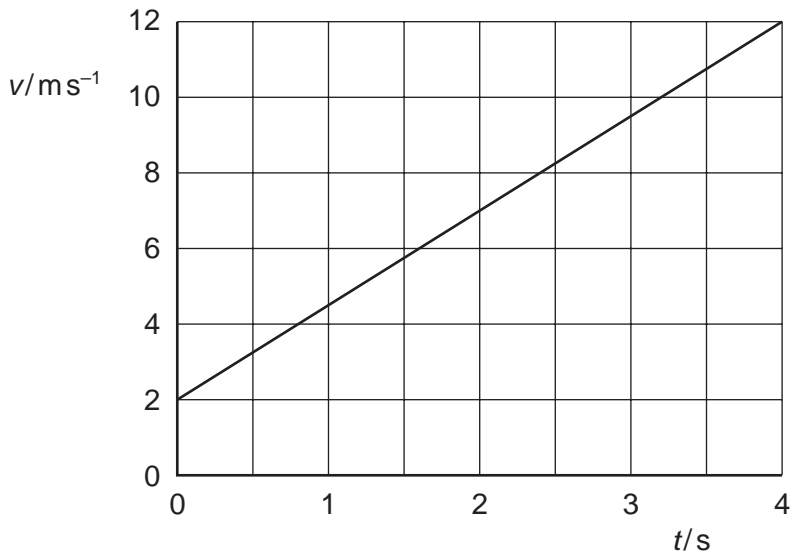

What is the distance travelled between time $t = 0$ and $t = 4\,s$?

A 2.5 m   **B** 3.0 m   **C** 20 m   **D** 28 m