

**19** A hammer with 10J of kinetic energy hits a nail and pushes it 5.0 mm into a plank.

Both the hammer and nail come to rest after the collision.

What is the approximate average force that acts on the nail while it moves through 5.0mm?

**A** 0.050 N

**B** 2.0 N

**C** 50 N

**D** 2000 N

**20** A number of identical springs are joined in four arrangements.