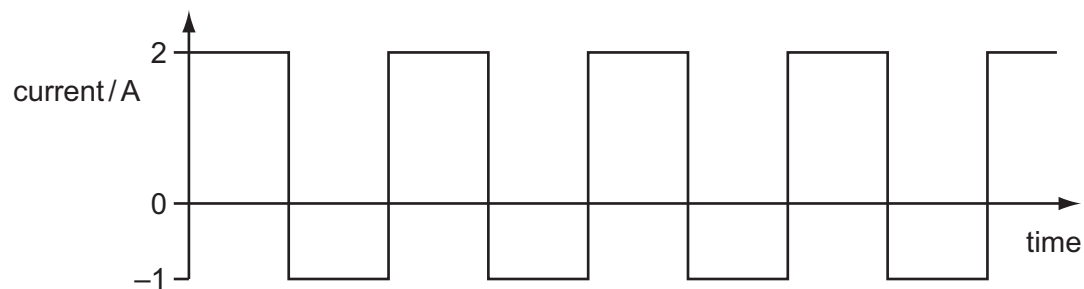


36 A $100\ \Omega$ resistor conducts a current with changing direction and magnitude, as shown.



What is the mean power dissipated in the resistor?

A 100 W

B 150 W

C 250 W

D 400 W

Space for working