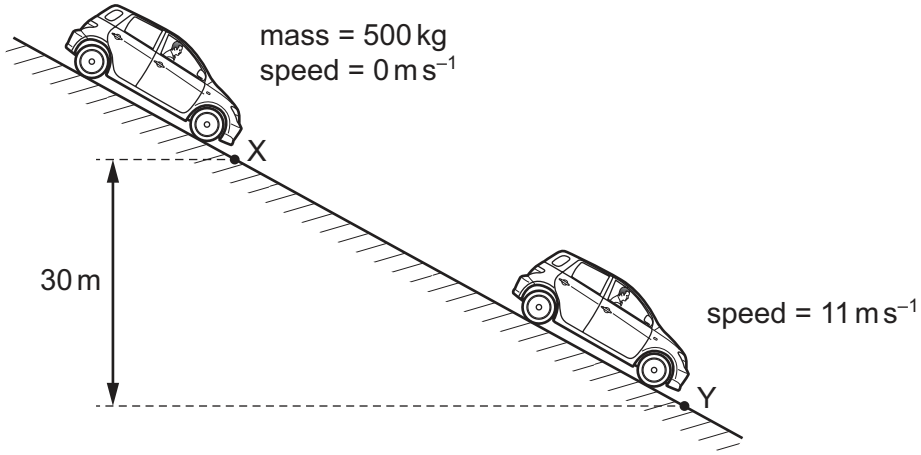
19 A car of mass 500 kg is at rest at point X on a slope, as shown.

The car's brakes are released and the car rolls down the slope with its engine switched off. At point Y the car has moved through a vertical height of 30 m and has a speed of 11 m s^{-1}.



What is the energy dissipated by frictional forces when the car moves from X to Y?

A 3.0×10^4 J **B** 1.2×10^5 J **C** 1.5×10^5 J **D** 1.8×10^5 J