

**16** A student can run or walk up the stairs to her classroom.

Which statement describes the power required and the gravitational potential energy gained while running up the stairs compared to walking up them?

- A** Running provides more gravitational potential energy and uses more power.
- B** Running provides more gravitational potential energy and uses the same power.
- C** Running provides the same gravitational potential energy and uses more power.
- D** Running provides the same gravitational potential energy and uses the same power.