9   The minute hand of a large clock is 45 cm long.

What is its average angular velocity?

A   6.00 rad s^{-1}

B   1.05 x 10^{-1} rad s^{-1}

C   1.75 x 10^{-3} rad s^{-1}

D   5.24 x 10^{-3} rad s^{-1}