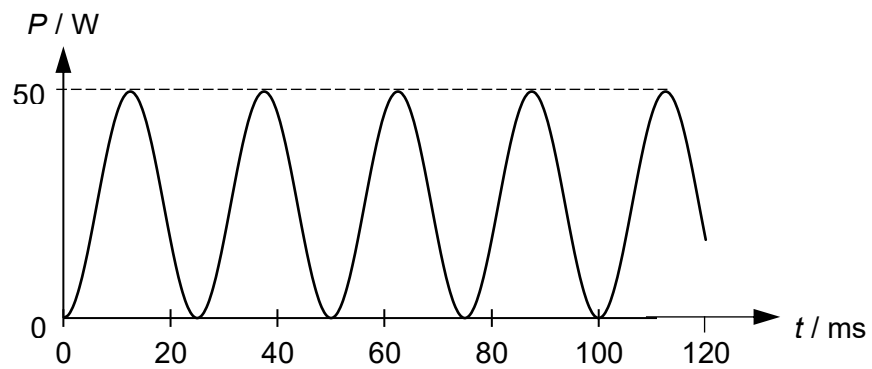26 A sinusoidal alternating supply is connected to a 10 Ω resistor in series. The graph shows how the power P dissipated across the resistor varies with time t.

What are the frequency f and the root-mean-square current $I_{r.m.s.}$ of the alternating supply?

	F / Hz	$I_{r.m.s.}$ / A
A	20	1.6
B	40	1.6
C	20	2.2
D	40	2.2