7 A man lifts a weight of 480 N with a constant speed through a distance of 3.5 m using a rope and some pulleys. The man pulls on the rope with a force of 200 N and a length of 10.5 m passes through his hands.

What is the efficiency in percentage of the pulley system?

A 20% **B** 40% **C** 60% **D** 80%