30 During a particular fission process, a uranium-235 nucleus absorbs a slow-moving neutron. This initiates the fission reaction, creating a xenon-144 nucleus, a strontium-90 nucleus and two neutrons.

The binding energies per nucleon are:

Uranium-235	7.6 MeV
Xenon-144	8.4 MeV
Strontium-90	8.5 MeV

What is the energy released or absorbed in the reaction?

A 1.5×10^{-12} J of energy is absorbed

B 1.5×10^{-12} J of energy is released

C 3.0×10^{-11} J of energy is absorbed

D 3.0×10^{-11} J of energy is released

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