30 The iron isotope Fe-56 has an atomic number of 26 and a nucleon number of 56.

The atom of the isotope has a mass of 55.93493 u.

What is the mass defect of Fe-56?

(mass of proton = 1.00728 u, mass of neutron = 1.00867 u, mass of electron = 0.00055 u)

A 8.45×10^{-28} kg

B 8.54×10^{-28} kg

C 8.72×10^{-28} kg

D 8.78×10^{-28} kg