1   A car is travelling at its cruising speed on an expressway. It is then brought to rest.

Which value is the best estimate of the car's change of momentum?

A $3 \times 10^3 \, \text{kg m s}^{-1}$

B $3 \times 10^4 \, \text{kg m s}^{-1}$

C $3 \times 10^5 \, \text{kg m s}^{-1}$

D $3 \times 10^6 \, \text{kg m s}^{-1}$