10 The top end of a spring is attached to a fixed point and a mass of 4.2 kg is attached to its lower end. The mass is released and after bouncing up and down several times it comes to rest at a distance 0.29 m below its starting point.

Which row gives the gain in the gravitational potential energy of the mass E_p and the gain in the elastic potential energy of the spring E_s?

	E_p/J	E_s/J
A	−12	−12
B	−12	+6
C	+12	−12
D	+12	+6