

Calculating Flash Distance

$$\text{Distance} = \frac{\text{Guide Number 'GN'}}{\text{Aperture 'f number'}}$$

GN is normally given in Meters, with ISO set to 100

Example Time!

Camera and Flash settings

Flash GN = 58

Aperture = 1/4

ISO 100

$$\text{Distance} = \frac{\text{GN}}{\text{f number}} = \frac{58}{4} = 14.5 \text{ meters}$$



Quick Tips

Guide numbers for Canon flashes are right in the name!

Example: 580EX II, GN = 58

Canon guide numbers are calculated with the flash head fully zoomed in.

Nikon guide numbers are calculated with the flash head fully zoomed out.

How To Find The Guide Number Of Your Flash

Steven Biver, Paul Fuqua, Fil Hunter



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web barfuß zu mehr gesundheit und lebensfreude katja kulin hat für ihr buch die experten der barfußszene besucht gespräche mit orthopäden physiotherapeuten und lauftrainern geführt und sich der frage genähert warum wurden wir nicht mit schuhen geboren