

	F 8	F 16	F 206	Iford FP4+ Delta 100	F 250	Iford FP4+ Delta 100
	1/16000 Secs	1/4000 Secs	1/30 Secs		1/15 Secs	
	1/8000 Secs	1/2000 Secs	1/15 Secs		1/8 Secs	
	1/4000 Secs	1/1000 Secs	1/8 Secs		1/4 Secs	
	1/2000 Secs	1/500 Secs	1/4 Secs		1/2 Secs	
	1/1000 Secs	1/250 Secs	1/2 Secs		1/2 Secs	
	1/500 Secs	1/125 Secs	1 Secs		2 Secs	3 Secs
	1/250 Secs	1/60 Secs	3 Secs	4 Secs	4 Secs	9 Secs
	1/125 Secs	1/30 Secs	5 Secs	8 Secs	8 Secs	14 Secs
	1/60 Secs	1/15 Secs	11 Secs	21 Secs	16 Secs	33 Secs
	1/30 Secs	1/8 Secs	21 Secs	46 Secs	31 Secs	1 Mins 25 Secs
	1/15 Secs	1/4 Secs	42 Secs	1 Mins 50 Secs	1 Mins 2 Secs	3 Mins 2 Secs
	1/8 Secs	1/2 Secs	1 Mins 24 Secs	4 Mins 26 Secs	2 Mins 4 Secs	7 Mins 14 Sec
	1/4 Secs	1 Secs	3 Mins 49 Secs	15 Mins 40 Secs	4 Mins 9 Secs	16 Mins 27 Secs
	1/2 Secs	2 Secs	6 Mins 38 Secs	31 Mins 27 Secs	8 Mins 18 Secs	42 Mins
	1 Secs	4 Secs	11 Mins 16 Secs	61 Mins 19 Secs	17 Mins 36 Secs	1 Hrs 47 Mins
	2 Secs	8 Secs	23 Mins 33 Secs		33 Mins 12 Secs	
	4 Secs	16 Secs	45 Mins 6 Secs		1 Hrs 6 Mins	
	8 Secs	33 Secs	2 Hrs 30 Mins		2 Hrs 13 Mins	
	16 Secs	1 Mins 5 Secs	3 Hrs 0 Mins		4 Hrs 26 Mins	
	33 Secs	2 Mins 10 Secs	6 Hrs 1 Mins		9 Hrs 51 Mins	
	1 Mins 5 Secs	4 Mins 21 Secs	12 Hrs 2 Mins		18 Hrs 43 Mins	

Calculate reciprocity failure:

measure the exposure for your film (T_m)

get the factor P for your film (e.g. 1,26 for Iford FP4+ and Delta 100)

calculate the resulting time: T_r = T_m exp P

www.FollowTheGrain.de