



Product Specifications

Camera

- Camera Type : High zoom

Optics/Lens

- Lens Type : Carl Zeiss® Vario-Tessar®
- Aperture : F 2.8-5.6
- Optical Zoom : 30x
- Focal Length (35mm equivalent) : Still 16.9-29.4(70mm) / Still 4.3- 27.4(105mm) / Movie 16.9-29.4(70mm)(SteadyShot Standard), 35-105(0mm)(SteadyShot Active) / Movie 4.3- 36-105(0mm)(SteadyShot Standard), 37-150(0mm)(SteadyShot Active)
- Lens Construction : 11 elements in 10 groups(including 1 FLD glass element and 1 aspheric element)
- Minimum Focus Distance : (AutoAF)(W/Approx.from)(5.03') to infinity, T/Approx.200cm(6.56') to infinity / Program Auto AF(W/Approx.from)(5.03') to infinity, T/Approx.200cm(6.56') to infinity)
- Aspheric Elements : 5
- Clear Image Zoom : 60x
- Steady Shot Mode/Active : Yes

Focus Control

- AF Modes : Auto Point AF / Center weighted AF / Flexible Spot AF / Manual / Tracking Focus / Face Tracking Focus
- AF Illuminator : Auto / Off

Flash

- Flash Modes : Auto / Flash On / Slow Synchro / Rear Slow Synchro / Flash Off
- Flash Coverage : ISO Auto: Approx.0.3m to 12.4m(11.7ft) inches to 40 feet 8.5inches(W) / Approx.2.0m to 5.9 meters 6.5ft inches to 19 feet 4.5ft inches(T), ISO1000: up to Approx.17.5 m(57 feet 5.1ft inches)(W) / Approx.6.4 m(21 feet 6.3ft inches)(T)

Interface

- Memory Card Slot : MS Duo and SD/SDHC/SDXC Compatible
- HD Output : More HDMI
- USB Port(s) : More USB, Hi-Speed

Imaging Sensor

- Imaging Sensor : 1/2.3" Exmor® R CMOS Sensor
- Processor : BIONZ®
- Pixel Grade : 16.5MP
- Effective Picture Resolution : 16.2MP
- Color Filter System : RGB primary color filter

Viewfinder

- Type : Optical (0.2 type), 20.1K dots equivalent

Exposure System

- Metering Modes : Multi Pattern / Center Weighted / Spot
- Exposure Compensation : Plus / Minus 2.0EV, 1 / 3EV step
- Scene Mode(s) : High Sensitivity / Soft snap / Soft Skin / Landscape / Night Portrait / Night Scene / Handheld Twilight / Gourmet / Beach / Snow / Fireworks / Pet mode (Anti-motion blur) / Backlight Correction HDR / Advanced sports shooting
- D-Range Optimizer : Standard
- ISO : Auto/100/125/160/200/250/320/400/500/640/800/1000/1250/1600/2000/2500/3200/4000/5000/6400/8000/10000/12500
- White Balance Mode : Auto (Intelligent) / Daylight / Cloudy / Fluorescent 1 (White Fluorescent Lighting) / Fluorescent 2 (Natural White Fluorescent Lighting) / Fluorescent 3 (Day White Fluorescent Lighting) / Incandescent / Flash / One Push, One Push Set / White balance shift

Convenience Features

- Red-Eye Reduction : Auto / On / Off
- Erase/Protect : Erase: Single / Select / Date / Folder / AVCHD, Protect: Single / Select / Date / Folder / AVCHD

Weights and Measurements

- Dimensions (Approx.) : 4.71" x 3.52" x 3.34" (121.5 x 89.5 x 85.0mm)
- Weight (Approx.) : 1 lb 4.6oz (583g)
- Weight(Approx) (Main unit only): 1 lb 2.7oz (331g)

Recording

- Media Type : optional "Memory Stick Duo" (No movie recording), optional "Memory Stick PRO Duo" (Mark 2 only for movie recording), optional "Memory Stick PRO-HG Duo", optional SD Memory Card (Class 4 or higher), optional SDHC Memory Card (Class 4 or higher), optional SDXC Memory Card (Class 4 or higher)
- Still Image Max Effective Resolution : Approx. 16.2 Megapixels
- Still Image Size: 16.9 : 13M(4992x3752) / 2M(1,600 x 1,080)
- Still Image Size: 4.3 : 15M(4,992x3,672) / 10M(3,648 x 2,736) / 5M(2,592 x 1,944) / VGA
- Panorama (Still Image Size) : Sweep Panorama(H) (3,452 x 4,096) / Wide(7,152 x 1,920)(V) (x 1,920) / Standard(4,912 x 1,080)(V) (x 1,920)
- Sweep Multi-Angle Image Size : 2M (1,600 x 1,080)
- Video Mode : AVCHD 60i/25M Fps(1,920x1,080)60p(24M Fps) Fps(1,920x1,080)30i/25M Fps(1,440x1,080)30p/25M Fps(1,440x1,080)30p(24M)1,280x720(30p)x24M Fps(1,440x1,080)30p
- Photo Capture from Movie : Yes
- Dual Record : Yes
- Audio Format : AAC (Stereo)
- Microphone/Speaker : Stereo mono
- Wind Noise Reduction : Off/on

LCD Display

- LCD Type : 3.0" Alta Fine LCD™ TruBlack™ display (921K dots)
- Brightness Control : 5(bright) / 4 / 3(Normal) / 2 / 1(Dark)
- Histogram : Yes
- Grid Display : Yes (Off / On)

Drive System

- Self-timer : Off / 10sec. / 2sec. / portrait / portrait2
- Shutter Speeds : Auto(1" - 1/4000) / Program Auto(1" - 1/4000) / Shutter Priority(30" - 1/4000) / Aperture Priority(8" - 1/2000) / Manual(30" - 1/4000)
- Burst Mode : Approx. 10 fps at 16.2MP (Maximum 10 shots)

Sony Cybershot Camera User Guide

Alexander S. White



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web healthy weight gain strategies if you are wondering how to gain weight the healthy way and gain lean mass it is necessary to consume more calories than you expend while participating in an appropriate exercise program increasing your

portions and intake of high calorie foods can be an appropriate strategy for weight gain

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web jun 3 2018 healthy weight gain tips eat frequently ideally every 3 hours and have a snack right before bed add coconut oil avocado oil or olive oil healthy fats to vegetables potatoes meat etc 1 tbsp 120 calories add sliced avocado to sandwiches smoothies meals 1 2 an avocado 161 calories

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web apr 4 2023 1 focus on healthy balanced meals for healthy weight gain a balanced healthy meal plan is essential for helping underweight athletes gain weight make sure to include a variety of all the food groups so that nutrients are present consistently throughout the day include the following protein foods eggs lean meats fish beans etc

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