



iPHOTOGRAPHY COURSE

Flash Guide Number Cheat Sheet

Results in feet

Guide Number	Aperture							
	f/2	f/2.8	f/4	f/5.6	f/8	f/11	f/16	f/22
33 @ ISO 100	16.5	11.8	8.3	5.9	4.1	3.0	2.1	1.5
42 @ ISO 100	21.0	15.0	10.5	7.5	5.3	3.8	2.6	1.9
59 @ ISO 100	29.5	21.1	14.8	10.5	7.4	5.4	3.7	2.7
69 @ ISO 100	34.5	24.6	17.3	12.3	8.6	6.3	4.3	3.1
75 @ ISO 100	37.5	26.8	18.8	13.4	9.4	6.8	4.7	3.4
88 @ ISO 100	44.0	31.4	22.0	15.7	11.0	8.0	5.5	4.0
91 @ ISO 100	45.5	32.5	22.8	16.3	11.4	8.3	5.7	4.1
111 @ ISO 100	55.5	39.6	27.8	19.8	13.9	10.1	6.9	5.0

Results in feet

Guide Number	Aperture							
	f/2	f/2.8	f/4	f/5.6	f/8	f/11	f/16	f/22
33 @ ISO 400	30.0	21.4	15.0	10.7	7.5	5.5	3.8	2.7
42 @ ISO 400	38.3	27.3	19.1	13.6	9.6	6.9	4.8	3.5
59 @ ISO 400	53.6	38.2	26.8	19.2	13.4	9.8	6.7	4.9
69 @ ISO 400	62.8	44.8	31.4	22.4	15.7	11.4	7.9	5.7
75 @ ISO 400	68.3	48.8	34.1	24.4	17.1	12.4	8.5	6.2
88 @ ISO 400	80.1	57.2	40.1	28.6	20.0	14.6	10.0	7.3
91 @ ISO 400	82.8	59.1	41.4	29.6	20.7	15.1	10.4	7.5
111 @ ISO 400	101.0	72.1	50.5	36.1	25.3	18.4	12.6	9.2

Results in feet

	Aperture							
Guide Number	f/2	f/2.8	f/4	f/5.6	f/8	f/11	f/16	f/22
33 @ ISO 800	43.9	31.4	22.0	16.7	10.9	8.0	5.5	4.0
42 @ ISO 800	55.9	39.9	27.9	19.9	14.0	10.2	7.0	5.1
59 @ ISO 800	78.5	56.1	39.3	28.0	19.6	14.3	9.8	7.1
69 @ ISO 800	91.8	65.5	45.9	32.8	22.9	16.7	11.5	8.3
75 @ ISO 800	99.8	71.3	49.9	35.6	24.9	18.1	12.5	9.1
88 @ ISO 800	117.0	83.6	58.5	41.8	29.3	21.3	14.6	10.6
91 @ ISO 800	121.0	86.4	60.5	43.2	30.3	22.0	15.1	11.0
111 @ ISO 800	147.6	105.4	73.8	52.7	36.9	26.8	18.5	13.4