



## 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(0.03') to infinity, T)(Approx.200cm(6.56') to infinity) / Program Auto AF(W)(Approx.from(0.03') 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 8.1in( inches)(W) / Approx.2.0m to 5.9 meters 6.5ft inches to 19 feet 4.3ft inches(W), 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.) : 4.7" x 3.5" x 3.3" (121.5 x 86.5 x 83.3mm)
- 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(4,096x3,672) / 10M(3,648 x 2,736) / 5M(2,592 x 1,944) / VGA
- Panorama (Still Image Size) : Sweep Panorama(H)(10,480 x 4,096) / Wide(7,152 x 1,920)(V) / Standard(4,912 x 1,080)(V,4:3 x 1,920)
- Sweep Multi-Angle Image Size : 2M (1,600 x 1,080)
- Video Mode : AVCHD 60i28M (Fps)1,600x1,080(60p)(28M Fps)1,600x1,080(60i)(28M Fps)1,600x1,080(60i)(28M Fps)1,440x1,080(60i)(28M Fps)1,440x1,080(30p)(28M)1,280x720(60p)(28M)1,280x720(30p)(28M)
- 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" Alpha Fine LCD™ TruBack™ 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)

# Manual Sony Dsc Hx200v Portugues

**L Towner**



## **Manual Sony Dsc Hx200v Portugues:**

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web the diet should consist of foods high in protein vitamins minerals and carbohydrates ensure adequate carbohydrate intake leading up to the race and also during the event prevents severe fatigue 3 learn from the experienced runners learned from the seasoned marathon runners they can be a valuable asset to help you mentally prepared

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to fill up your glycogen stores eat a familiar breakfast 3 4 hours before your start

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web foods for runners and joggers a good diet can boost your physical health and help you meet your fitness goals make sure your meals emphasize the following basic components fruit and vegetables for vitamins minerals and antioxidants lean protein such as fish poultry beans lentils and tofu healthy fats such as olive oil avocado and nuts

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web oct 26 2023 there are 19 aid stations for the marathon nine for the half marathon four for the 10km race and two for the 5km race allowing runners to focus on their performance with confidence it's advised for marathon runners to consume 5 10 ml of fluid per kilogram of body weight in the 2 4 hours leading up to the marathon to ensure optimal hydration

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