

Actual and Nominal ISO Film Speeds

$$ISO = 3.125 \times 2^{STOP}$$

STOP	+1/3		+1/2		+2/3		+1	
0	3.94	4	4.42		4.96	5	6.25	6
1	7.87	8	8.84		9.92	10	12.50	12
2	15.7	16	17.7		19.8	20	25	25
3	31.5	32	35.4		39.7	40	50	50
4	63.0	64	70.7		79.4	80	100	100
5	126	125	141		159	160	200	200
6	252	250	283		317	320	400	400
7	504	500	566		635	640	800	800
8	1008	1000	1131		1270	1250	1600	1600
9	2016	2000	2263		2540	2500	3200	3200
10	4032	4000	4525		5080	5000	6400	6400
11	8063	8000	9051		10159	10000	12800	12500
12	16127	16000	18102		20319	20000	25600	25000
13	32254	32000	36204		40637	40000	51200	50000

↑ Faster (1 row = 1 full stop) Slower ↓