



Channels (-m)	Kbits (-b)	Khz
j	8	8
m	8	8
s	8	8
j	16	8
s	16	8
j	24	8
s	24	8
m	16	16
m	24	16
j	32	16
s	32	16
j	40	16
s	40	16
m	32	22.05
j	48	22.05
s	48	22.05
m	40	24
j	56	24
s	56	24
j	64	24
s	64	24
m	48	32
m	56	32
j	80	32
s	80	32
m	64	44.1
m	80	44.1
j	96	44.1
m	96	44.1
s	96	44.1
j	112	44.1
m	112	44.1
s	112	44.1
j	128	44.1
m	128	44.1
s	128	44.1
j	160	44.1
m	160	44.1
s	160	44.1

Use the sheet to determine the best encoding for your podcast. When using LAME, you can use the sheet to determine the channel type (**m**ono, **s**tereo or **j**oint-stereo), and the kbits encoding. The result from those two parameters will tell you the encoding in Khz, and if the area is highlighted in green, it would indicate that the selected encoding level will not cause a chipmunk effect when using flash players like PodPress, etc.