

# 手動ラウドネス・ノーマライズ用・早見表

使い方：

1. 対象トラックのLKFS/LUFSを測定します。(測定方法: [http://pspunch.com/pd/article/measuring\\_loudness/](http://pspunch.com/pd/article/measuring_loudness/))
2. 測定値を表より見つけます。  
同一行の「iTR」、「TV」の数値がそれぞれ、iTunes (iOS) SoundCheck使用時のレベルおよび日本国内のテレビ放送マスタ納品レベルを再現するために必要なリダクションの量です。

LKFS /LUFS	iTR	TV	LKFS /LUFS	iTR	TV	LKFS /LUFS	iTR	TV
-4.0	-12.5	-20.0	-9.0	-7.5	-15.0	-14.0	-2.5	-10.0
-4.1	-12.4	-19.9	-9.1	-7.4	-14.9	-14.1	-2.4	-9.9
-4.2	-12.3	-19.8	-9.2	-7.3	-14.8	-14.2	-2.3	-9.8
-4.3	-12.2	-19.7	-9.3	-7.2	-14.7	-14.3	-2.2	-9.7
-4.4	-12.1	-19.6	-9.4	-7.1	-14.6	-14.4	-2.1	-9.6
-4.5	-12.0	-19.5	-9.5	-7.0	-14.5	-14.5	-2.0	-9.5
-4.6	-11.9	-19.4	-9.6	-6.9	-14.4	-14.6	-1.9	-9.4
-4.7	-11.8	-19.3	-9.7	-6.8	-14.3	-14.7	-1.8	-9.3
-4.8	-11.7	-19.2	-9.8	-6.7	-14.2	-14.8	-1.7	-9.2
-4.9	-11.6	-19.1	-9.9	-6.6	-14.1	-14.9	-1.6	-9.1
-5.0	-11.5	-19.0	-10.0	-6.5	-14.0	-15.0	-1.5	-9.0
-5.1	-11.4	-18.9	-10.1	-6.4	-13.9	-15.1	-1.4	-8.9
-5.2	-11.3	-18.8	-10.2	-6.3	-13.8	-15.2	-1.3	-8.8
-5.3	-11.2	-18.7	-10.3	-6.2	-13.7	-15.3	-1.2	-8.7
-5.4	-11.1	-18.6	-10.4	-6.1	-13.6	-15.4	-1.1	-8.6
-5.5	-11.0	-18.5	-10.5	-6.0	-13.5	-15.5	-1.0	-8.5
-5.6	-10.9	-18.4	-10.6	-5.9	-13.4	-15.6	-0.9	-8.4
-5.7	-10.8	-18.3	-10.7	-5.8	-13.3	-15.7	-0.8	-8.3
-5.8	-10.7	-18.2	-10.8	-5.7	-13.2	-15.8	-0.7	-8.2
-5.9	-10.6	-18.1	-10.9	-5.6	-13.1	-15.9	-0.6	-8.1
-6.0	-10.5	-18.0	-11.0	-5.5	-13.0	-16.0	-0.5	-8.0
-6.1	-10.4	-17.9	-11.1	-5.4	-12.9	-16.1	-0.4	-7.9
-6.2	-10.3	-17.8	-11.2	-5.3	-12.8	-16.2	-0.3	-7.8
-6.3	-10.2	-17.7	-11.3	-5.2	-12.7	-16.3	-0.2	-7.7
-6.4	-10.1	-17.6	-11.4	-5.1	-12.6	-16.4	-0.1	-7.6
-6.5	-10.0	-17.5	-11.5	-5.0	-12.5	-16.5	0.0	-7.5
-6.6	-9.9	-17.4	-11.6	-4.9	-12.4	-16.6	0.1	-7.4
-6.7	-9.8	-17.3	-11.7	-4.8	-12.3	-16.7	0.2	-7.3
-6.8	-9.7	-17.2	-11.8	-4.7	-12.2	-16.8	0.3	-7.2
-6.9	-9.6	-17.1	-11.9	-4.6	-12.1	-16.9	0.4	-7.1
-7.0	-9.5	-17.0	-12.0	-4.5	-12.0	-17.0	0.5	-7.0
-7.1	-9.4	-16.9	-12.1	-4.4	-11.9	-17.1	0.6	-6.9
-7.2	-9.3	-16.8	-12.2	-4.3	-11.8	-17.2	0.7	-6.8
-7.3	-9.2	-16.7	-12.3	-4.2	-11.7	-17.3	0.8	-6.7
-7.4	-9.1	-16.6	-12.4	-4.1	-11.6	-17.4	0.9	-6.6
-7.5	-9.0	-16.5	-12.5	-4.0	-11.5	-17.5	1.0	-6.5
-7.6	-8.9	-16.4	-12.6	-3.9	-11.4	-17.6	1.1	-6.4
-7.7	-8.8	-16.3	-12.7	-3.8	-11.3	-17.7	1.2	-6.3
-7.8	-8.7	-16.2	-12.8	-3.7	-11.2	-17.8	1.3	-6.2
-7.9	-8.6	-16.1	-12.9	-3.6	-11.1	-17.9	1.4	-6.1
-8.0	-8.5	-16.0	-13.0	-3.5	-11.0	-18.0	1.5	-6.0
-8.1	-8.4	-15.9	-13.1	-3.4	-10.9	-18.1	1.6	-5.9
-8.2	-8.3	-15.8	-13.2	-3.3	-10.8	-18.2	1.7	-5.8
-8.3	-8.2	-15.7	-13.3	-3.2	-10.7	-18.3	1.8	-5.7
-8.4	-8.1	-15.6	-13.4	-3.1	-10.6	-18.4	1.9	-5.6
-8.5	-8.0	-15.5	-13.5	-3.0	-10.5	-18.5	2.0	-5.5
-8.6	-7.9	-15.4	-13.6	-2.9	-10.4	-18.6	2.1	-5.4
-8.7	-7.8	-15.3	-13.7	-2.8	-10.3	-18.7	2.2	-5.3
-8.8	-7.7	-15.2	-13.8	-2.7	-10.2	-18.8	2.3	-5.2
-8.9	-7.6	-15.1	-13.9	-2.6	-10.1	-18.9	2.4	-5.1

なぜこんなものを測る必要があるのか？については、以下のURLをご参照ください。  
<http://pspunch.com/pd/article/loudness/>