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Field Intensity and Power Density Conversion Table

E (V/m)	20*log(E)+120 (dBuV/m)	P=E ² /377 (watts/m ²)	10*log(P) (dBW/m ²)	dBW/cm ²	Watts/cm ²	mW/cm ²	dBm/m ²	dBm/cm ²
7000	197	129,973	51	11.14	13.00	12,997	81	41
5000	194	66,313	48	8.22	6.63	6,631	78	38
3000	190	23,873	44	3.78	2.39	2,387	74	34
2000	186	10,610	40	0.26	1.06	1,061	70	30
1000	180	2,653	34	-5.76	0.27	265	64	24
700	177	1,300	31	-8.86	0.13	130	61	21
500	174	663	28	-11.78	0.066	66	58	18
300	170	239	24	-16.22	0.024	24	54	14
200	166	106	20	-19.74	0.011	11	50	10
100	160	27	14	-25.76	0.003	2.65	44	4
70	157	13	11	-28.86	1.30E-03	1.30	41	1
50	154	7	8	-31.78	6.63E-04	0.66	38	-2
30	150	2	4	-36.22	2.39E-04	0.24	34	-6
20	146	1	0	-39.74	1.06E-04	0.106	30	-10
10	140	0.27	-6	-45.76	2.65E-05	0.027	24	-16
7	137	0.13	-9	-48.86	1.30E-05	0.013	21	-19
5	134	0.07	-12	-51.78	6.63E-06	0.007	18	-22
3	130	0.02	-16	-56.22	2.39E-06	2.39E-03	14	-26
2	126	0.01	-20	-59.74	1.06E-06	1.06E-03	10	-30
1	120	2.65E-03	-26	-65.76	2.65E-07	2.65E-04	4	-36
0.7	117	1.30E-03	-29	-68.86	1.30E-07	1.30E-04	1	-39
0.5	114	6.63E-04	-32	-71.78	6.63E-08	6.63E-05	-2	-42
0.3	110	2.39E-04	-36	-76.22	2.39E-08	2.39E-05	-6	-46
0.2	106	1.06E-04	-40	-79.74	1.06E-08	1.06E-05	-10	-50
0.1	100	2.65E-05	-46	-85.76	2.65E-09	2.65E-06	-16	-56
0.07	97	1.30E-05	-49	-88.86	1.30E-09	1.30E-06	-19	-59
0.05	94	6.63E-06	-52	-91.78	6.63E-10	6.63E-07	-22	-62
0.03	90	2.39E-06	-56	-96.22	2.39E-10	2.39E-07	-26	-66
0.02	86	1.06E-06	-60	-99.74	1.06E-10	1.06E-07	-30	-70
0.01	80	2.65E-07	-66	-105.76	2.65E-11	2.65E-08	-36	-76
0.007	77	1.30E-07	-69	-108.86	1.30E-11	1.30E-08	-39	-79
0.005	74	6.63E-08	-72	-111.78	6.63E-12	6.63E-09	-42	-82
0.003	70	2.39E-08	-76	-116.22	2.39E-12	2.39E-09	-46	-86
0.002	66	1.06E-08	-80	-119.74	1.06E-12	1.06E-09	-50	-90
0.001	60	2.65E-09	-86	-125.76	2.65E-13	2.65E-10	-56	-96
0.0007	57	1.30E-09	-89	-128.86	1.30E-13	1.30E-10	-59	-99
0.0005	54	6.63E-10	-92	-131.78	6.63E-14	6.63E-11	-62	-102
0.0003	50	2.39E-10	-96	-136.22	2.39E-14	2.39E-11	-66	-106
0.0002	46	1.06E-10	-100	-139.74	1.06E-14	1.06E-11	-70	-110
0.0001	40	2.65E-11	-106	-145.76	2.65E-15	2.65E-12	-76	-116

* free space impedance = 377 ohms

* numbers are rounded