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Subject: Re: Video Recording

Posted by [Lone0001](#) on Wed, 29 Oct 2008 01:18:23 GMT

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The best free Video converter by far in my opinion has got to be Any Video Converter([http://www.any-video-converter.com/products/for\\_video\\_free/](http://www.any-video-converter.com/products/for_video_free/)), it even downloads videos from youtube!

For the lowest size at a decent but not horrible quality I would recommend these Settings:

Container/Profile(file extension): .Mp4

Resolution: 320x240

Frame Rate: 30FPS

Video: 384 or 512

Audio: 128/192kbps (up to you really)

Sample: 44100

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