

$$\text{SyncCount} = 8 \cdot F_{\text{RCV}} \cdot T_{\text{TICK}}$$

$$\text{SYNCMIN} = 0.8 \cdot \text{SyncCount}$$

$$\text{SYNCMAX} = 1.2 \cdot \text{SyncCount}$$

Where:

$$F_{\text{RCV}} = F_{\text{SENT}} / \text{Prescaler}$$