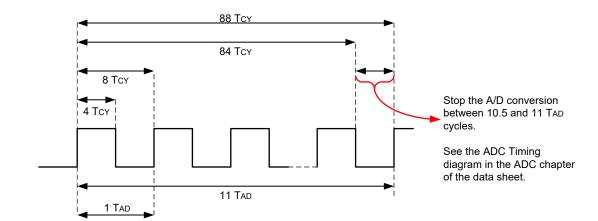
Fosc = 32 MHz TcY = 4/32 MHz = 125 ns TaD =  $1 \mu$ s, ADCS = Fosc/32



See the 'ADC Clock Period (TAD) vs Device Operating Frequency' table in the ADC section of the data sheet.