

SONY**PCG-FRV26****VAIO**

Sony VAIO® FRV-Series Notebook

Smart choice for work and play.**ENJOY DIGITAL PHOTOS™**

Create your own digital photo album with Sony PictureGear Studio™ software.

MUSIC AND ENTERTAINMENT

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Sony Exclusive
MULTIMEDIA
DIGITAL EDITING
 software package!

FEATURES

- Capture, edit and share your digital photos and videos with Sony's exclusive digital editing software package
- Powerful Intel® Pentium® 4 processor 2.80GHz*
- i.LINK® (IEEE 1394) S400 digital interface†
- Memory Stick™ slot** allows you to transfer digital pictures, music and data

SPECIFICATIONS

Model
 PCG-FRV26

Processor
 Intel® Pentium® 4 processor 2.80GHz*

Cache Memory
 512 KB integrated on-die level 2

Bus Speed
 533 MHz

LCD
 15" XGA (1024x768) TFT display

Graphics
 ATI Radeon IGP 345M 64MB (shared)

Memory
 512 MB DDR SDRAM (256MB x 2), expandable to 1024MB

Hard Drive
 40 GB* hard drive

CD-RW/DVD Combo Drive
 Internal CD-RW/DVD-R/CM combo drive
 (Max speeds: CD-R write 24x, CD-RW write 10x, CD-ROM read 24x, DVD-ROM read 8x)

Optional Floppy Drive
 External 1.44 MB, 3.5" USB floppy drive (PCGA-UFDS)

Modem
 Integrated V.90 modem

Ethernet
 GBASE-T100BASE-TX Ethernet with RJ-45 interface

Memory Stick™ Media Slot™
 Supports optional Memory Stick™ media

Pointing Device/Keyboard
 Electro-Static touch pad
 86 key QWERTY layout, with 2.7mm stroke and 19.19mm pitch

Estimated Battery Life†
 Lithium-ion battery 1.5-2.0 hours*

PC Card Slots
 Two type I or II, or one type III card slot. CardBus support

Audio
 Windows® sound system compatible with 3D surround
 Built-in 16-bit speakers, monaural mini-jack, microphone

Other Interfaces
 i.LINK® (IEEE 1394) interface*, AV out (mini jack), 3 USB 2.0 ports, RJ-11 modem jack, RJ-45 Ethernet, VGA output, parallel, headphone (stereo), mic-in

Power Requirements
 535 watts maximum v.L. 10% (79.5V / AC100-240V)

Energy Star® compliant

Advanced power management - APM-ACPI compatible

Size (H x W x D)
 1.65" - 2.26" x 13" x 10.8"

Weight
 7.72 lbs. with one battery

Supplied Accessories
 Lithium-ion battery, power cord, AC adapter

Optional Accessories

Additional battery (PCGA-BP2600)
 USB optical mouse (PCGA-UMS5)
 USB mobile mouse (PCGA-UMS3N/UMS3/S)
 Carrying case (PCGA-CCP1)
 Notebook backpack (PCGA-CCP1)
 Sport backpack (PCGA-CCP2)
 Neoprene notebook & AC adapter cases (PCGA-CCN15)
 External speakers (PCGA-SP1)
 Additional AC adapter (PCGA-AC19V7)
 Visual communication camera (PCGA-UVC12)
 USB Bluetooth adapter (PCGA-BA11A)
 External USB keyboard (PCGA-UKB1)
 External DVD±RW drive (PCGA-DOR61)*
 802.11b Wireless LAN Pro access point (PCWA-A200)
 802.11b Wireless LAN PC card (PCWA-C150S)
 802.11g Wireless LAN router access point (PCWA-AR300)
 802.11g Wireless LAN PC card (PCWA-C300S)
 802.11a Wireless LAN access point (PCWA-A500)
 802.11a Wireless LAN PC card (PCWA-C500)
 802.11a/11b Wireless LAN Dual PC card (PCWA-C700)

Service and Warranty Information

One year limited hardware Express Service* (Certain restrictions apply.)

One year limited hardware parts and labor†

Telephone Support*: One year hardware from purchase date

Sony and Microsoft software: 90 days from purchase date

Included Operating System

Microsoft® Windows® XP Home Edition

Productivity

Microsoft® Money 2003®

Microsoft® Works 7.0

Microsoft® Encarta Online†

Video Software

Sony DVGate™ Plus

InterVideo® WinDVD® 4 for VAIO® PC

Music Software

Sony SonicStage™

RealNetworks® RealOne™ player

Photo Software

Sony PictureGear Studio™

Sony Network Smart Capture

Communication

Sony VAIO Media™ Software

Microsoft® MSN 8.0†

America Online†

Gaming

Microsoft® Age of Empires

Virus, Tools, and Support Software

McAfee® Internet Security Center Trial†

VAIO Support Agent

- 1 GHz denotes microprocessor internal clock speed; other factors may affect application performance. CPU speed may be reduced under certain operating conditions.
- GB means one billion bytes when referring to hard drive capacity. Accessible capacity may vary.
- i.LINK is a trademark of Sony used only to designate that a product contains an IEEE 1394 connector. All products with an i.LINK connector may not communicate with each other.
- Estimated battery life. Actual battery life may vary on usage.
- From date of purchase.
- Certain features are time limited.
- Limited duration that subscription to Microsoft's current online service, Internet access, required; additional fees (including telephone-long distance charges) may apply also.
- Requires fees for use.
- DVD-R and DVD-R DL discs recorded on this drive will playback in most consumer DVD players and computer DVD-ROM drives.
- Supports Memory Stick Pro™ high-capacity media, but does not support high-speed media capability. Does not support Memory Stick™ functionality.
- Digital still camera is not included.
- 50% of hard disk space is reserved as a recovery partition.

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Sony recommends Microsoft® Windows® XP

Vaio Pcg Sr33k Manual

Raffaela Di Napoli



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web so können sie ihren stoffwechsel auf natürliche weise anregen trinken sie viel wasser das kann den stoffwechsel anregen und beim abnehmen helfen auch grüner tee oder kaffee können effektiv den metabolismus ankurbeln essen sie außerdem viele proteine der körper benötigt mehr energie um proteine zu verarbeiten als diese selbst

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web sie beschleunigen den stoffwechsel und verhindern die fettablagerung im körper zudem wirken viele stoffwechsel tabletten auf das sättigungsgefühl ein und hemmen den appetit so werden der transport und die umwandlung von nährstoffen gewährleistet und gleichzeitig weniger kalorien aufgenommen

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web inhaltsÜbersicht was ist der stoffwechsel die 4 wichtigsten antworten im bezug auf einen zu langsamen stoffwechsel die drei effektivsten möglichkeiten um kalorien zu verbrennen fazit was ist der stoffwechsel es ist nicht ungewöhnlich dass viele menschen ihre gewichtszunahme auf einen langsamen stoffwechsel zurückführen

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web apr 9 2021 je nachdem wie dein stoffwechsel arbeitet kann er entweder der schlüssel für sportliche höchstleistungen sein oder die quelle hartnäckigen Übergewichts du möchtest ohne gym fett loswerden dieser cleverer trainings und ernährungsplan zum abnehmen eignet sich speziell für anfänger

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web oct 5 2022 vier stoffe die den stoffwechsel beschleunigen können sind koffein capsaicin proteine wasser kann man den stoffwechsel anregen der stoffwechsel kann durch regelmäßige sportliche betätigung eine ausreichende flüssigkeitszufuhr stressreduktion sowie bestimmte lebensmittel angeregt werden

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mit diesen tipps den stoffwechsel anregen zentrum der - Aug 04 2022

web der stoffwechsel auch metabolismus genannt umfasst alle vorgänge bei denen stoffe in unseren zellen neu aufgebaut abgebaut oder recycelt werden das ganze dient dazu unseren körper in schuss zu halten man unterscheidet dabei grob zwei stoffwechselabteilungen den baustoffwechsel und den energiestoffwechsel

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web da der anabole stoffwechsel für die synthese von eiweißen verantwortlich ist spielt dieser prozess auch beim muskelaufbau eine entscheidende rolle wenn du deinem körper ausreichend muskeltreibstoff in form von proteinen zur

verfügung stellst kannst du effektiv muskeln aufbauen