7200 RPM(rotate per minute) seek time 8ms

i-) avg rotational latency: 1 rotate / 2 = (1/7200) / 2 = 1/14400 minutes = (1 / 14400) . 60 seconds = (1 / 14000) . 60 . 60 msec

rotational latency = 0.25msec

ii-) max transfer rate