The type for the calculation is the following:

$$ftimer = fsysteem / Nprescaler$$

$$value = T * ftimer$$

The ATmega4808 operates at maximum F=20 MHz and $Nprescaler$ takes the value we have set for the clock frequency. For example, in our code we gave a value of value=20 so the timer time is:

$$ftimer = 20MHz/1024 = 19{,}531 KHz$$

$$T = value/ftimer = 1{,}024m$$