Here are some familiar objects and their equivalent wavelength-related frequencies in air:

Hummer H2 (189.8 in) = 62.2 MHz

Golden Gate Bridge (6,450 ft) = 153 kHz

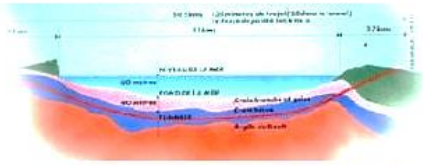
Earth Equatorial Diameter (7,926 mi) = 23.5 Hz

0402 Surface Mount Capacitor (0.040 in) = 295 GHz

Ticonderoga #2 Wooden Pencil (7.5") = 1.57 GHz

Meter Stick (1 m) = 300 MHz

Boeing 747-400 (231'10") = 4.24 MHz



Channel Tunnel, "Chunnel" (37 km) = 8.10 kHz

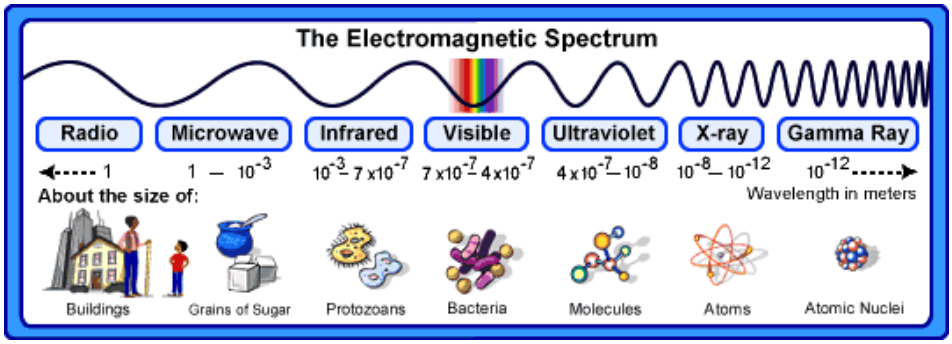
$$\lambda = \frac{c}{f}$$

$c = 3.\ 10^8$ m/s

c: speed of light

f: in Hertz (Hz)

λ: meters



Wavelength (m)	Wavelength Shorth Hand	Frequency (Hz)	Frequency Short Hand
300000000		1	
30000000		10	
3000000		100	
300000		1000	
30000		10000	
300		1000000	
30		10000000	
3		100000000	
0.3		1000000000	
0.03		10000000000	
0.003		100000000000	
0.0003		1000000000000	