

$$\text{Saw Low}=(16,000,000)/(1024*256*256)=(16,000,000)/(67,108,864)=238.42\text{mHz}$$

$$\text{Saw High}=(16,000,000)/(1024*1*256)=(16,000,000)/(262,144)=61.04\text{Hz}$$

$$\text{Triangle Low}=(16,000,000)/(1024*256*512)=(16,000,000)/(134,217,728)=119.21\text{mHz}$$

$$\text{Triangle High}=(16,000,000)/(1024*1*512)=(16,000,000)/(524,288)=30.52\text{Hz}$$

$$\text{Sine Low}=(16,000,000)/(1024*256*256)=(16,000,000)/(67,108,864)=238.42\text{mHz}$$

$$\text{Sine High}=(16,000,000)/(1024*1*256)=(16,000,000)/(262,144)=61.04\text{Hz}$$