$$CCR = \frac{T_{r(SCL)} + T_{w(SCLH)}}{T_{PCLK1}}$$

$$CCR = \frac{1000 + 4000 \ ns}{22.222 \ ns}$$

$$CCR = 225$$

$$T_{PCLK1} = 1 / 45 \ MHz$$

$$\text{TRISE} = \frac{T_{r(SCL)}}{T_{PCLK1}} + 1$$

$$\text{TRISE} = \frac{1000 \text{ ns}}{22.22 \text{ ns}} + 1$$

$$\text{TRISE} = 45 + 1 = 46$$