

Flow Rate (mm³/s) = (Extrusion Width)(mm) (Layer Height)(mm) Print Speed (mm/s) Extrusion Width
is ~120% of nozzle diameter

For Example: You have a 0.5 mm nozzle mounted and you are printing at 0.25mm layer height at a print speed of 30 mm/s.

$$\text{Extrusion Width} = 0.6 \text{ mm} = 1.2 \times 0.5 \text{ Flow Rate} = 4.5 \text{ mm}^3/\text{s} = 0.6 \times 0.25 \times 30$$