

1. `sti TCNT1H, R25`  
`sti TCNT1L, R24`
2. `ldi R25, TCNT1H`  
`ldi R24, TCNT1L`
3.  $\text{Delay}_{\text{Normal}} = ((\text{MAX-value}) * \text{prescale}) / 16\text{MHz} = (255 - 128) / (16\text{Mhz}) = 7.932 * 10^{-6} \text{ seconds.}$