

$$E = (W \times G) / D^2$$

E = Elastic Stretch, as a % of Length** W = Weight of Load, in pounds D = Diameter of cable, in inches G = See Chart Below			
Cable/Wire Rope	"G" Factor	Cable/Wire Rope	"G" Factor
1x7 302/304 SST	.00000735	1x7 Galvanized	.00000661
1x19 302/304 SST	.00000779	1x19 Galvanized	.00000698
7x7 302/304 SST	.0000120	7x7 Galvanized	.0000107
7x19 302/304 SST	.0000162	7x19 Galvanized	.0000140
6x19 302/304 SST IWRC	.0000157	6x19 Galvanized IWRC	.0000136
6x25 302/304 SST IWRC	.0000160	6x25 Galvanized IWRC	.0000144
19x7 302/304 SST	.0000197	19x7 Galvanized	.0000178

****Remember to keep your units of measure constant. The length of your cable must be calculated in inches to correspond with the diameter measurement, also in inches.**