

SEL100400GM

FE 100-400mm F4.5-5.6 GM OSS

Sharp super-telephoto zoom, tenacious AF



The first super-telephoto zoom in Sony's flagship G Master series covers a versatile 100mm to 400mm range. With extraordinary resolution and fast, precise autofocus it lets you capture distant action with outstanding quality and immediacy. In addition to world-class image quality, this fine lens offers the mobility, reliability, and operability that professional applications demand.

- E-mount Full Frame format
- G Master super telephoto lens
- High resolution

Technical Summary

Icon Description

- Premium G Master series super telephoto zoom lens
- Linear motor and Direct Drive SSM (DDSSM) for agile, highly precise focus lens control
- Sony Nano AR Coating to eliminate flare and ghosting
- Circular 9-blade aperture for beautiful defocus effects
- Not guaranteed to be 100% dust and moisture proof.

Key Technical Specification

- **Minimum Focus Distance**
0.98m / 3.22 ft
- **Maximum Magnification ratio (x)**
0.12-0.35
- **Filter Diameter (mm)**
77
- **Weight**
1395g (Without tripod mount; 49.3 oz. (Without tripod mount))

What's in the box?

- Hood (model):ALC-SH151
- Lens front cap:ALC-F77S
- Lens rear cap:ALC-R1EM
- Case
- Other:Tripod mount

Specifications

Lens Specifications

Mount	Sony E-mount
Format	35mm full frame
Focal-Length (mm)	100-400
35mm equivalent focal-length (APS-C)	150-600
Lens Groups / Elements	16-22
Angle of View (35mm)	24° -6° 10'
Angle of View (APS-C)	16° -4° 10'
Maximum aperture (F)	4.5-5.6
Minimum Aperture (F)	32-40
Aperture Blades	9
Circular Aperture	Yes
Minimum Focus Distance	0.98m / 3.22 ft
Maximum Magnification ratio (x)	0.12-0.35
Filter Diameter (mm)	77
Image stabilization (SteadyShot)	Optical SteadyShot
Zoom system	Manual
Teleconverter compatibility (x1.4)	SEL14TC
Teleconverter compatibility (x2.0)	SEL20TC
Hood Type	Round shape, bayonet type

Size & Weight

Dimensions (W x H x D)	93.9 x 205 mm(3-3/4 x 8-1/8 in.)
Weight	1395g (Without tripod mount; 49.3 oz. (Without tripod mount))

Features

G Master super-telephoto zoom

This top-performance G Master zoom lens covers a broad 100mm to 400mm focal length range that is ideal for sports, wildlife, and other subjects that require a long reach. It offers image quality and AF performance that will support professional fieldwork, tracking and capturing even fast-moving subjects with outstanding resolution and clarity.

High resolution at any focal length

A precision optical design ensures consistently high corner-to-corner resolution at any focusing distance throughout the lens's zoom range. The SEL100400GM not only delivers stunning images of distant subjects at super-telephoto focal lengths, it offers equally high performance when shooting nearby subjects as well.

Clarity and contrast in any light

Sony's Nano AR Coating suppresses spurious reflections that can cause flare and

Fast, tenacious autofocus

An optimal combination of double linear motor and DDSSM (Direct Drive SSM) drive systems is the first of its kind. It also implements precision sensors that provide real-time feedback for extremely high positioning accuracy, allowing the body's AF system to perform at its best.

Natural rendering and color

Two ED (Extra-low Dispersion) glass elements and one Super ED glass element strategically deployed in an advanced optical design effectively suppress axial chromatic aberration that is often a cause of resolution falloff in telephoto lenses. The result is exceptionally clear, well-defined images.

Compact, lightweight, and mobile

Magnesium alloy components and other refinements contribute to high durability

ghosting in backlit and other challenging lighting situations, for consistently high contrast and clarity. Reduced flare, particularly when shooting in bright outdoor conditions, means greater framing and composing flexibility. (1. Nano AR coating / 2. Glass / 3. Transmitted light)

Zoom torque adjustment

This is the first α lens to include a zoom smoothness adjuster that provides mechanical control of zoom ring torque. Set a lower torque for fast zooming, or increase torque when slow, stable zooming is required. Fine adjustment allows the feel of the lens to be matched to individual user needs.

Outstanding shooting versatility

Floating focus and high positioning precision have made it possible to achieve a minimum focus distance of just 0.98 meters (3.22ft.) with up to 0.35x magnification. You have a versatile 100mm to 400mm super-telephoto zoom range, plus outstanding close-up performance at 100mm.

Removable tripod mount

A removable tripod mount allows quick attachment to or removal from a tripod so the user can easily switch between tripod and handheld shooting. The mount can also be removed for convenient transport and storage. A lock mechanism prevents accidental removal.

Fluorine coated front element

The lens's front element features a fluorine coating that helps to prevent dirt and fingerprints from sticking, and makes it easier to wipe dirt and fingerprints away if they do become attached to the lens surface. This can be a significant advantage for outdoor shooting.

Pro lens hood features

An access window that can be opened or closed as required allows easy access for polarizing filter operation, and a hood lock switch prevents accidental detachment or rotation of the lens hood while shooting or moving around.

as well as class-leading size and weight reductions that not only mean greater mobility, but improved manageability with lightweight bodies for easier, more stable handheld shooting.

Clear, blur-free images without a tripod

Built-in Optical SteadyShot image stabilization makes it easier to capture blur-free images, particularly when shooting sports or other subjects that require fast stabilization response. Mode 2 stabilization facilitates dynamic panned shots. 5-axis stabilization becomes available when used with α series bodies that feature in-body stabilization.

Customisable focus hold button

Conveniently located focus hold buttons provide focus hold control even during continuous AF operation. They can also be customized from a camera menu that allows them to be assigned to a variety of different functions.

Teleconverters for extra reach

SEL100400GM is fully compatible with the high-performance SEL14TC and SEL20TC teleconverters for a 1.4x or 2x increase in focal length, respectively. That's a maximum focal length of 800mm (1200mm on an APS-C format body).

High reliability in harsh conditions

The overall design of this lens is dust and moisture resistant for extra protection and reliable operation in challenging environments. Shoot with confidence in light rain or windy conditions.

Optional Accessories

ALC-R1EM

Protect your camera's rear glass

ALC-F77S

Protect your lens from dust and dirt