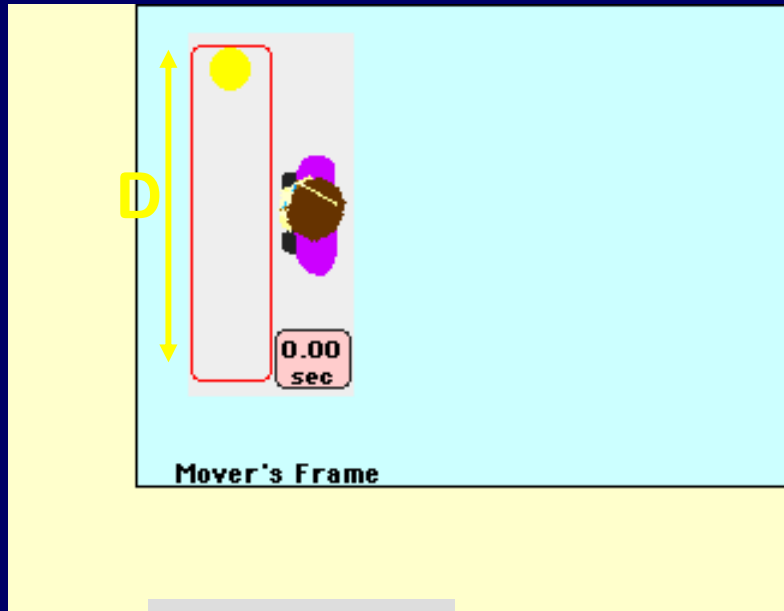# Consequences: 1. Time Dilation

$$c\Delta t_0 = 2D$$

$$\Delta t_0 = \frac{2D}{c}$$

t_0 is call the "proper time". Here it is the time between two events that occur at the same place, in the rest frame.