
Subject: Re: Question about video rendering
Posted by [djlaptop](#) on Tue, 31 Jul 2012 23:46:30 GMT
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From the youtube post I see a hint of interlacing going on, which shouldn't be happening if you're coming from FRAPS.

Check your Premiere project settings, make sure you're set to progressive and not interlaced. Also, keep the same dimensions of your input file.

Ideally between programs, you would use either uncompressed frames (AVI) or the Quicktime Animation codec, but this takes CONSIDERABLE hard drive space, and also the files become too large to playback realtime without an SSD.

Since this is going to be for internet video, you should be able to render with h.264 compression without TOO much degradation.

Another option is to import your premiere projects into After Effects (File... Import, just like with footage). Just be aware that some of the advanced effects from premiere may not carry over and would need to be re-created in AE. But your edits should import just fine.
