John, Re: T-10
The thin opening of the T-10 duplex spans 10 inches at 100 meters. To use this as a rangefinder, all you have to do is estimate the number of inches of the target that fits inside the thin opening.
20 inches =200 meters.
30 inches =300 meters
40 inches =400 meters and so on.
If a six foot target appears smaller than the thin opening then the range is in excess of 720 meters. In which case, you esitmate the number of inches that the target fits between the top post and center crosshair. then double the result.
For example, if 50 inches of target fits between top post and center crosshair, then 50 x 2 = 100. the range is 1000 meters.
--Those folks with a variable powered duplex can do the same thing.
Just figure where you need to set the power setting to get the thin opening to span 10 inches at 100 yards or meters whichever is your preference. and use as above.
To determine the size of the shim that you need to put under the elevation turret, here is how I did it.
Measure the distance between the top of the turret and the bottom of the scope tube with a micrometer when the elevation set to 100 meter zero. Then crank the elevation down until the elevation turret bottoms out. Remeasure. The difference between the 2 readings is the thickness of shim that you need. The inside diameter of the shim should be a slip fit to the outside diameter of the elevation turret when the cap is removed. The outside diameter of the shim does not matter too much.
Give these dimensions to anyone with a little hand lathe who likes to tinker. Ask them to make the shim out of Aluminum.
I hope this helps.