The arrangement shown is used.

Microwaves of constant frequency are emitted by the source and are reflected from a point S on the reflective surface (metal plate).

The superposition will give rise to the formation of stationary waves.

If a detector is moved between the source and the reflector, the reading varies from maximum to a minimum and then back to a maximum value.

Each minimum intensity corresponds to a NODE.

Each maximum intensity corresponds to an ANTINODE.

Using the above principle, the wavelength and the frequency can be determined as shown below.

$$= \frac{3 \times 10^8}{2 \text{ d}} = \boxed{\frac{1.5 \times 10^8}{\text{ d}}}$$