

# SPEED COMPARISON REFERENCE CHART

Internet Performance Benchmark Guide

ACTIVITY / CATEGORY	DOWNLOAD SPEED	UPLOAD SPEED	EXPERIENCE QUALITY
Basic Web Browsing	5 Mbps	1 Mbps	Standard
HD Video Streaming	10 - 25 Mbps	3 Mbps	High Definition
4K / UHD Streaming	25 - 50 Mbps	5 Mbps	Ultra High Def
Video Conferencing	10 Mbps	10 Mbps	Symmetrical Recommended
Online Gaming	20 Mbps	5 Mbps	Low Latency Focus
Large File Transfers	100+ Mbps	50+ Mbps	Professional Grade

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