

# Fiber optic multimode and single-mode speeds

Understand the difference between fibers: single mode offers long-distance, high bandwidth, while multimode suits short runs and lower costs.

Fiber optic cable speeds explained with distance limits, cable types, and performance tips, including single-mode and multimode transmission for 2025 networks.

What Is Single Mode and What Is Multimode? Single Mode vs. Multimode Fiber: Key Differences Is Multimode Better? Choosing The Right Fiber Optic Cable Single mode and multimode fiber optic cables are two different types of fiber optic cable aimed at different use cases. Single mode cables are typically made with a single strand of glass at their core, leading to a narrower core of the cabling, and more robust signal integrity over greater distances. They can be further divided into OS1 and OS2 ca... See more on cable matters

#b\_results li.b\_ans.b\_mop.b\_mopb,#b\_results li.b\_ans.b\_nonfirsttopb{border-radius:6px;box-shadow:0 0 0 1px rgba(0,0,0,.05);margin-top:12px;margin-bottom:10px;padding:15px 19px 10px}#b\_results li.b\_ans.b\_mop.b\_mopb .b\_sideBleed{margin-left:-19px;margin-right:-19px}#b\_results .b\_vidAns{border-radius:6px;box-shadow:0 0 0 1px rgba(0,0,0,.05);padding:16px 20px;gap:10px;background:#fff}@charset "UTF-8";#b\_results .b\_ans.b\_vidAns{box-shadow:none!important;padding:var(--smtc-gap-between-content-medium) 0!important;background:var(--bing-smtc-background-ctrl-fade-on-image-stop-0)}#b\_results #serpvidans.vsacf .mc\_vtvc,#b\_results #serpvidans.vsacf .mc\_vtvc\_th,#b\_results #serpvidans.vsacf .cico,#b\_results #serpvidans.vsacf .mc\_vtvc\_htb,#b\_results #serpvidans.vsacf .vrhc,#b\_results #serpvidans.vsacf .vrhcp,#b\_results #serpvidans.vsacf .vrhtc,#b\_results #serpvidans.vsacf .vrhtpc{border-radius:var(--mai-smtc-corner-card-default)}#b\_results #serpvidans.vsacf .mmlist .mc\_vtvc,#b\_results #serpvidans.vsacf .mmlist .mc\_vtvc .mc\_vtvc\_meta{margin:0}#b\_results #serpvidans.vsacf .mmlist .mc\_vtvc .mc\_vtvc\_meta .mc\_vtvc\_meta\_channel,#b\_results #serpvidans.vsacf .mmlist .mc\_vtvc .mc\_vtvc\_meta .mc\_vtvc\_meta\_row\_channel{color:var(--smtc-foreground-content-neutral-primary)}#serpvidans.vsacf .expctn .expbody,#serpvidans.vsacf .mmlist{display:flex;flex-direction:column;gap:var(--smtc-gap-between-content-medium)}#serpvidans.vsacf .cico{height:auto}#serpvidans.vsacf .mc\_vtvc\_ban\_lo{top:0;right:auto}#serpvidans.vsacf .mc\_cwvc .mc\_vtvc .mc\_vtvc\_meta,#serpvidans.vsacf .mmlist .mc\_vtvc .mc\_vtvc\_meta{height:auto;padding:var(--smtc-gap-between-content-xx-small) 0 var(--smtc-gap-between-content-xx-small) var(--smtc-gap-between-content-medium);display:flex;flex-direction:column;justify-content:space-between}#serpvidans.vsacf .mc\_cwvc .mc\_vtvc .mc\_vtvc\_meta .mc\_vtvc\_title,#serpvidans.vsacf .mmlist .mc\_vtvc .mc\_vtvc\_meta .mc\_vtvc\_title{color:var(--smtc-ctrl-link-foreground-brand-rest);font:var(--bing-smtc-text-global-body2);heig

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ht:auto;display:-webkit-box;-webkit-line-clamp:2;-webkit-box-orient:vertical}#serpvidans.vsacf .mc_cwvc
.mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block_area,#serpvidans.vsacf .mc_cwvc .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block,#serpvidans.vsacf .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block_area,#serpvidans.vsacf .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block{display:flex;flex-direction:column;gap:var(--smtc-padding-ctrl-text-side)}#serpvidans.
vsacf .mc_cwvc .mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block_area .mc_vtvc_meta_row,#serpvidans.vsacf
.mc_cwvc .mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block .mc_vtvc_meta_row,#serpvidans.vsacf .mmlist
.mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block_area .mc_vtvc_meta_row,#serpvidans.vsacf .mmlist
.mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block
.mc_vtvc_meta_row{color:var(--smtc-foreground-content-neutral-primary);height:var(--mai-smtc-padding-car
d-default);font:var(--bing-smtc-text-global-caption1)}#serpvidans.vsacf .mc_cwvc .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block_area .mc_vtvc_meta_row .mc_vtvc_meta_row_channel::before,#serpvidans.vsacf
.mc_cwvc .mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block .mc_vtvc_meta_row
.mc_vtvc_meta_row_channel::before,#serpvidans.vsacf .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block_area .mc_vtvc_meta_row .mc_vtvc_meta_row_channel::before,#serpvidans.vsacf
.mmlist .mc_vtvc .mc_vtvc_meta .mc_vtvc_meta_block .mc_vtvc_meta_row
.mc_vtvc_meta_row_channel::before{content:" . "}#serpvidans.vsacf .mc_cwvc .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block_area .mc_vtvc_meta_pubdate,#serpvidans.vsacf .mc_cwvc .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block .mc_vtvc_meta_pubdate,#serpvidans.vsacf .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block_area .mc_vtvc_meta_pubdate,#serpvidans.vsacf .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block
.mc_vtvc_meta_pubdate{color:var(--bing-smtc-foreground-content-neutral-tertiary);padding-bottom:0}.vsacf
.mc_cwvc .mc_vtvc_con_rc,.vsacf .mmlist .mc_vtvc_con_rc{display:flex}.vsacf .mc_cwvc .mc_vtvc_con_rc
.mc_vtvc_meta_w,.vsacf .mmlist .mc_vtvc_con_rc .mc_vtvc_meta_w{height:auto}#serpvidans.vsacf.vsasa
.vsb_tr_c .vsb_tr_t,#serpvidans.vsacf:not(.vsasa)
.b_title{display:none}#serpvidans.vsacf:not(.vsasa)>.b_title:first-child,#serpvidans.vsacf:not(.vsasa)
.expbody>.b_title:first-child,#serpvidans.vsacf:not(.vsasa)>#ans_ss_dlg+.b_title,#serpvidans.vsacf:not(.vsasa)
.expbody>#ans_ss_dlg+.b_title{display:block}.vsacf .b_title{padding-left:0}.vsacf .b_title
.mmtitle{font:var(--bing-smtc-text-global-subtitle1-strong);margin-bottom:0}.vsacf .b_title .mmtitle
a::after{content:"";margin:5px 5px 0 0;border-top:2px solid
var(--smtc-foreground-content-neutral-primary);border-right:2px solid
var(--smtc-foreground-content-neutral-primary);background-size:7px
7px;width:7px;height:7px;transform:rotate(45deg);display:inline-block;margin-left:4px}#serpvidans.vsacf
.b_title .mmtitle{margin-bottom:0}#serpvidans.vsacf .b_title .mmtitle
a{color:var(--smtc-foreground-content-neutral-primary)}#serpvidans.vsacf .cardless.mmlist
.mc_vtvc_con_rc,#serpvidans.vsacf .cardless.mmlist .mc_vtvc_th{height:auto}#serpvidans.vsacf
.vsb_tr_c.va_tt{margin:0}#serpvidans.vsacf .vtbc .mv_vtvc_play,#serpvidans.vsacf .vtbc
.mv_vtvc_play_ext{position:static}#serpvidans.vsacf .va_tt
.mc_vtvc_ban_lo{display:block}#serpvidans.vsacf
.mc_bc{width:auto;border-radius:var(--smtc-ctrl-badge-sm-corner);padding:var(--smtc-padding-ctrl-text-side)

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var(--smtc-gap-between-content-xx-small)}#serpvidans.vsacf .rmts .mc_bc
ems{display:none}#serpvidans.vsacf a.vsb_tr_t{color:var(--smtc-foreground-content-neutral-primary)}.vsacf
.va_tt .vsb_tr_chd .mc_vtvc_th_dock.rmoverlay{height:36px}.vsacf .va_tt .vsb_tr_chd
.mc_vtvc_th_dock{height:92px;position:absolute;bottom:0;background:linear-gradient(180deg,var(--bing-smt
c-background-ctrl-fade-on-image-stop-0) 0%,var(--mai-smtc-background-ctrl-on-image-rest) 100%)}.vsacf
.va_tt a.vsb_tr_t{padding:0 0;font:var(--bing-smtc-text-global-body-2-alt-strong)}.vsacf .va_tt .vsb_tr_chd
.mc_vtvc .mc_vtvc_meta,.vsacf .va_tt .vsb_tr_chd .mc_vtvc
.mc_vtvc_title{color:var(--mai-smtc-foreground-ctrl-on-image-rest)}.vsacf
span.vcmt_ctt{font:var(--bing-smtc-text-global-caption2);margin:var(--smtc-gap-between-content-xx-small) 0
0;height:16px}#serpvidans.vsacf .vsb_tr_chd .mc_vtvc_tot .mc_vtvc_title
strong{font-size:14px;line-height:20px;display:unset}#serpvidans.vsacf .va_tt .b_sldrp
.slide:not(:first-child){margin-left:var(--smtc-gap-between-content-small)}#serpvidans.vsacf .va_tt
.vsb_tr_chd .mc_vtvc
.mc_vtvc_title{white-space:normal;display:-webkit-box;-webkit-line-clamp:2;-webkit-box-orient:vertical}.vsa
cf .b_title:not(:first-child):has(+div)
.mmtitle{font:var(--bing-smtc-text-global-body-2-alt-strong)}#serpvidans.vsacf .revqpm+.va_tt
.mm_vrc{padding-top:0}#serpvidans .va_tt .slide,#serpvidans .mc_vtvc_th,#serpvidans .mc_vtvc_th
.cico{border-radius:var(--mai-smtc-corner-card-default)!important}#serpvidans.vsacf
.b_module_expansion_control .b_btnContainer
.b_CompactExpansion{background-color:var(--bing-smtc-background-ctrl-neutral-rest);display:flex;justify-co
ntent:center;align-items:center;gap:4px;width:fit-content;height:auto;padding:8px 12px}#serpvidans.vsacf
.b_module_expansion_control .b_btnContainer .b_CompactExpansion
.b_CompactExpansionBtnText{font:var(--bing-smtc-text-global-caption1-strong);color:var(--bing-smtc-foregr
ound-content-brand-rest)}#serpvidans.vsacf .b_module_expansion_control .b_btnContainer
.b_CompactExpansion .b_arrow{display:flex;margin:0;height:auto}#serpvidans.vsacf
.b_module_expansion_control .b_btnContainer .b_CompactExpansion .b_arrow
path#Shape{fill:var(--bing-smtc-foreground-content-brand-rest)}#serpvidans.vsacf
.b_module_expansion_control
.b_btnContainer::after{content:"";position:absolute;width:100%;bottom:20px;left:0;height:1px;border-radius:
1px;background:var(--smtc-stroke-ctrl-on-neutral-rest)}#b_results
.b_ans.b_vidAns{box-shadow:none;padding:12px 20px 0}#b_results .b_ans.b_vidAns
.vasac{padding:unset;margin:0}#b_results .b_ans.b_vidAns .vsa .b_attribution{padding-bottom:0}#b_results
.b_ans.b_vidAns .cardless .salink{margin:0}#b_results .b_ans.b_vidAns .mmlist
.mc_vtvc{margin-top:10px}#b_results .b_ans.b_vidAns .mmlist .mc_vtvc
.mc_vtvc_meta{display:flex;flex-direction:column;justify-content:space-between;margin:0 10px 4px
12px}#b_results .b_ans.b_vidAns .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_channel{color:#111}#b_results .b_ans.b_vidAns .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_row_channel,#b_results .b_ans.b_vidAns .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block_area{color:#666}#b_results .b_ans.b_vidAns .mmlist .mc_vtvc .mc_vtvc_meta
.mc_vtvc_meta_block_area{bottom:0;height:unset}.b_dark .vsa.cardless

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.mc_vtvc{background-color:unset}.b_CompactExpandText{display:inline}#serpvidans
.b_module_expansion_control{padding-bottom:0}#serpvidans .b_module_expansion_control
.b_CompactExpansion{height:40px;line-height:40px;bottom:-6px;padding-left:20px;padding-right:20px;border
border-radius:20px;z-index:6}#serpvidans .b_module_expansion_control
.b_CompactExpansionBtnText{line-height:40px}#serpvidans .btitle .b_topTitle,#serpvidans .mc_vtvc
.mc_vtvc_title{margin-bottom:0}#serpvidans
.mc_vtvc_meta_pubdate{padding-bottom:0}#serpvidans{position:relative;--va-expbody-padding:0 0
24px;--va-ptop:0px;--va-pbop:0px}#serpvidans
.expbody{overflow-x:visible!important;overflow-y:clip!important;box-sizing:border-box;padding:var(--va-ex
pbody-padding)}#serpvidans.ssize .expbody{max-height:calc(375px - var(--va-ptop) -
var(--va-pbop))}#serpvidans.msize .expbody{max-height:calc(535px - var(--va-ptop) -
var(--va-pbop))}#serpvidans.lsize .expbody{min-height:536px}#serpvidans .b_removeShadow
.expbody{max-height:unset}#serpvidans .b_removeShadow .expbody .grad,#serpvidans .b_removeShadow
.expbody .expext{display:none}#b_results
.b_ans.b_vidAns{--va-ptop:16px;--va-pbop:0px;--va-pleft:20px;--va-pright:20px;border-radius:6px;box-shado
w:0 0 0 1px rgba(0,0,0,.05);padding:var(--va-ptop) var(--va-pright) var(--va-pbop)
var(--va-pleft);margin-bottom:30px;gap:10px}#b_results .b_ans.b_vidAns .b_moreLink{padding:9px 0 0
0}.mmlist .mc_vtvc .mc_vtvc_meta { padding: 12px 16px 16px 16px; } .mmlist .mc_vtvc .mc_vtvc_meta_w {
height: 112px; margin-top: -0px; } .mmlist .mc_vtvc .mc_vtvc_title { height: 44px; line-height: 22px;
margin-bottom: 0px; margin-top: 0px; } .mmlist .mc_vtvc .mc_vtvc_meta_block_area { height: 40px; }
.mmlist .mc_vtvc .vtmu, .mmlist .mc_vtvc .vtpl { bottom: 120px; } .mmlist .mc_vtvc_th_dock { height:
112px; } .mmlist .mc_vtvc_th .cico { height: 131px; } .mmlist .mc_vtvc{margin:10px 1px 0}.mmlist
.mc_vtvc_con_rc{display:flex}.cardless .mmlist .mc_vtvc_con_rc{height:112px}.mmlist .mc_vtvc
.mc_vtvc_meta{display:flex;flex-direction:column;justify-content:space-between;margin:0 10px 4px
12px;padding:0}.mmlist
.mc_vtvc_title{font-weight:400;font-size:16px;height:44px;line-height:22px;margin-bottom:0;margin-top:0;c
olor:unset}.mmlist .mc_vtvc_meta_row{font-size:13px}.mmlist .mc_vtvc
.mc_vtvc_meta_block_area{height:unset}.mmlist .mc_vtvc .vtmu,.mmlist .mc_vtvc
.vtpl{bottom:8px}.cardless .mmlist .mc_vtvc{box-shadow:none}.cardless.mmlist
.mc_vtvc_center_play{width:32px;height:32px}.cardless.mmlist
.mc_vtvc_title{font-size:16px;color:unset}.cardless.mmlist
.mc_vtvc_meta_row{line-height:20px}.cardless.mmlist
.mc_vtvc_meta_pubdate{padding-bottom:2px;color:#666}.cardless.mmlist .mc_vtvc_th,.cardless.mmlist
.mc_vtvc_th .cico,.cardless.mmlist .mc_vtvc_th div.rms_img{border-radius:6px}.cardless.mmlist
.mc_vtvc_th{height:111px}.cardless.mmlist
.mc_vtvc_htc{border-radius:6px;overflow:hidden}#serpvidans.vasac.cardless{box-shadow:none}.cardless.m
mmlist .mc_bc{padding:2px 8px;line-height:14px;border-radius:2px;font-weight:normal}.mmlist
.mc_vtvc:hover
.mc_vtvc_title{text-decoration:underline}.mmgrid>div{width:197px;display:inline-block;margin-right:8px;m
argin-bottom:8px;box-shadow:0 0 0 1px
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rgba(0,0,0,.05);position:relative;vertical-align:top;overflow:hidden;white-space:normal;border-radius:6px }.vs
arr .mmgrid>div,.vsarr1stbig .mmgrid>div{ margin-right:8px;margin-bottom:8px }#serpvidansrr .mc_vtvc
.mc_vtvc_meta{ height:auto }#serpvidansrr .mc_vtvc
.mc_vtvc_title{ display:-webkit-box;-webkit-line-clamp:2;-webkit-box-orient:vertical }.mmgrid
.mc_tc{ border:0 }.vsa .mmgrid>div:nth-child(3n){ margin-right:0 }.vsa
.b_moreLink{ padding-top:4px }#serpvidansrr
.mc_vtvc_meta_row{ line-height:18px;font-size:100%;height:17px }.vsarr
.mmgrid>div:nth-child(2n){ margin-right:0 }#serpvidansrr .mc_vtvc .vtmu,#serpvidansrr .mc_vtvc
.vtpl{ bottom:128px }.vsarr1stbig .mmgrid>div:nth-child(2){ margin-right:0 }#serpvidansrr.uipolish
.mc_vtvc_meta_pubdate,#serpvidansrr.uipolish .mc_vtvc_meta_channel,#serpvidansrr.uipolish #vidans2
.b_videocard .video_metadata .video_source{ color:#767676 }#serpvidansrr #vidans2 .b_videocard
.video_metadata_container,#serpvidansrr #vidans2 .b_videocard .video_metadata_container
.video_metadata>h3{ width:100% } @media(max-width:1362.9px){ #serpvidansrr
.mmgrid>div{ width:168px;height:206px }#serpvidansrr .mmgrid>div .cico,#serpvidansrr .mmgrid>div .cico
.rms_img{ width:168px;height:100px }#serpvidansrr .mc_vtvc .mc_vtvc_meta{ padding:12px }#serpvidansrr
.mc_vtvc .mc_vtvc_title{ height:32px;line-height:16px;margin-bottom:16px }#serpvidansrr .mc_vtvc
.mc_vtvc_meta_block_area{ height:34px }#serpvidansrr
.mc_vtvc_meta_row{ line-height:15px;font-size:13px;height:15px }#serpvidansrr
.mc_vtvc_meta_pubdate{ padding-bottom:4px }#serpvidansrr .mc_vtvc .vtmu,#serpvidansrr .mc_vtvc
.vtpl{ bottom:114px }#serpvidansrr #vidans2 .b_videocard .videoPlayer,#serpvidansrr #vidans2 .b_videocard
.videoPlayer .cico,#serpvidansrr #vidans2 .b_videocard .videoPlayer .cico
.rms_img{ width:343px!important;height:194px!important;margin-right:0 } } @media(max-width:1274.9px){ #s
erpvidansrr .mmgrid>div{ width:124px;height:164px }#serpvidansrr .mmgrid>div .cico,#serpvidansrr
.mmgrid>div .cico .rms_img{ width:124px;height:76px }#serpvidansrr .mc_vtvc
.mc_vtvc_meta{ padding:8px }#serpvidansrr .mc_vtvc
.mc_vtvc_title{ height:32px;line-height:16px;margin-bottom:12px }#serpvidansrr .mc_vtvc
.mc_vtvc_meta_block_area{ height:28px }#serpvidansrr
.mc_vtvc_meta_row{ line-height:13px;font-size:11px;height:13px }#serpvidansrr
.mc_vtvc_meta_pubdate{ padding-bottom:2px }#serpvidansrr .mc_vtvc .vtmu,#serpvidansrr .mc_vtvc
.vtpl{ bottom:96px }#serpvidansrr #vidans2 .b_videocard .videoPlayer,#serpvidansrr #vidans2 .b_videocard
.videoPlayer .cico,#serpvidansrr #vidans2 .b_videocard .videoPlayer .cico
.rms_img{ width:256px!important;height:144px!important;margin-right:0 }#serpvidansrr .maskthumb
.mc_bc_w{ padding:8px 4px 4px 8px }#serpvidansrr.withsplitline
.mmgrid>div:nth-last-child(1),#serpvidansrr.withsplitline
.mmgrid>div:nth-last-child(2){ margin-bottom:24px }#serpvidansrr.withsplitline .mmgrid{ border-bottom:1px
solid #ecec; margin-bottom:16px }#serpvidansrr #vidans2 .b_videocard
.video_metadata{ max-width:auto;padding:12px 16px }#serpvidansrr #vidans2
.b_videocard{ margin-bottom:12px;box-shadow:0 0 1px rgba(0,0,0,.05),0 2px 3px
rgba(0,0,0,.1);border-radius:6px }#serpvidansrr .b_rich{ padding-top:0 }#serpvidansrr #vidans2
.videoPlayer{ border-radius:6px 6px 0 0;overflow:hidden }#serpvidansrr #vidans2 .b_videocard

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.video_metadata>h3{ white-space:nowrap;overflow:hidden;text-overflow:ellipsis;-webkit-line-clamp:1;line-height:15px;height:15px;font-size:13px;color:#000;margin-bottom:20px;font-family:var(--bing-smtc-text-style-default-regular-font-family);font-style:normal;display:block}#serpvidansrr.vsarr1stbig #vidans2 .b_videocard
.video_metadata .actionmenu{display:none}#serpvidansrr #vidans2 .b_videocard
.video_summary,#serpvidansrr #vidans2 .b_videocard .video_source{line-height:15px}#serpvidansrr #vidans2
.b_videocard .videoPlayer
.vtbc{right:0}.grad{width:100%;height:24px;position:absolute;bottom:0;background:linear-gradient(180deg,rgba(255,255,255,0) 0%,#fff 100%)}b_drk .grad,b_dark
.grad{background:linear-gradient(180deg,rgba(41,40,39,0) 0%,#292827 95%)}b_module_expansion_control{padding-bottom:4px}.b_module_expansion
.b_expansion_wrapper{border-top:1px solid
#cdcdcd}.b_module_expansion_control.b_module_head>.b_module_expansion
.b_expansion_wrapper{border-top:0}.b_module_expansion
.b_expmob_rc{border-top:0}.b_module_expansion .b_expansion_wrapper,.b_module_expansion
.b_offpage_expansion a,#b_results .b_module_expansion .b_offpage_expansion
a{color:#666}.b_module_expansion .b_expansion_wrapper
.sv_ch{fill:#666}.b_module_expansion_control.b_module_head>.b_module_expansion
.b_expansion_wrapper,.b_module_expansion_control.b_module_head>.b_module_expansion
.b_offpage_expansion a,#b_results .b_module_expansion_control.b_module_head>.b_module_expansion
.b_offpage_expansion a{color:#666}.b_module_expansion_control.b_module_head>.b_module_expansion
.b_expansion_wrapper .sv_ch{fill:#666}#b_context .b_module_expansion
.b_expansion_wrapper{border-top:1px solid #ebebcb}#b_context
.b_module_expansion_control.b_module_head>.b_module_expansion
.b_expansion_wrapper{border-top:0}#b_pole .b_module_expansion .b_offpage_expansion
a{color:#666}#b_pole .b_module_expansion_control.b_module_head>.b_module_expansion
.b_offpage_expansion a{color:#666}#b_context .b_module_expansion .b_offpage_expansion
a{color:#666}#b_context .b_module_expansion_control.b_module_head>.b_module_expansion
.b_expansion_wrapper,#b_context .b_module_expansion_control.b_module_head>.b_module_expansion
.b_offpage_expansion a{color:#767676}#b_context
.b_module_expansion_control.b_module_head>.b_module_expansion .b_expansion_wrapper
.sv_ch{fill:#767676}.b_btnContainer{width:100%;height:46px;border-radius:0 6px 6px 0;position:absolute;bottom:-20px}.b_CompactExpansion:active{background-color:#00526b}.b_CompactExpansion:hover{background-color:#106ebe;cursor:pointer}.b_CompactExpansion{background-color:#106ebe;color:#fff;border-radius:16px;height:30px}.b_CompactExpansion{display:inline-block;line-height:30px;text-align:center;padding-left:16px;padding-right:16px;position:relative;left:50%;transform:translateX(-50%);bottom:-11px;z-index:4;pointer-events:auto}html[dir="rtl"]
.b_CompactExpansion{transform:translateX(50%)}b_CompactExpansion
.b_arrow{margin-left:7px;margin-bottom:-1.75px;display:inline-block;height:.75em}.b_algo_group
.b_CompactExpansion
.b_arrow{margin-left:3px;height:7px;margin-bottom:0;width:12px}.b_CompactExpansionBtnText{font-famil
```

# Fiber optic multimode and single-mode speeds

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Fiber is a type of carbohydrate that the body can't digest. Though most carbohydrates are broken down into sugar molecules called glucose, fiber cannot be broken down into sugar molecules, and instead ...

Learn the differences between multimode (OM1-OM5) and single mode (OS1-OS2) fiber optic cables--speed, distance, applications, and how to choose the right one for data centers and ...

Get the facts on dietary fiber foods (soluble, insoluble), high-fiber foods, its health benefits (weight loss), and why it's important to get your daily intake of fiber.

They are typically more expensive than multimode cables, though, and there are different types of single and multimode fiber optic cables to consider, making the single mode vs. multimode ...

Discover ROI-boosting fiber choices: Single Mode vs Multimode Fiber. Get the right speed & savings for your network--download our guide for free today!

When it comes to bandwidth and speed, multimode fiber delivers high performance over shorter distances. Conversely, single mode fiber offers unparalleled bandwidth and speed ...

This guide explains single mode and multimode optical fiber differences in structure, distance, cost, transfer speed, types of connectors, and of widely used network standards, so that ...

Fiber is found in plant-based foods, particularly beans, nuts, fruits, and vegetables. Fiber has many health benefits, including reducing risk of cardiovascular disease, type 2 diabetes, and ...

## Fiber optic multimode and single-mode speeds

If the goal is to add more fiber to your diet, there are lots of great options. Fruits, vegetables, grains, beans, peas and lentils all help you reach that daily fiber goal.

What are the 10 best foods for fiber? Some top choices to add to the diet are chickpeas, lentils, split peas, oats, apples, pears, almonds, chia seeds, Brussels sprouts, and avocado.

Chia seeds, blackberries, kidney beans and lentils top the list of foods high in fiber. Fiber keeps your digestion regular and lowers your risk of some cancers.

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Fiber is the general name for certain carbohydrates -- usually parts of vegetables, plants, and grains -- that the body can't fully digest. While fiber isn't broken down and absorbed like...

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