

# Is fiber optic faster or slower than fiber optic cable

## Overview

Yes, fiber optic internet typically offers faster speeds than cable. Right now, fiber internet has the fastest plans and symmetrical speeds, but that's probably going to change in the next several years as cable internet incorporates new technology enabling multi-gig symmetrical speeds. Overall, cable and fiber are both. Currently, two major broadband technologies dominate the market: traditional cable and lightning-fast fiber-optic networks. Cable utilizes familiar copper wiring originally built. Fiber optics can achieve gigabit speeds significantly faster than copper, which typically maxes out at around 1 Gbps. Fiber optic cables experience minimal signal loss over long distances, maintaining high performance across greater lengths. We'll give clear, accessible explanations (with example scenarios) to help you decide which suits your needs best. These cables also provide greater bandwidth without interference from outside forces.



## Article Content

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Fiber-optic internet connections transmit data through light pulses, resulting in faster speeds, more reliability, and broader bandwidth. Fiber internet plans typically offer a range of 250 Mbps to 1,000 ...

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The short version: Fiber is faster, more reliable, and more expensive. Cable is slower, but it still supports fast speeds and is more widely available.

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In 2025, fiber optic cable generally outperforms traditional copper internet cable (coax) on speed and reliability, which is crucial for AI data centers and bandwidth-hungry businesses.

## Contact Us

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