



Measuring Broadband New Zealand



Report 24, June 2025

The Measuring Broadband New Zealand programme measures the quality of New Zealand's fixed line, fixed wireless, and satellite internet. The aim of the programme is to independently measure and report on the actual in-home broadband performance so consumers can assess different providers, plans, and technologies to help them choose the best broadband for their homes. It will also encourage providers to improve and compete on their performance.

Please refer to [page 11](#) for speed test results. The report also includes summary tables at the back that show the results for easy reference.

This report provides an overview of the findings from data collected between 1st April and 6th May 2025.

Contents

| | |
|---|-----------|
| Overview | 4 |
| Changes to the MBNZ Methodology | 5 |
| Executive Summary | 6 |
| Broadband Plan Comparison | 7 |
| Quality of Service and Reliability..... | 10 |
| Speed Tests - Download | 11 |
| Fibre Max Breakdown by RSP | 13 |
| Fibre 300 Breakdown by RSP | 14 |
| Spark Fixed Wireless Embedded Download Speeds | 15 |
| Distribution of Fibre Max Results | 17 |
| Distribution of Fibre 300 Results | 18 |
| Distribution of 4G Fixed Wireless Results | 19 |
| Distribution of Spark Embedded Fixed Wireless Results | 20 |
| Distribution of LEO Satellite Results | 22 |
| Speed Tests - Upload | 23 |
| Fibre Max Breakdown by RSP | 25 |
| Fibre 300 Breakdown by RSP | 26 |
| Spark Fixed Wireless Embedded Upload Speeds | 27 |
| Latency | 28 |
| Spark Fixed Wireless Embedded Latency | 30 |
| Latency Under Load | 31 |
| Disconnections | 34 |
| Application Performance | 37 |
| Netflix | 37 |
| Game Stores | 41 |
| Video Conferencing | 44 |
| YouTube | 48 |
| Previous Report Comparisons..... | 50 |
| ADSL Performance across Reports | 52 |
| VDSL Performance across Reports | 52 |

| | |
|--|-----------|
| 4G Fixed Wireless Performance across Reports | 53 |
| LEO Satellite Performance across Reports | 53 |
| Fibre 300 Performance across Reports | 54 |
| Fibre Max Performance across Reports | 54 |
| Appendix..... | 55 |
| How we test | 55 |
| Our tests | 56 |
| Glossary | 57 |
| Summary Tables | 58 |

Overview

This report presents the key indicators of consumer internet performance in New Zealand from testing during April 2025.

Highlights include:

1. Analysis of overseas disconnection results across Fibre RSPs for the first time.
2. Continued monitoring of latency results across all plans, including Spark 5G Fixed Wireless.
3. Continued monitoring of Netflix and Video Conferencing performance, including results from Spark 5G Fixed Wireless.

This report draws on testing from a wide range of providers, and a full list of RSPs included in this MBNZ report can be found in Table 2. There are a range of other RSPs to choose from who are not currently included in the testing, and we encourage Kiwis to shop around. Previous reports released by the MBNZ programme can be found [here](#)¹.

The MBNZ programme has a code of conduct to ensure that the parties involved act in good faith and in accordance with principles relating to data validation, ‘gaming’ of results, and appropriate public usage of the MBNZ results. A list of the signatories is included in the code, including the Commission and SamKnows. All tested RSPs complied with the current code of conduct, including validation of the data used in this report. You can see the code of conduct on our website [here](#).²

As the MBNZ programme has expanded significantly over the past few years, incorporating more technologies, plans and tests, we have taken steps to refine the report. To make the reports more focused, we have removed some charts that we believe are less impactful or less relevant for consumers. We value your feedback—if there is a chart or data point you found particularly useful and would like to see reinstated, please do not hesitate to reach out to us.

¹ <https://comcom.govt.nz/regulated-industries/telecommunications/monitoring-the-telecommunications-market/monitoring-new-zealands-broadband/Reports-from-Measuring-Broadband-New-Zealand>

² https://comcom.govt.nz/data/assets/pdf_file/0026/334871/Measuring-Broadband-NZ-Code-of-Conduct-October-2023.pdf

Changes to the MBNZ Methodology

Ongoing collaboration with RSPs and industry experts is essential to the success of the Measuring Broadband New Zealand programme. As we expand our sample and test fixed wireless connections, we have gained valuable insights into how some of our testing processes may impact service providers.

One key area is our continuous latency test, which provides data for the idle latency, disconnections, and latency under load charts. This test requires a continuous connection, but fixed wireless networks are designed to manage radio frequencies efficiently by reallocating resources from devices that are not actively in use. Industry feedback highlighted that our continuous testing was holding onto these frequencies, potentially affecting network capacity.

We have listened and are making changes. To reduce impact on networks, we are phasing out the permanent latency testing configuration for Fixed Wireless units. The latency results shown in Figure 15 on [page 28](#) use results from snapshots of hourly testing compared to continuous monitoring. This change allows us to continue reporting on network performance while minimising the potential impact on broadband services. Results for idle latency still using the continuous configuration can be seen in the latency under load chart on [page 31](#) in Figure 17.

In this report, we are no longer running the continuous latency test for Fixed Wireless units. As a result of this, latency under load and disconnection results are not available for Fixed Wireless units.

This change also allows us to include comparable latency results for embedded Fixed Wireless plans which uses an identical hourly testing methodology and can be seen on [page 30](#) in Figure 16.

Executive Summary

Application Performance

1. 99% of Fibre 300, Fibre Max and HFC households were able to support at least 4 simultaneous UHD Netflix Streams during peak hours. 67% of LEO Satellite households were able to support 2 simultaneous streams on Starlink's Residential plan, and 44% on their Residential Lite plan.
2. Online game store results measure the time taken to download Hogwarts Legacy from three popular online game stores across plans. Fibre Max and HFC Max achieved average download speeds to the three game stores capable of downloading a 79.5GB game in around 15 mins during peak hours while Fibre 300 plans were able to download the game in under 40 minutes. LEO Satellite plans averaged around 1 hour, while Fibre 50 and VDSL averaged between 3 to 4 hours. ADSL plans had the worst performance, averaging over 17 hours.
3. Latency to video conferencing services remained consistent compared to the previous report.

Benchmarking

1. All plans saw stable download, upload and latency results compared to the previous reporting month.

Broadband Plan Comparison

This report includes broadband plans across a range of technologies and areas. The report shows performance comparison split across areas where Fibre broadband is available, and where Fibre is not an option. This comparison refines and expands our previous urban and rural view to better allow consumers to see how different technologies such as 4G Fixed Wireless perform in different areas. Areas with access to Fibre plans (Specified Fibre Areas) are the locations where Chorus can stop providing copper-based internet services (ADSL & VDSL plans) and are withdrawing these services because Fibre is available. These are typically in more urban areas of New Zealand. More information on the withdrawal of copper-based internet services is available on the Commerce Commission website [here](https://comcom.govt.nz/regulated-industries/telecommunications/regulated-services/consumer-protections-for-copper-withdrawal)¹.

ADSL - Remains suitable for traditional services like web browsing, email, and basic video streaming, particularly when there is only one person using the connection. Due to physical limitations, the highest-performing ADSL lines will never achieve download speeds higher than ~25 Mbps. The distance from house to exchange has a big effect on attainable speeds, with many ADSL lines averaging under 8 Mbps download. The higher latency, more frequent dropouts, and lower upload speeds make ADSL less suitable for video calls and multi-user households.

VDSL - There is a range in performance, some lines will achieve similar download/upload speeds to ADSL, whereas a small proportion of lines will achieve speeds comparable with Fibre 100, and certainly with lower speed Fibre plans. Lower speed lines will be less suitable for applications that use a lot of data, such as video conferencing and Ultra High Definition (UHD) streaming, whereas higher speed lines will generally support more data-heavy applications.

Fibre 50 - Supports latency-sensitive applications such as online gaming. Fibre 50 will also support applications such as UHD streaming and video conferencing. Fibre 50 may be unsuitable for data-heavy households with multiple simultaneous users. From June 2025, Chorus will be upgrading download and upload speeds for Fibre 50 consumers at no extra cost, from 50 Mbps download speed to 100 Mbps, and 10 Mbps upload to 20 Mbps. These changes will be reflected in future MBNZ reports.

¹ <https://comcom.govt.nz/regulated-industries/telecommunications/regulated-services/consumer-protections-for-copper-withdrawal>

Fibre 300 - Supports latency-sensitive applications such as online gaming. Fibre 300 will also support data-heavy applications such as UHD streaming with multiple simultaneous users or video conferences with a large number of participants. Fibre 300 will cover most users' requirements. From June 2025, Chorus will be upgrading download speeds for Fibre 300 consumers at no extra cost, from 300 Mbps download speed to 500 Mbps. These changes will be reflected in future MBNZ reports.

Fibre Max - Higher download and upload speeds than Fibre 300. The idle latency to internet applications, such as online games, through a Fibre Max line is the same as through any other Fibre plan. Latency under load is lower for Fibre Max plans than for Fibre 300. Performance can vary depending on RSP, and Fibre 300 will support most modern internet applications and multi-user households. Fibre Max might be needed in cases where there is a genuine need for more bandwidth (e.g. frequently uploading or downloading large files) or when using extremely latency sensitive applications on a busy connection.

HFC (Cable) - Available in some areas (Wellington, Upper & Lower Hutt, the Kapiti Coast, and parts of Christchurch). HFC is also referred to as Cable and DOCSIS. One New Zealand is the only provider operating an HFC network in New Zealand. HFC lines achieve similar download performance to Fibre Max, and similar upload performance to Fibre 300. However, latency can be higher due to the difference between Cable and Fibre technologies.

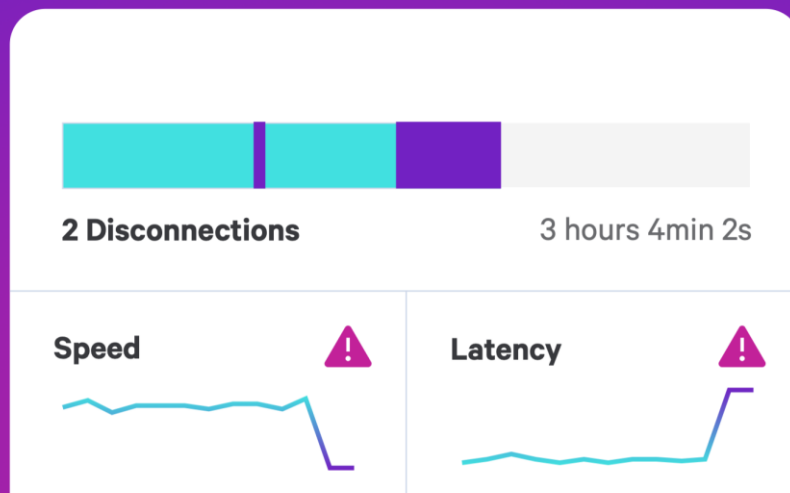
4G Fixed Wireless - Can offer higher download speeds than ADSL, and on average similar speeds to VDSL. Users will experience higher latencies due to the cellular technology underlying these plans. 4G Fixed Wireless has the highest latency of all technologies, and also delivers lower download/upload speeds and more frequent dropouts than Fibre. Speeds also can be more variable depending on the time of day, and other environmental factors. This range of performance factors means 4G Fixed Wireless should not necessarily be preferred to Fibre on performance grounds, however in some areas 4G Fixed Wireless is the only option for consumers, and even in areas where Fibre is available there are other reasons consumers might choose this option (ease of installation for example).

5G Fixed Wireless - Supports data-heavy applications, such as UHD streaming with multiple simultaneous users. Being a fixed wireless technology, users will likely experience higher latencies due to the nature of cellular technology. Speeds also can be more variable depending on the time of day, and other environmental factors. The 5G Fixed Wireless results presented

in this report are specific to Spark. As each RSP has different fixed wireless infrastructure, these results should not be directly compared between RSPs.

LEO Satellite - Available in both rural and urban areas and is transmitted wirelessly using a satellite and ground based satellite dish. Typically higher download speeds than a Fibre 100 plan, but this can vary with location. While speeds can be expected to handle most applications, including video conferencing and streaming, it is not as consistent as fixed line broadband due to factors such as congestion and bad weather. Starlink is currently the only LEO Satellite provider included in the MBNZ report. Starlink also offer a Residential Lite service, which means that traffic is deprioritised over their Residential service during peak hours. Results for both the Residential (LEO Satellite) and Residential Lite (LEO Satellite (Lite)) plans are included in MBNZ.

Other Broadband Plans - There are other plans available that are not currently reported on by MBNZ. Fibre 30, 100 and 200 plans should be broadly consistent with results measured for Fibre 50, 300 and Fibre Max for latency and reliability metrics. The main differences for these lower speed Fibre plans would be lower download and upload speeds, meaning it would take longer to download and upload larger files, and they would be able to support fewer users at the same time when using video streaming services. For WISP Fixed Wireless plans it is not possible to give any firm advice around their suitability for different applications at this stage due to the variety of implementations and low sample size.



Quality of Service & Reliability

In this section we report on the performance of a number of popular plans across New Zealand for quality of service metrics.

Some results in this section are shown with error bars representing the 95% confidence interval for each plan. This means that if we had repeated our measurements 100 times, we would expect the true result to fall within the black bands in at least 95 of the 100 cases. We have continued to include weighted results for Fibre 300 and Fibre Max plans.

The transparent bars show plans with a sample size lower than we would typically include within reporting. These plans have larger error bars due to the smaller sample size and care should be taken when comparing these plans against others. We recommend consumers factor in the error bars when comparing plan averages, especially those with smaller sample sizes.

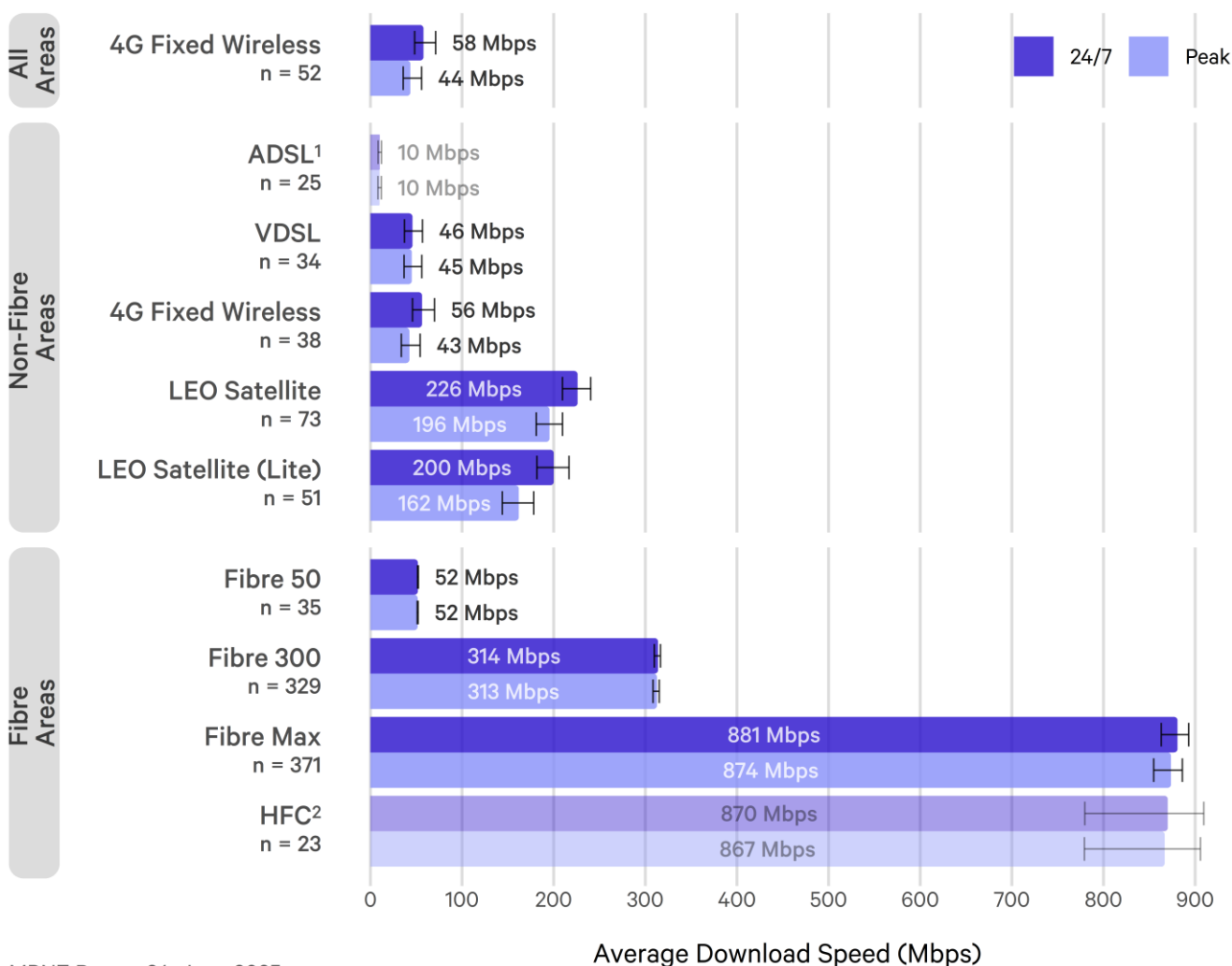
Speed Tests - Download

Figures 1 and 11 give an overview of download and upload speed across the country. These are included in every report to provide a benchmark that can be tracked over time. These results are split across Fibre areas, where Fibre is available to consumers and non-Fibre areas where Fibre is not available. There were not enough Whiteboxes to report ADSL, VDSL and 4G Fixed Wireless results in Fibre areas.

Peak hours are the times when people typically use the internet; in New Zealand this is 7pm to 11pm on Monday-Friday.

Figure 1: Average Download Speeds by Plan

Average of monthly household weighted averages. Peak hours are Monday - Friday, 7pm - 11pm. The number of Whiteboxes contributing to each result is shown under each plan name (eg n = 52). Error bars show 95% confidence intervals of the mean.



MBNZ Report 24, June 2025

¹ Results for ADSL are based on a sample size of 25 Whiteboxes. The low sample size can be attributed to volunteer numbers falling as consumers move away from copper services.

² Results for HFC are based on a sample size of 23 Whiteboxes. The low sample size can be attributed to the relatively small coverage area of One New Zealand's Cable network and the competing influence of Fibre and Fixed Wireless in those areas.

Key Observations

- ADSL and VDSL results are consistent with those seen in the previous report, showing similar results during peak hours.
- LEO Satellite results are broadly consistent with the previous report. Results for Starlink's Residential Lite plan¹ show a small decrease in speeds, particularly during peak hours compared to their Residential LEO Satellite service.
- Results for 4G Fixed Wireless across all areas and Fibre areas show no noticeable difference in average download speeds compared to the previous MBNZ report.
- LEO Satellite and 4G Fixed Wireless show a larger variation between peak hour download speeds and all hour download speeds compared to fixed line plans. This could be due to these technologies being more sensitive to congestion during peak hours. There was not enough sample in fibre areas for 4G Fixed Wireless to compare results between fibre areas and non-fibre areas.
- Fibre 50, Fibre 300 and Fibre Max results are also broadly similar to the previous report, with Fibre 300 seeing average speeds above 300 Mbps, including during peak hours. Fibre Max average download speeds are consistent with previous results. RSP specific results for Fibre Max and Fibre 300 can be found in Figures 2 and 3.
- From June 2025, Chorus will be upgrading download and upload speeds for Fibre 50 consumers at no extra cost, increasing download speeds from 50 Mbps to 100 Mbps. Chorus are also upgrading download speeds for current Fibre 300 customers, increasing speeds from 300 Mbps to 500 Mbps. These changes will be reflected in future MBNZ reports.
- Results for HFC are broadly consistent with the previous report.

¹ Starlink offer a Residential, and Residential Lite service (previously branded Standard and Deprioritized). Traffic for the Residential Lite service is deprioritised over the Residential service during peak hours. Results for both the Starlink Residential (LEO Satellite) and Starlink Residential Lite (LEO Satellite (Lite)) plans are included in MBNZ.

Fibre Max Breakdown by RSP

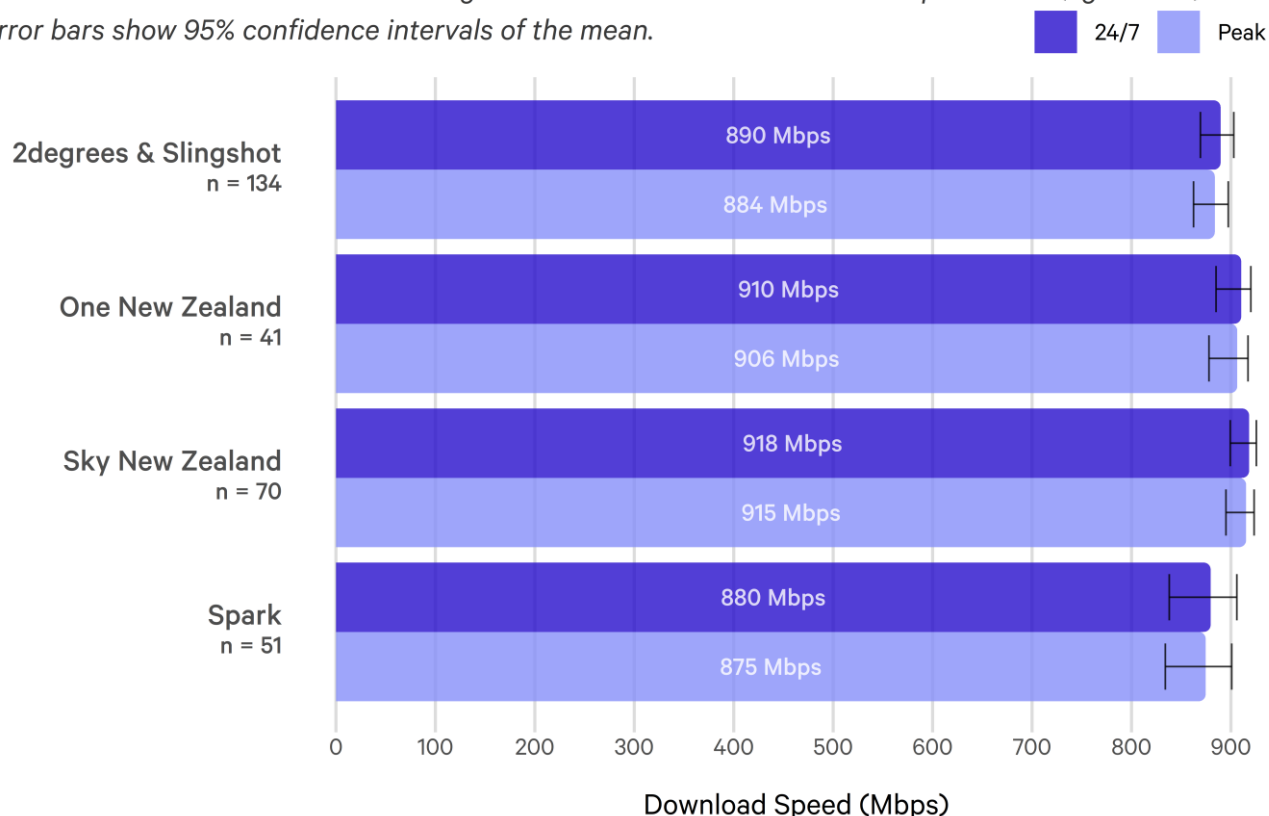
Fibre Max plans are derived from 'gigabit' wholesale products. Since around 6% of the data in HTTP traffic is used up by protocol overhead (IP and TCP headers), the highest speed test result that can be achieved by a Fibre Max line is around 940 Mbps.

Figure 2: Average Fibre Max Download Speed by RSP

Average of monthly household averages. Peak hours are Monday - Friday, 7pm - 11pm.

The number of Whiteboxes contributing to each result is shown under each plan name (eg n = 134).

Error bars show 95% confidence intervals of the mean.



MBNZ Report 24, June 2025

Key Observations

- For all RSPs, the results are broadly in line with those seen in the previous report, with 2degrees & Slingshot showing a small increase in average download speeds.
- There were not enough Fibre Max volunteers on Contact Energy, Electric Kiwi, Mercury, NOW NZ, PureLink, Voyager or WorldNet Services during the measurement period to report results for these RSPs. All tested RSPs are included in the overall Fibre Max results shown in Figure 1.

Fibre 300 Breakdown by RSP

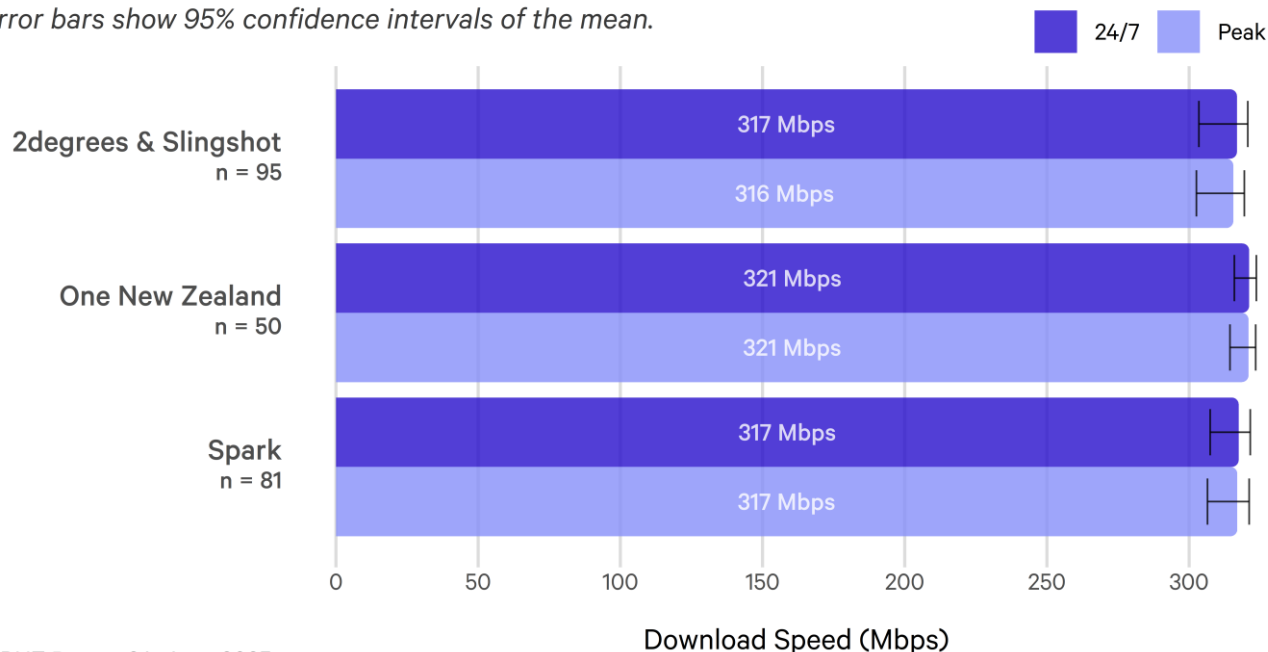
The speeds Fibre 300 is typically advertised to consumers are 300 Mbps download and 100 Mbps upload. In practice, since the provisioned speed is set slightly higher to allow for extra bandwidth used up by the network protocol overhead, it is quite common to see measured download speeds close to or slightly above 300 Mbps.

Figure 3: Comparison of Average Fibre 300 Download Speeds across RSPs

Average of monthly household averages. Peak hours are Monday - Friday, 7pm - 11pm.

The number of Whiteboxes contributing to each result is shown under each plan name (eg n = 95)

Error bars show 95% confidence intervals of the mean.



MBNZ Report 24, June 2025

Key Observations

- All RSPs tested previously continued to perform consistently in April, with all RSPs shown in the chart achieving average download speeds above 300 Mbps, including during peak hours.
- There were not enough volunteers on Contact Energy, Electric Kiwi, Inspire Net, Mercury, NOW NZ, Sky New Zealand, Ultimate Broadband, Voyager or Wireless Nation to report results. All tested RSPs are included in the overall Fibre 300 results shown in Figure 1.

Spark Fixed Wireless Embedded Download Speeds

This report includes results from embedded agent testing, with SamKnows (part of Cisco) embedding its software directly into the modems of customers of an RSP. The embedded agent uses the same methodology as the Whitebox. Any customer with a modem that has the embedded software can become part of an RSP's test population. More details on this testing can be found in the technical FAQs on the Commerce Commission's website [here](#).

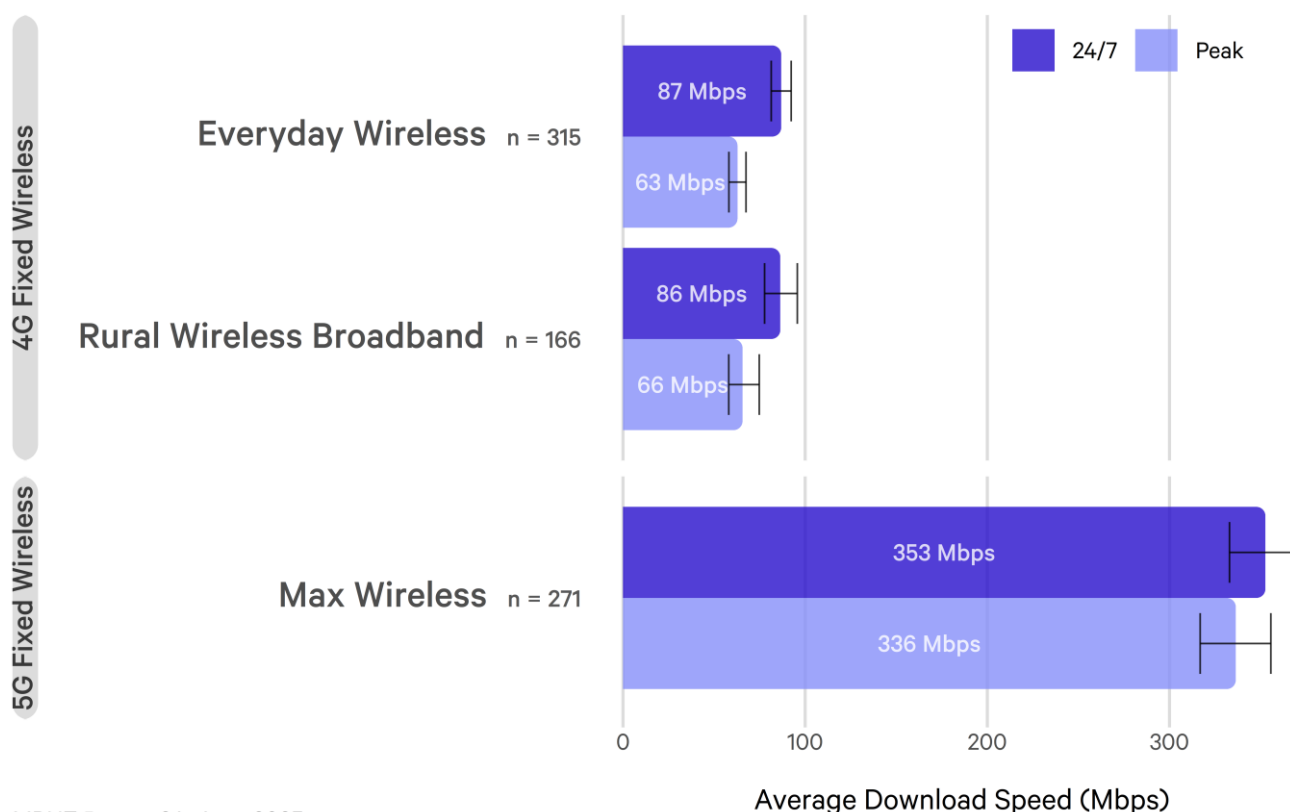
Spark is the first RSP to submit results of embedded agent testing for inclusion in the MBNZ report. To do so, Spark randomly selected around 800 customers across their Everyday Wireless, Max Wireless, and Rural Wireless Broadband plans with Spark's latest Wireless Broadband modems (Spark Smart Modem 2 or a 5G Smart Modem), to be part of the sample group. We have ensured that this has resulted in a geographically representative sample of the plans being tested. The Spark modems with the embedded agent ran a comparable test schedule to the Whitebox agents used in the MBNZ project using the same off-net test servers, located in Auckland, Wellington, and Christchurch.

Figure 4: Average Download Speeds for Spark Fixed Wireless Plans

Average of monthly household weighted averages. Peak hours are Monday - Friday, 7pm - 11pm.

The number of embedded agents contributing to each result is shown under each plan name (eg n = 315).

Error bars show 95% confidence intervals of the mean.



MBNZ Report 24, June 2025

Key Observations

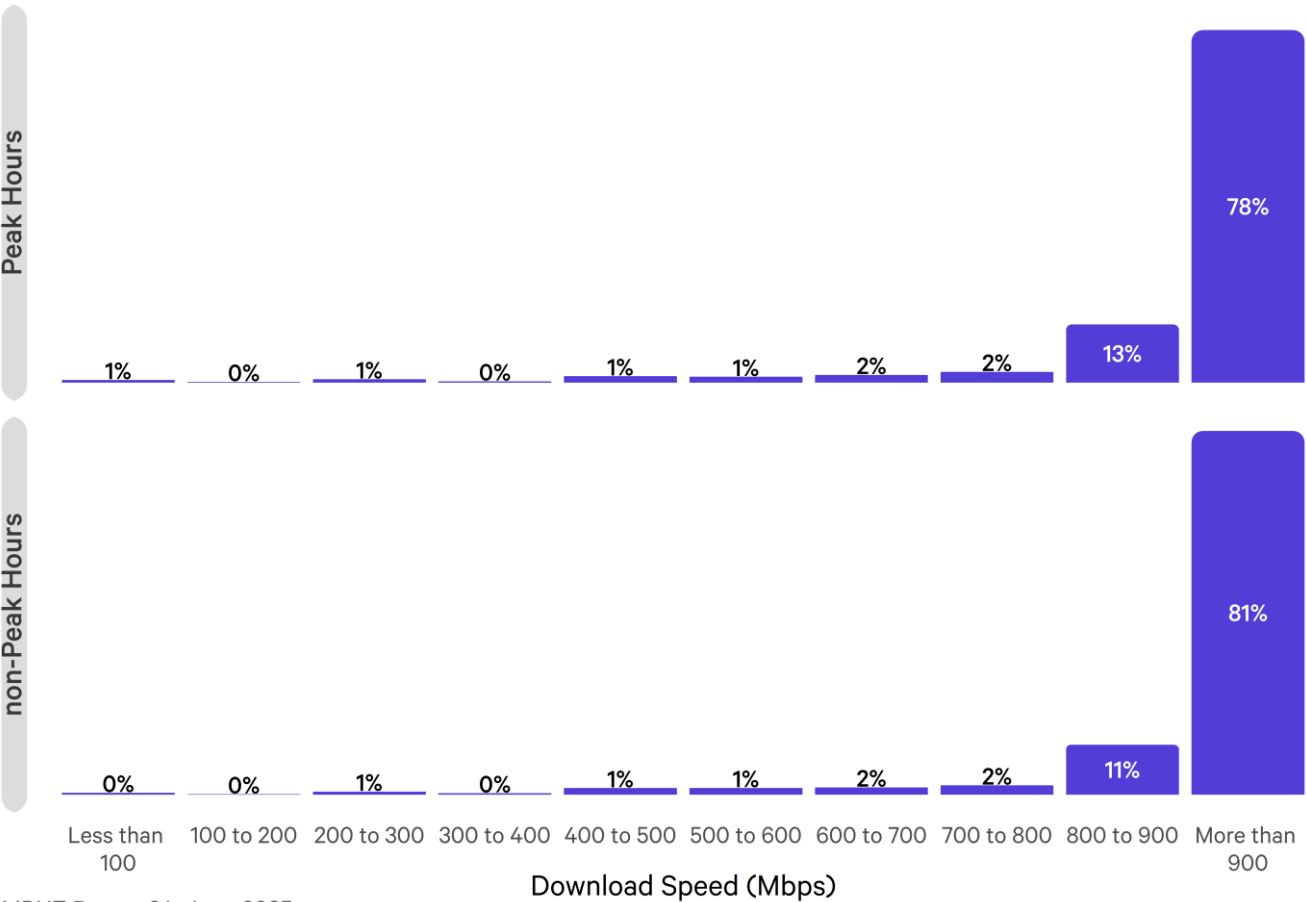
- There is minimal difference in average download speeds between Spark 4G Everyday Wireless and Rural Wireless Broadband, with both plans seeing slightly lower download speeds during peak hours.
- The average download speeds across all 4G Fixed Wireless plans and RSPs in NZ is 58 Mbps during all hours, and 44 Mbps during peak hours. All average results for the Spark 4G plans measured are higher than the average download speed of all 4G Fixed Wireless results.
- There are a number of factors that influence fixed wireless broadband performance including distance, and number of customers connected to the nearest cell tower. During peak hours, the number of customers connected to a cell tower in an urban area can be much higher than in a rural area, which could be one explanation for higher average peak hour speeds in rural areas.
- The average download speed measured for Spark's Max Wireless 5G Plan was 353 Mbps during all hours, and 336 Mbps during peak hours.

Distribution of Fibre Max Results

Figure 5: Download Speeds on Fibre Max Plans

Distribution of test results across 372 Fibre Max households

Average (24/7) download speeds for Fibre Max plans is 881 Mbps; this varies by RSP and over time.



MBNZ Report 24, June 2025

Key Observations

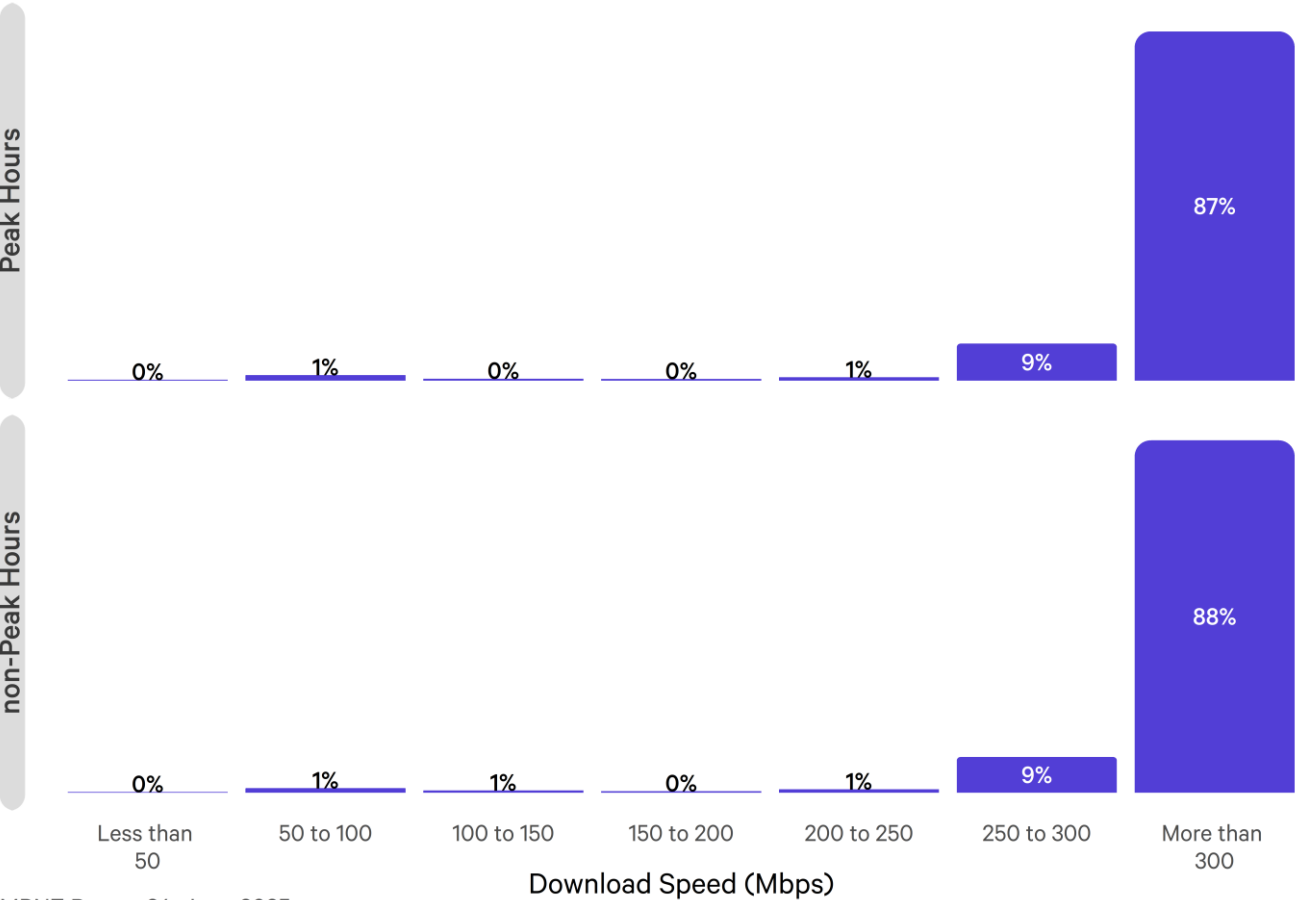
- 81% of speed tests run over Fibre Max lines achieved download speeds above 900 Mbps during non-peak hours, compared to 78% during peak hours.

Distribution of Fibre 300 Results

Figure 6: Download Speeds on Fibre 300 Plans

Distribution of test results across 329 Fibre 300 households

Average (24/7) download speeds for Fibre 300 plans is 314 Mbps; this varies by RSP and over time.



MBNZ Report 24, June 2025

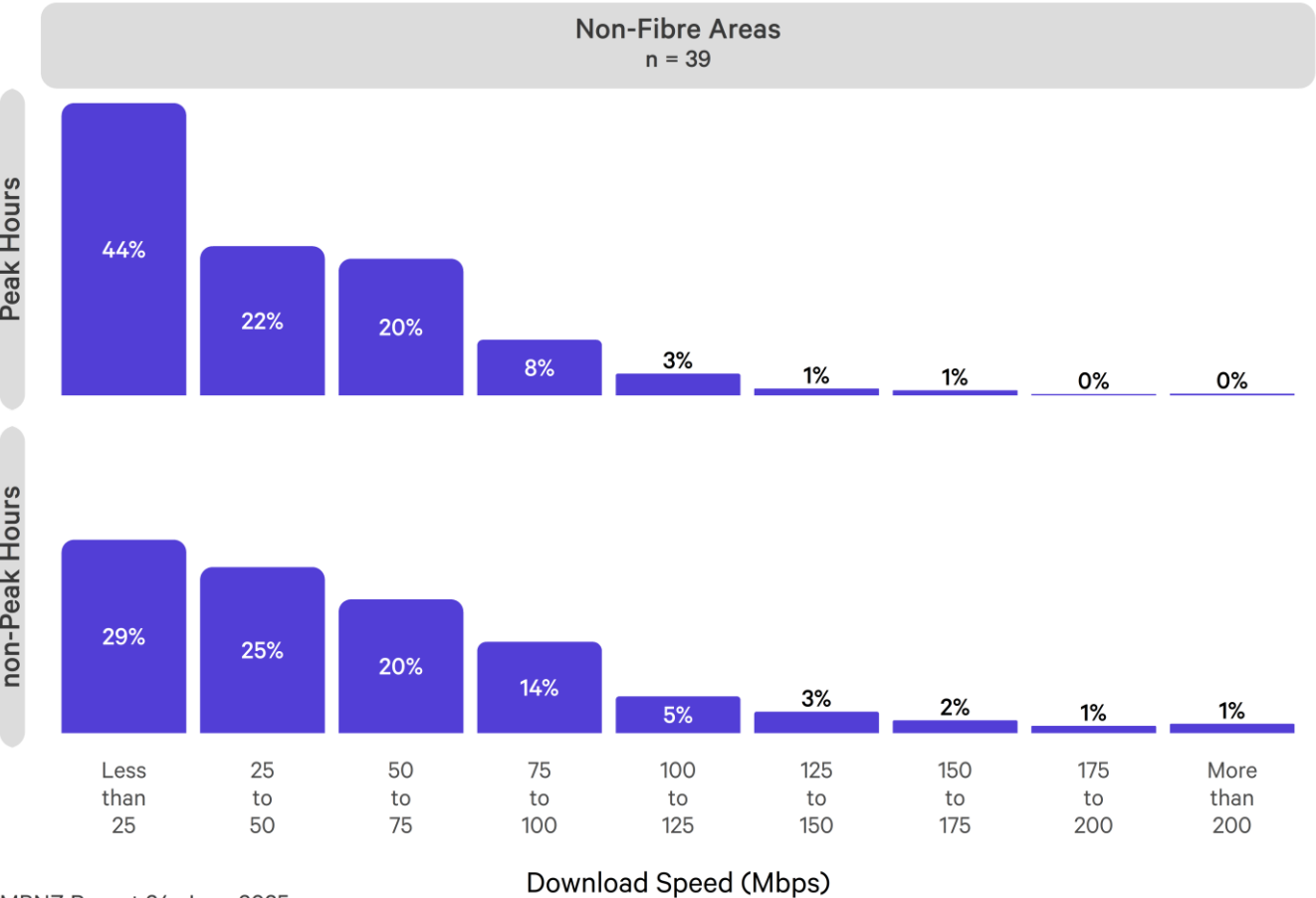
Key Observations

- 88% of speed tests run over Fibre 300 lines achieved download speeds above 300 Mbps during non-peak hours, compared to 87% during peak hours.

Distribution of 4G Fixed Wireless Results

Figure 7: Download Speeds on 4G Fixed Wireless Plans

Distribution of test results. Average (24/7) download speeds for 4G Fixed Wireless plans is 56 Mbps in non-Fibre areas and 58 Mbps across all areas; this varies by RSP and over time.



MBNZ Report 24, June 2025

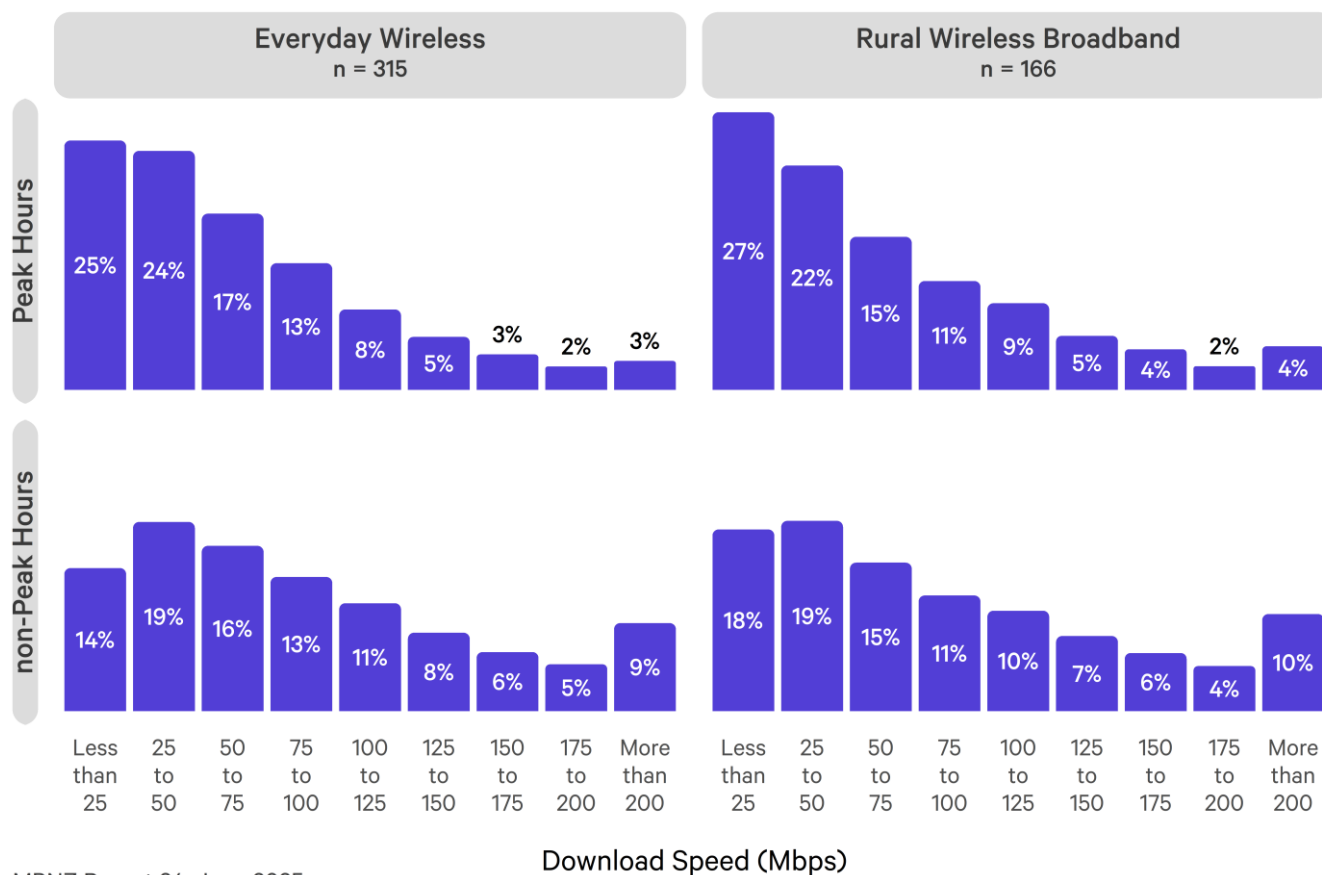
Key Observations

- 29% of speed tests run over Fixed Wireless lines achieve download speeds of less than 25 Mbps in non-Fibre areas during non-peak hours, compared to 44% during peak hours.

Distribution of Spark Embedded Fixed Wireless Results

Figure 8: Download Speeds on Spark Embedded 4G Fixed Wireless Plans

Distribution of test results.



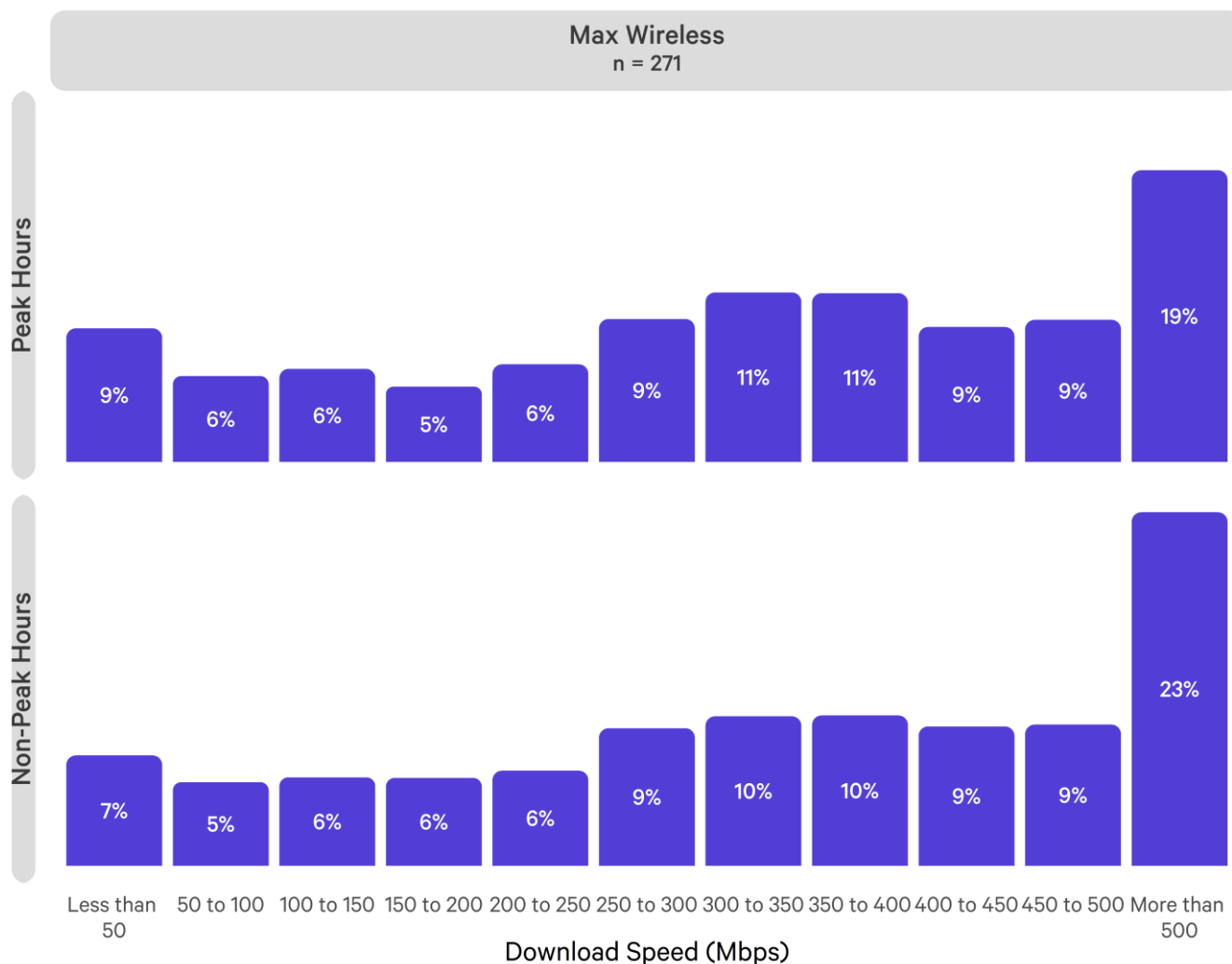
MBNZ Report 24, June 2025

Key Observations

- During non-peak hours, 39% of download tests for Everyday Wireless and 37% for Rural Wireless Broadband achieved speeds above 100 Mbps. During peak hours, the percentage of tests over 100 Mbps for Everyday Wireless fell to 21%, and Rural Wireless Broadband also saw the percentage fall to 24%.
- For both plans, the percentage of tests below 25 Mbps increased during peak hours compared to non-peak hours. For Everyday Wireless plans, the percentage rose from 14% to 25%, and for Rural Wireless plans, it also increased from 18% to 27%.
- During non-peak hours, both plans had 9% of tests achieve speeds over 200 Mbps. However, during peak hours, the percentage of tests fell to just 3% for Everyday Wireless, and 4% for Rural Wireless.

Figure 9: Download Speeds on Spark Embedded 5G Fixed Wireless Plan

Distribution of download test results.



MBNZ Report 24, June 2025

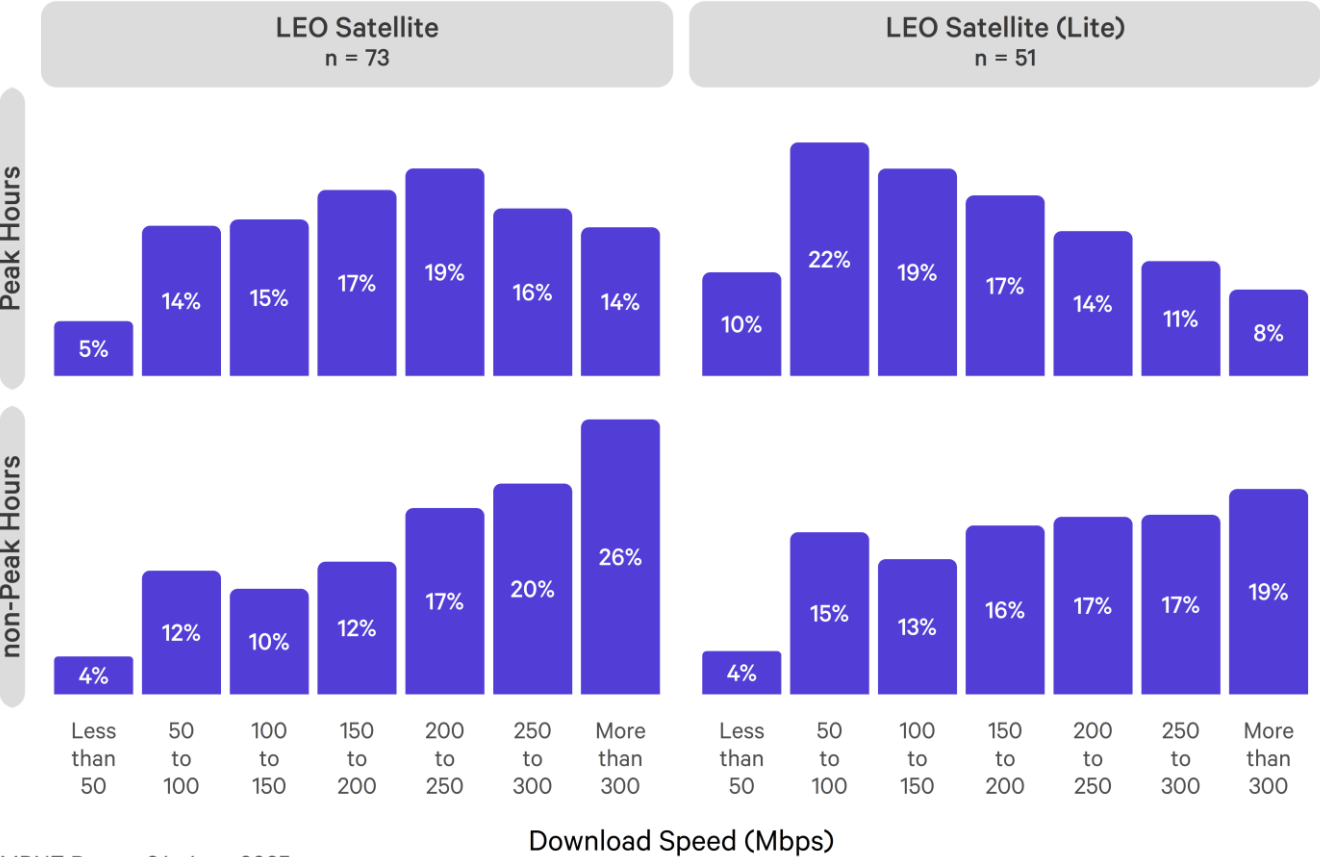
Key Observations

- The distribution of download tests for Spark 5G Max Wireless was broadly similar during peak hours compared to non-peak hours.
- During non-peak hours, 12% of tests resulted in download speeds below 100 Mbps, while during peak hours this figure rose to 15%.
- 61% of tests run during non-peak hours achieved download speeds above 300 Mbps. This decreased slightly to 59% during peak hours.
- During non-Peak hours, 23% of all embedded download speed tests run on Max Wireless plans achieved speeds greater than 500 Mbps.

Distribution of LEO Satellite Results

Figure 10: Download Speeds on LEO Satellite Plans

Distribution of test results across LEO Satellite households. Average (24/7) download speeds for LEO Satellite plans average 226 Mbps in non-Fibre areas on Starlink’s Residential plan and 200 Mbps on their Residential Lite plan; this varies over time.



MBNZ Report 24, June 2025

Key Observations

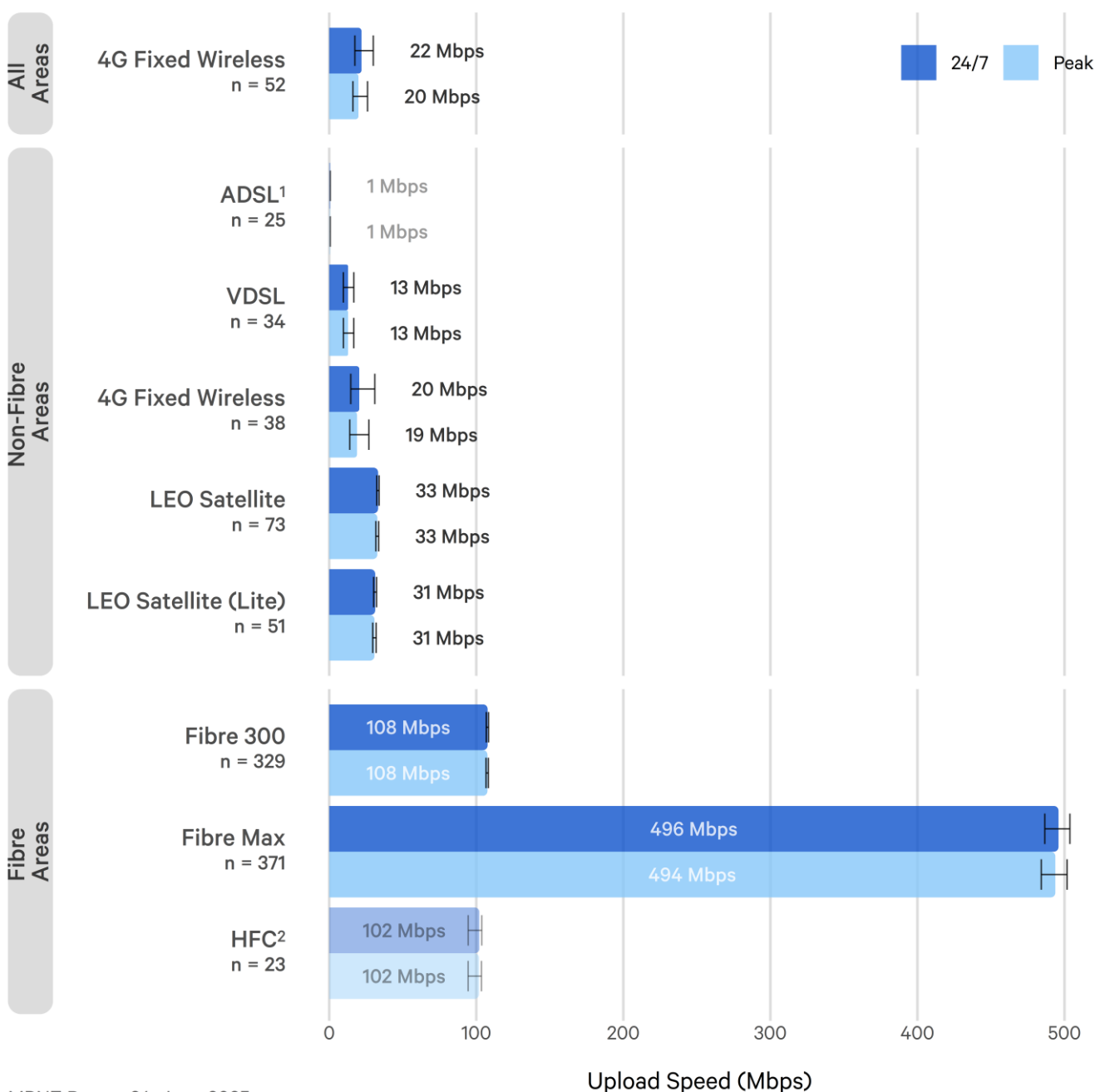
- Only 4% of speed tests run over Starlink’s Residential and Residential Lite plans achieved download speeds of less than 50 Mbps. During peak hours, this increased to 5% for the Residential plan, and 10% for the Residential Lite plan.
- During non-peak hours, 26% of download speed tests for the Residential plan reached speeds of 300 Mbps or higher, compared to 19% for the Residential Lite plan.

Speed Tests - Upload

Upload speeds should be considered alongside download speeds. The main applications where the impact of upload speed is apparent are file transfers and video conferencing. For example, a lower upload speed will mean that it takes longer for files to sync or email attachments to be applied.

Figure 11: Average Upload Speeds by Plan

Average (24/7) of monthly household weighted averages. Peak hours are Monday - Friday, 7pm - 11pm. The number of Whiteboxes contributing to each result is shown under each plan name (eg n = 52). Error bars show 95% confidence intervals of the mean.



MBNZ Report 24, June 2025

¹ Results for ADSL are based on a sample size of 25 Whiteboxes. The low sample size can be attributed to volunteer numbers falling as consumers move away from copper services.

² Results for HFC are based on a sample size of 23 Whiteboxes. The low sample size can be attributed to the relatively small coverage area of One New Zealand's Cable network and the competing influence of Fibre and Fixed Wireless in those areas.

Key Observations

- The average upload speeds are broadly consistent with those seen in the previous report.
- From June 2025, Chorus will be upgrading download and upload speeds for Fibre 50 consumers at no extra cost, increasing upload speeds from 10 Mbps to 20 Mbps. This change will be reflected in future MBNZ reports.
- Average upload speeds for Fibre 50 are not included in this report due to different upload allocations across local fibre companies. There were not enough Whiteboxes on Fibre 50 to split upload results by local fibre company.

Fibre Max Breakdown by RSP

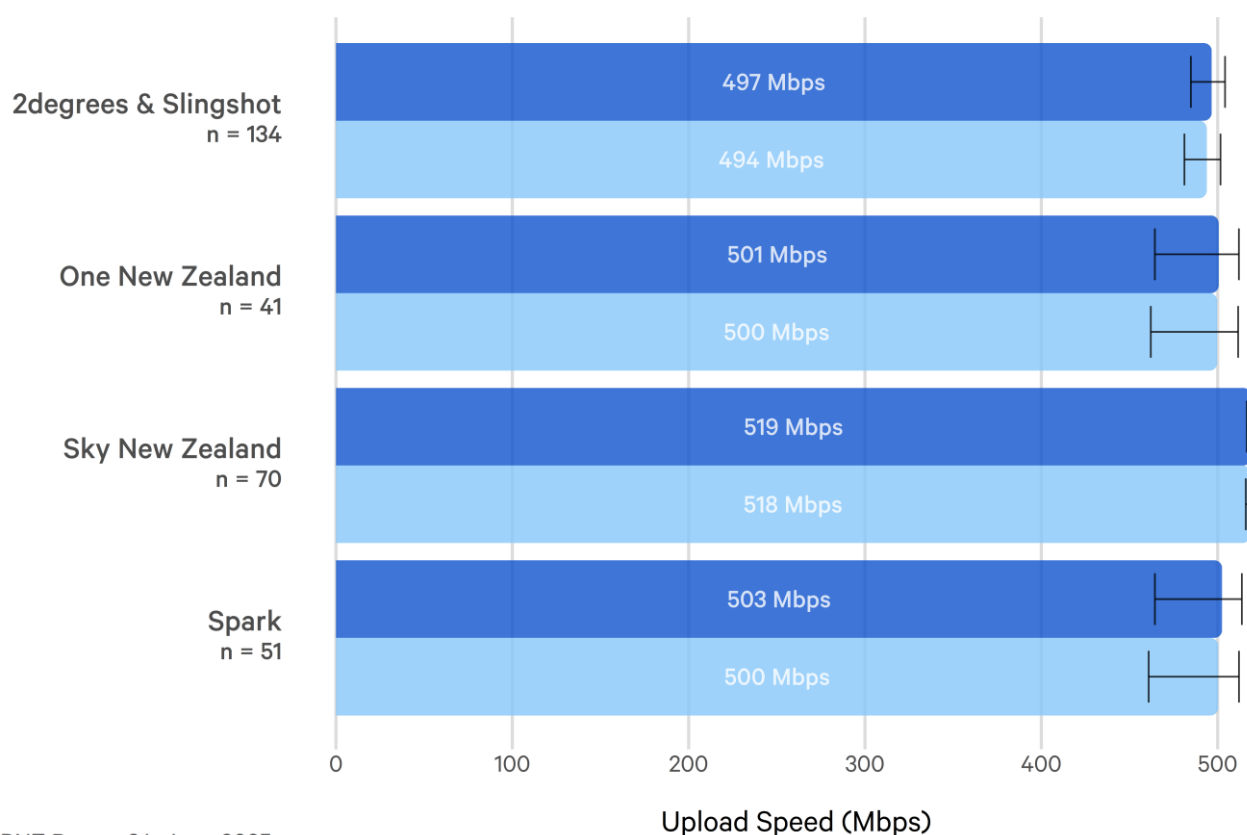
Figure 12: Average Fibre Max Upload Speed by RSP

Average of monthly household averages. Peak hours are Monday - Friday, 7pm - 11pm.

The number of Whiteboxes contributing to each result is shown under each plan name (eg n = 134).

Error bars show 95% confidence intervals of the mean.

24/7 Peak



MBNZ Report 24, June 2025

Key Observations

- All RSPs achieved average upload results above 490 Mbps, with One New Zealand, Sky New Zealand and Spark achieving average speeds above 500 Mbps.
- Upload speeds were consistent during peak hours, with all RSPs only showing the same or a very small decrease in speed compared to their all hours result.
- There were not enough Fibre Max volunteers on Contact Energy, Electric Kiwi, Mercury, NOW NZ, PureLink, Voyager or WorldNet Services during the measurement period to report results for these RSPs. All tested RSPs are included in the overall Fibre Max results shown in Figure 11.

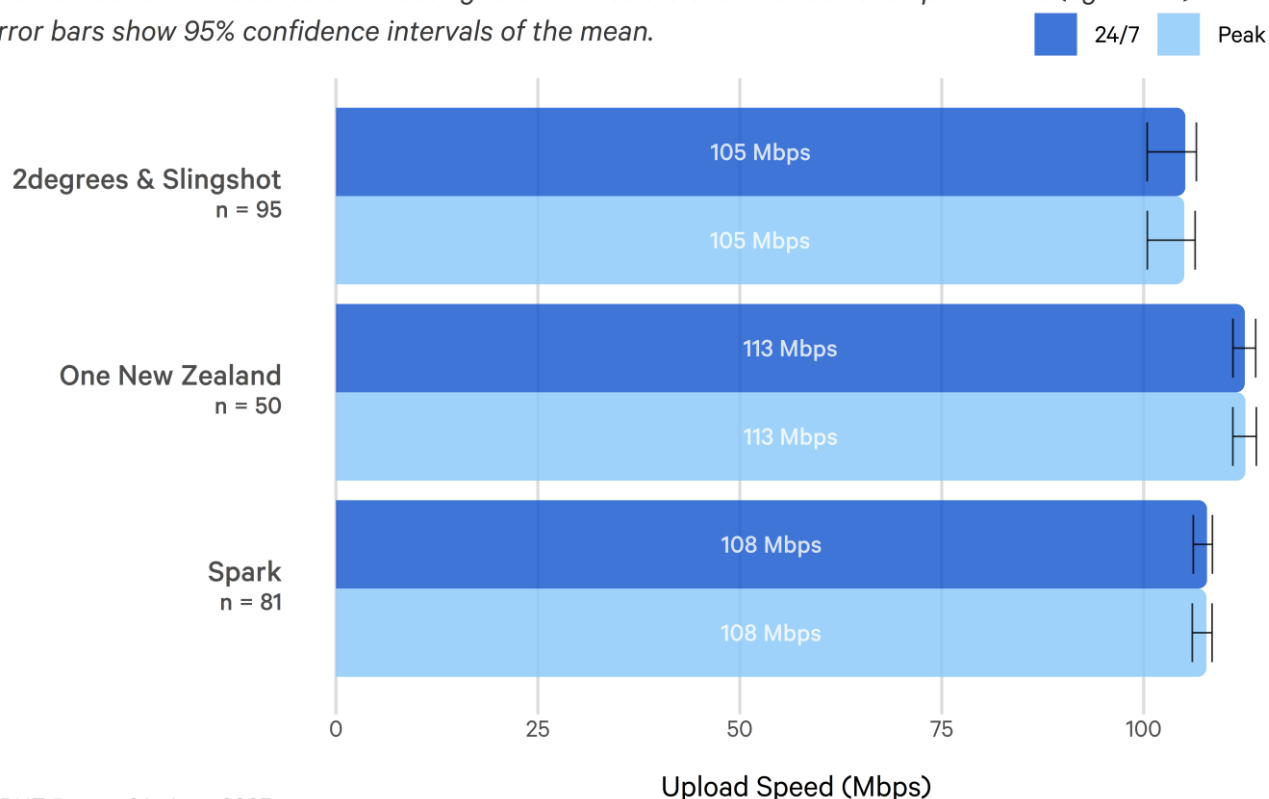
Fibre 300 Breakdown by RSP

Figure 13: Comparison of Average Fibre 300 Upload Speeds across RSPs

Average of monthly household averages. Peak hours are Monday - Friday, 7pm - 11pm.

The number of Whiteboxes contributing to each result is shown under each plan name (eg n = 95)

Error bars show 95% confidence intervals of the mean.



MBNZ Report 24, June 2025

Key Observations

- All RSPs achieved average upload results above 100 Mbps.
- Upload speeds were consistent during peak hours, with no noticeable drop compared to average upload speeds across all hours.
- There were not enough volunteers on Contact Energy, Electric Kiwi, Inspire Net, Mercury, NOW NZ, Sky New Zealand, Ultimate Broadband, Voyager or Wireless Nation to report results. All tested RSPs are included in the overall Fibre 300 results shown in Figure 1.

Spark Fixed Wireless Embedded Upload Speeds

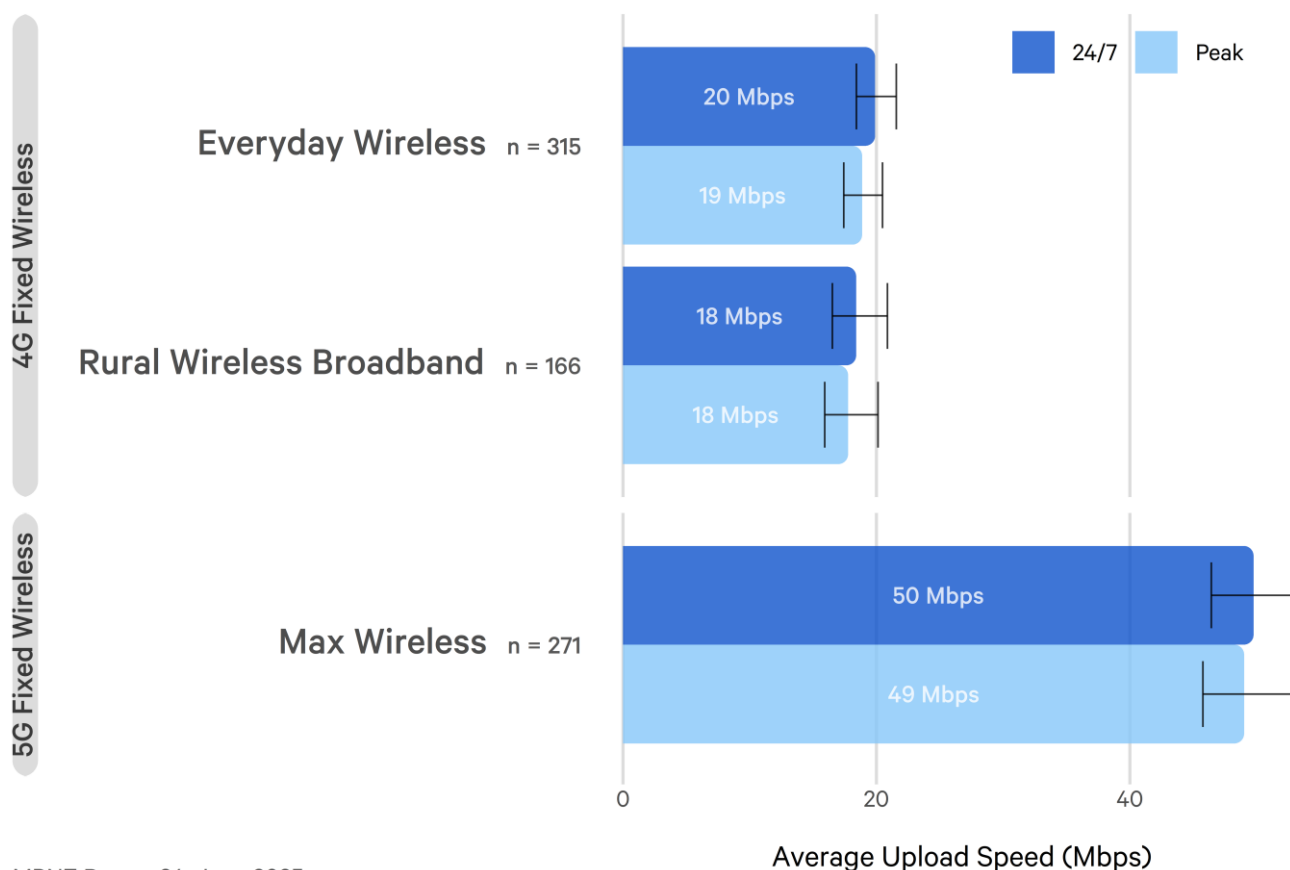
The results below are for some of Spark's 4G Fixed Wireless and 5G Fixed Wireless plans. More information on Spark's embedded testing can be found on [page 15](#).

Figure 14: Average Upload Speeds for Spark Fixed Wireless Plans

Average of monthly household weighted averages. Peak hours are Monday - Friday, 7pm - 11pm.

The number of embedded agents contributing to each result is shown under each plan name (eg n = 315).

Error bars show 95% confidence intervals of the mean.



MBNZ Report 24, June 2025

Key Observations

- There is minimal difference in average upload speeds between Spark 4G Everyday Wireless and Rural Wireless Broadband, with both plans seeing no noticeable decrease in upload speeds during peak hours.
- The average upload speed measured for Spark's Max Wireless 5G Plan was 50 Mbps during all hours, showing no noticeable decrease during peak hours.

Latency

Latency is another key factor that should be considered when assessing broadband performance. The time it takes to transmit and receive messages between households and servers limits the responsiveness of realtime applications such as interactive webpages or video calls. Higher baseline latency makes realtime applications more vulnerable to jitter (also known as packet delay variation) and dropouts. Figure 15 only includes results relating to servers hosted in New Zealand.

The latency results shown below use results from snapshots of hourly testing compared to continuous monitoring. More information on this change can be found above on [page 5](#). This change also allows us to include comparable latency results for embedded Fixed Wireless plans, which uses an identical hourly testing methodology, and can be seen on [page 30](#) in Figure 16.

Results for idle latency still using the continuous configuration, utilised in all prior reports up to Report 22, can be seen in the latency under load chart on [page 31](#) in Figure 17.

Some plans show a wider variation of latency than others: latency across a Fixed Wireless connection will generally be more variable than over a Fibre line.

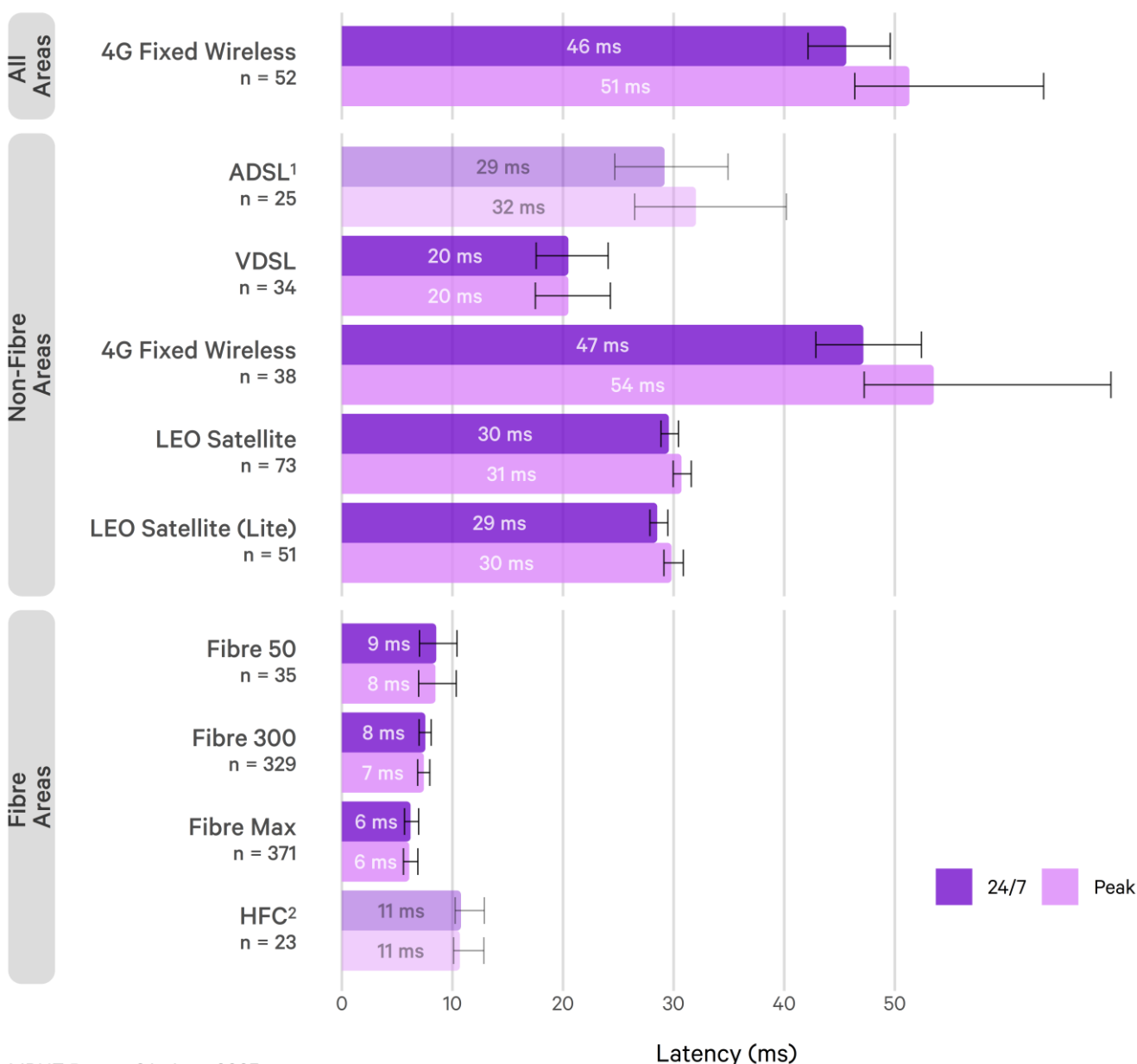
Figure 15: Average Latency to Test Servers by Plan

Lower is better. Average of monthly household weighted averages.

Peak hours are Monday - Friday, 7pm - 11pm.

The number of Whiteboxes contributing to each result is shown under each plan name (eg n = 52).

Error bars show 95% confidence intervals of the mean.



MBNZ Report 24, June 2025

Key Observations

- Idle latency over Fixed Wireless is higher than over Copper (ADSL, VDSL), Cable (HFC), or Fibre (Fibre 50, Fibre 300, Fibre Max). Fibre is faster due to both the lower latency over Fibre optics and the more modern infrastructure that underpins the Fibre network.

¹ Results for ADSL are based on a sample size of 25 Whiteboxes. The low sample size can be attributed to volunteer numbers falling as consumers move away from copper services.

² Results for HFC are based on a sample size of 23 Whiteboxes. The low sample size can be attributed to the relatively small coverage area of One New Zealand's Cable network and the competing influence of Fibre and Fixed Wireless in those areas.

Spark Fixed Wireless Embedded Latency

The results below are for some of Spark's 4G Fixed Wireless and 5G Fixed Wireless plans. More information on Spark's embedded testing can be found on [page 15](#).

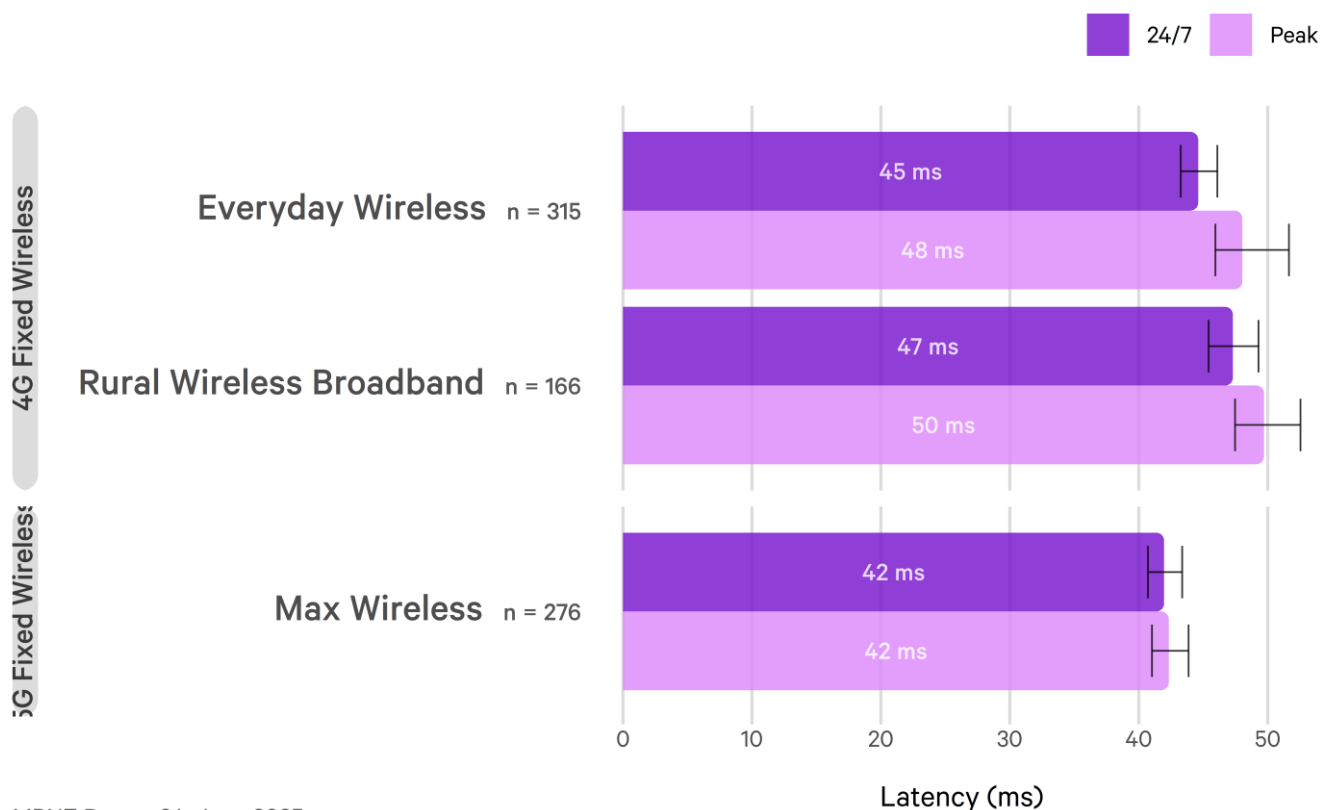
Figure 16: Average Latency to Test Servers for Spark Fixed Wireless Plans

Lower is better. Average of monthly household weighted averages.

Peak hours are Monday - Friday, 7pm - 11pm.

The number of embedded agents contributing to each result is shown under each plan name (eg n = 315).

Error bars show 95% confidence intervals of the mean.



MBNZ Report 24, June 2025

Key Observations

- Average latency across all 4G Fixed Wireless plans and RSPs in NZ is 46 ms during all hours. Average results for the Spark 4G plans measured are in line with the average latency we see for all RSPs.
- There is no noticeable difference in latency results between Spark's 4G and 5G Fixed Wireless plans.

Latency Under Load

The latency under load test measures the latency when the broadband connection is heavily utilised (by the way of a speed test run in parallel). This is more representative of user experience than idle latency as it shows the impact of downloading or uploading data to the internet (e.g. watching Netflix or uploading a file) on latency (e.g. how long a webpage takes to load). The results are particularly illustrative of real-world experience for people who are using latency-sensitive applications like video conferencing or some video games.

The chart shows latency values while the connection is idle, compared with latency values while the connection under either downstream or upstream load. The latency under load test is performed while the download (or upload) speed tests are running, and this is compared to the idle latency measurement which is calculated when the line is idle. Differences in access technology and router models will result in different results for the user.

It is expected that the router model will be a factor in any latency rise, as the test is measuring what is known as bufferbloat, which is where the router or other network devices on the path are buffering large amounts of data. As such, differences in technology and router models will result in different results for the user.

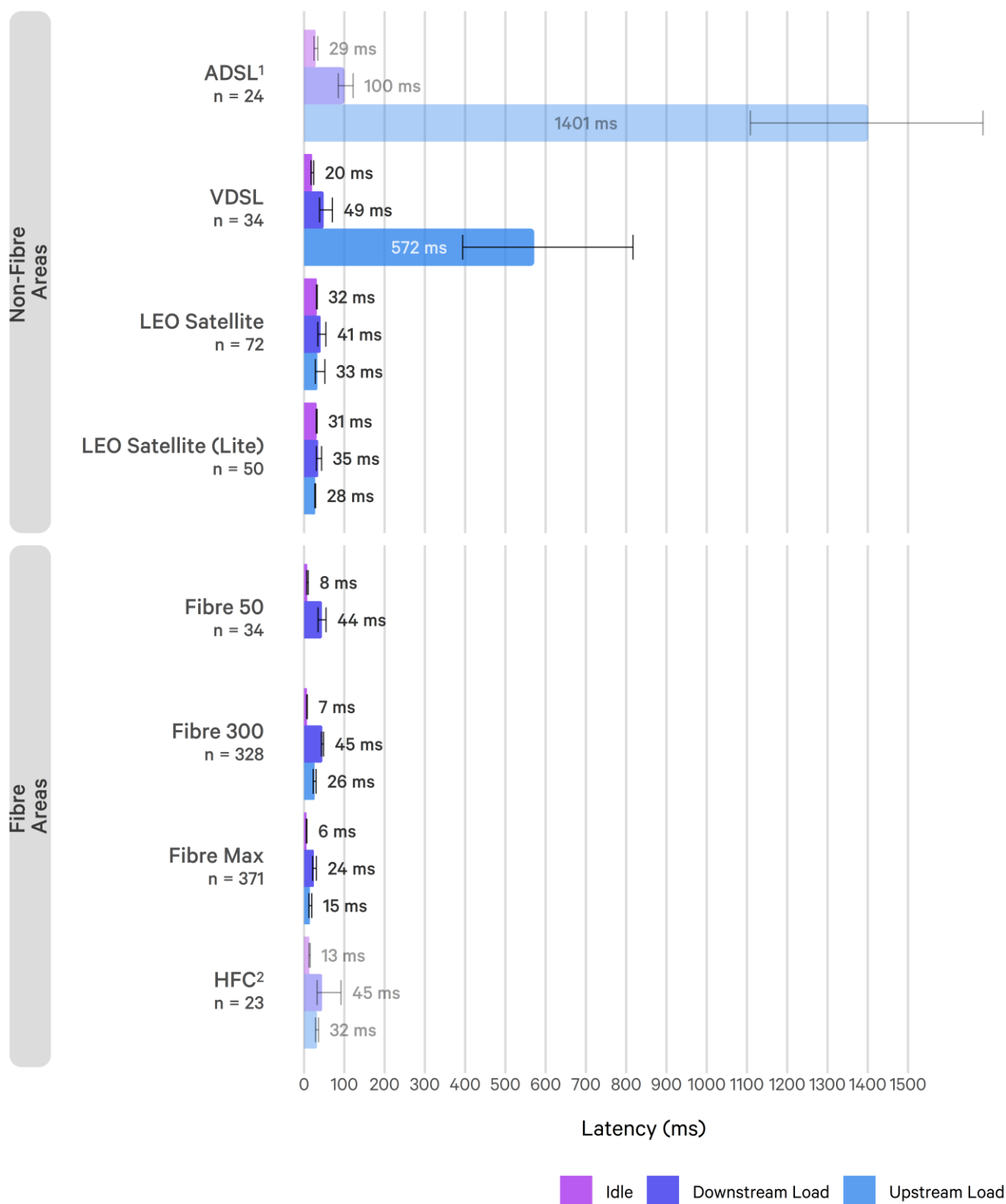
The idle latency results presented in this chart are based on continuous measurements. While they may appear similar, these results should not be directly compared to the idle latency figures in Figures 15 or 16, as they employ a different testing frequency and methodology.

In future MBNZ reports, the latency under load test will be replaced with the responsiveness test. This new test provides very similar metrics to the existing latency under load test, allowing us to compare idle latency to latency values while the connection under either downstream or upstream load across plans. Responsiveness measures real-world latency under load, capturing how applications perform during congestion, using real application protocols. This test will also allow us to report results for 4G Fixed Wireless plans. If you would like more information on this test, please feel free to reach out to the Commerce Commission.

Figure 17: Average Latency Under Load to Test Servers by Plan

Lower is better. Averages of monthly household averages.

The number of Whiteboxes contributing to each result is shown under each plan name (eg n = 24).



MBNZ Report 24, June 2025

¹ Results for ADSL are based on a sample size of 24 Whiteboxes. The low sample size can be attributed to volunteer numbers falling as consumers move away from copper services.

² Results for HFC are based on a sample size of 23 Whiteboxes. The low sample size can be attributed to the relatively small coverage area of One New Zealand's Cable network and the competing influence of Fibre and Fixed Wireless in those areas.

Key Observations

- All plans see latency increase when the line is running upload or download tests compared to when the line is idle. ADSL plans see a large increase in latency under load while both download and upload tests are running. VDSL shows a high latency when upload tests are running. These latency values are high enough to be noticeable to the user if multiple devices are used simultaneously, with one device heavily using the connection.
- Average latency under upload results for Fibre 50 are not included in this report due to different upload allocations across local fibre companies. There were not enough Whiteboxes on Fibre 50 to split upload results by local fibre company.
- Latency under downstream and upstream load is higher for the Fibre 300 plan compared to Fibre Max results. Fibre Max plans have lower latency results for latency under downstream and upstream load than HFC.
- LEO Satellite plans see a small increase in latency under load when download tests are running. Latency under upload shows a smaller increase on idle latency for satellite plans. While idle latency for satellite is higher than Copper (ADSL and VDSL), latency under downstream load is significantly lower for LEO Satellite than ADSL, and latency under upstream load is also lower for LEO Satellite than both ADSL and VDSL.

Disconnections

Realtime applications like video calls rely on a consistent connection between the home router and the target server. If the connection drops, even for a few seconds, the application will exhibit some form of stuttering. In the worst instance, a user might be disconnected and have to reconnect or wait for their broadband connection to come back online.

A brief disconnection very rarely means that, for example, a physical cable has been cut. Instead, the main reasons for network dropouts relate to congestion and the configuration of network equipment. The following chart compares daily disconnection rates across plans.

This chart shows medians across households. Taking VDSL as an example, 50% of households will experience no more than 1.7 disconnections per day for traffic remaining within New Zealand. This obscures the extremes of performance for each plan. Disconnection results for Fixed Wireless plans are not included in this report as they are no longer running the continuous latency measurement. More information on this change can be found above on [page 5](#).

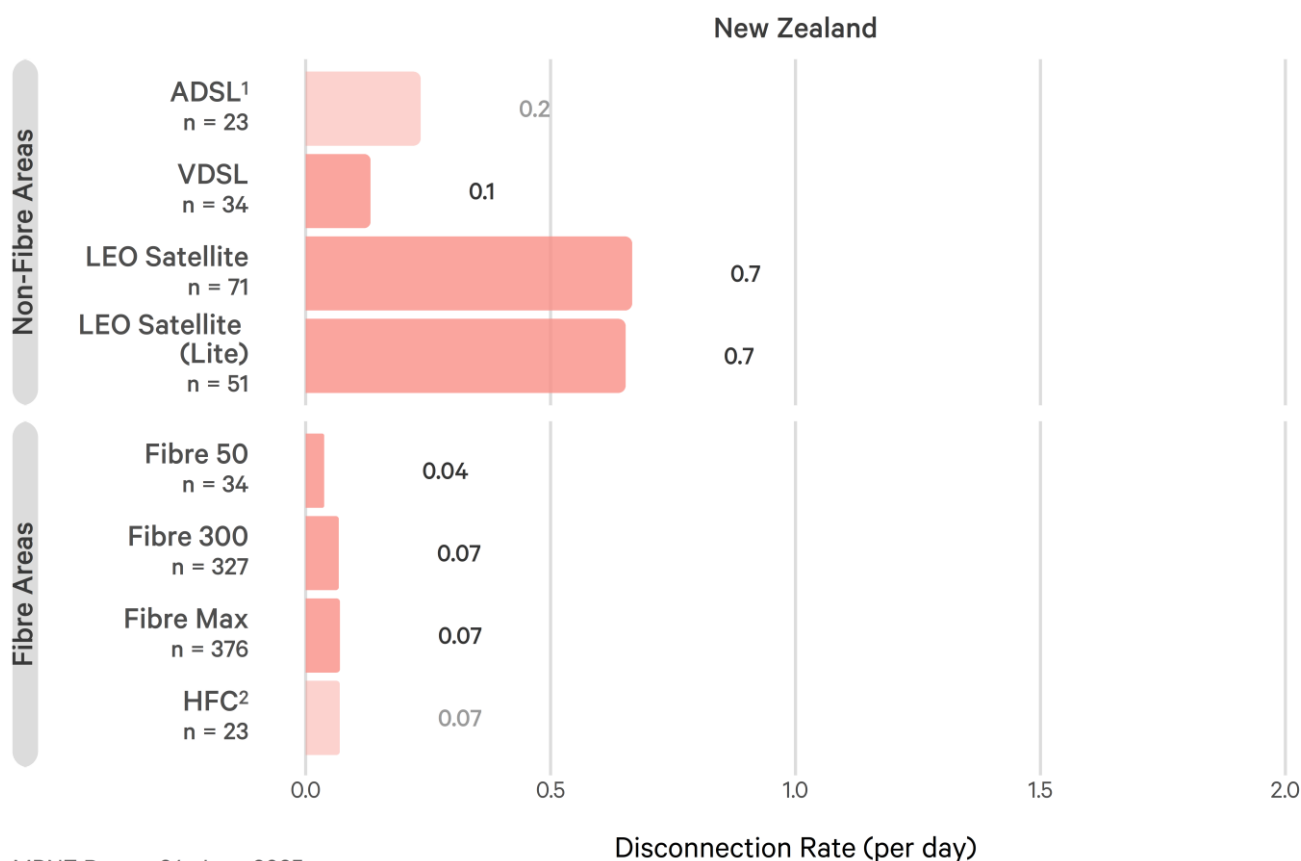
Many common applications, such as video conferencing applications or online gaming used by New Zealanders are served from overseas, mainly Australia, East Asia, and the USA. All New Zealand RSPs share capacity through four undersea cable networks which carry traffic to and from New Zealand across the Tasman Sea and the Pacific.

The second chart shows disconnections for all Fibre plans across RSPs. Overseas traffic can take different routes depending on the RSPs relationship with different peering providers. This can result in a difference between overseas disconnections across RSPs.

Figure 18: Median Daily Disconnection Rates to New Zealand Servers

Lower is better. Medians of household daily rates. Disconnections greater than 30 seconds.

Testing only covers periods where the line is idle.



MBNZ Report 24, June 2025

Key Observations

- This chart continues to categorise a disconnection as lasting longer than 30 seconds. This change aims to provide more consumer-relevant data as disconnections reported here are likely to be more noticeable to consumers. Most households now see a very low rate of noticeable disconnections, at least while the line is idle.
- There is a very low median rate of disconnection across Fibre plans. This rises slightly for HFC, and VDSL.
- Median disconnections for LEO Satellite plans are 0.7 to servers across New Zealand. This means that 50% of households will experience no more than 0.7 disconnections per day lasting over 30 seconds.

¹ Results for ADSL are based on a sample size of 23 Whiteboxes in non-Fibre areas. The low sample size can be attributed to volunteer numbers falling as consumers move away from copper services.

² Results for HFC are based on a sample size of 23 Whiteboxes. The low sample size can be attributed to the relatively small coverage area of One New Zealand's Cable network and the competing influence of Fibre and Fixed Wireless in those areas.

Figure 19: Median Daily Disconnection Rates to Overseas Servers

Lower is better. Fibre plans only. Medians of household daily rates. Disconnections greater than 30 seconds. Testing only covers periods where the line is idle.



MBNZ Report 24, June 2025


Key Observations

- All RSPs have low levels of disconnections to servers in New Zealand across their Fibre plans.
- Traffic going overseas is more likely to be lost than traffic remaining within New Zealand. All RSPs see a small increase in disconnections to Australia and the United States compared to New Zealand.



Some results in this section are shown with error bars representing the 95% confidence interval for each plan. The transparent bars show plans with a sample size lower than we would typically include within reporting. These plans have larger error bars due to the smaller sample size and care should be taken when comparing these plans against others. We recommend consumers factor in the error bars when comparing plan averages, especially those with smaller sample sizes.

Video streaming is a good example of an application where the quality of a user's experience is more affected by bandwidth (capacity) than by latency (lag). The Netflix measurement streams real video from the live Netflix service¹. Traffic for this service is often delivered from within


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broadband provider's network to improve performance. The transparent screens show plans with a sample size lower than we would typically include within reporting.

Figure 20:

% that can Reliably Stream HD & UHD Videos from Netflix during Peak Hours.

Plan

4G Fixed Wireless

All Areas, n = 62



58%



35%



23%



11%

0-1 simultaneous UHD video streams



95%



82%



69%



65%

4+ simultaneous HD video streams

ADSL¹

Non-Fibre Areas, n = 25



12%



0%



0%



0%

0 simultaneous UHD video streams



88%



76%



52%



32%

2-3 simultaneous HD video streams

VDSL

Non-Fibre Areas, n = 34



91%



53%



35%



21%

1-2 simultaneous UHD video streams



100%



100%



97%



94%

4+ simultaneous HD video streams

4G Fixed Wireless

Non-Fibre Areas, n = 47



62%



38%



23%



9%

0-1 simultaneous UHD video streams



94%



85%



72%



68%

4+ simultaneous HD video streams

LEO Satellite

Non-Fibre Areas, n = 73



92%



67%



7%



0%

1-2 simultaneous UHD video streams

LEO Satellite (Lite)

Non-Fibre Areas, n = 52



98%



44%



4%



0%

0-1 simultaneous UHD video streams

Fibre 50

Fibre Areas, n = 35



100%



100%



100%



0%

2-3 simultaneous UHD video streams

Fibre 300

Fibre Areas, n = 329



100%



100%



99%



99%

4+ simultaneous UHD video streams

Fibre Max

Fibre Areas, n = 378



100%



100%



100%



100%

4+ simultaneous UHD video streams

HFC²

Fibre Areas, n = 23



100%



100%



100%



100%

4+ simultaneous UHD video streams

MBNZ Report 24, June 2025

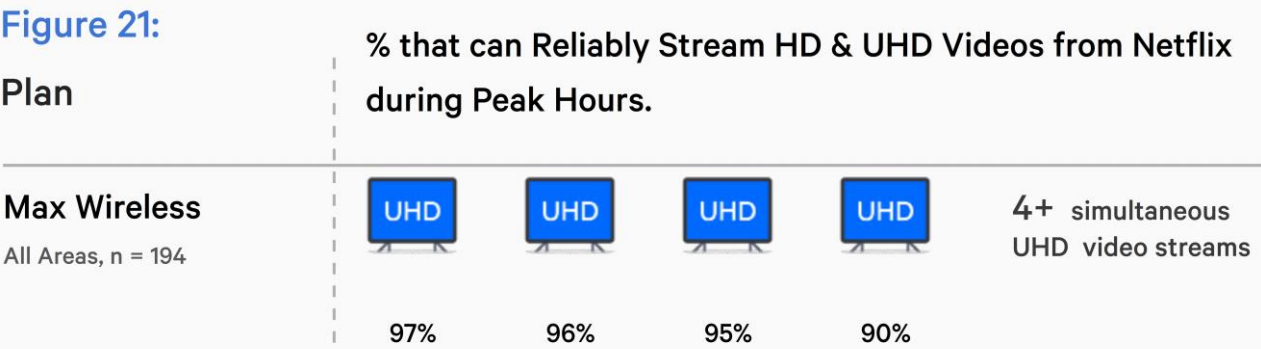
¹ Results for ADSL are based on a sample size of 25 Whiteboxes. The low sample size can be attributed to volunteer numbers falling as consumers move away from copper services.

² Results for HFC are based on a sample size of 23 Whiteboxes. The low sample size can be attributed to the relatively small coverage area of One New Zealand's Cable network and the competing influence of Fibre and Fixed Wireless in those areas.

Key Observations

- During peak hours, 67% of LEO Satellite households on Starlink's Residential plan were able to stream 2 simultaneous UHD Netflix streams, compared to 44% on the Residential Lite plan.
- 100% of households on Fibre 50 were able to stream 3 simultaneous UHD Netflix streams. No households on Fibre 50 achieved download speeds high enough to support 4 simultaneous UHD streams.
- At least 99% of households on Fibre 300, and 100% of households on Fibre Max and HFC plans, achieved average download speeds able to support 4 simultaneous UHD Netflix streams.
- 53% of households on VDSL plans in non-Fibre areas were able to support 2 UHD streams, and 94% could support 4 simultaneous HD streams.
- For ADSL households in non-Fibre areas, 76% could support 2 simultaneous HD streams during peak hours.

Spark embedded results continue to mark the first insight into application performance for 5G Fixed Wireless technology within the MBNZ programme. Given that each RSP has different fixed wireless infrastructure, these results should not be directly compared across RSPs.



MBNZ Report 24, June 2025

Key Observations

- During peak hours, 90% of Spark units were able to support 4 simultaneous UHD Netflix streams.

Game Stores

Modern console games are delivered from online stores such as Steam, Xbox Live and Playstation Network. These games can be tens or even hundreds of gigabytes so achieving high throughput from these stores is important to gamers. The game store measurement downloads a portion of a real game from three different game stores¹. Results will depend on the content distribution networks (CDNs) that host the games, and can vary depending on your RSP and where the CDNs are located.

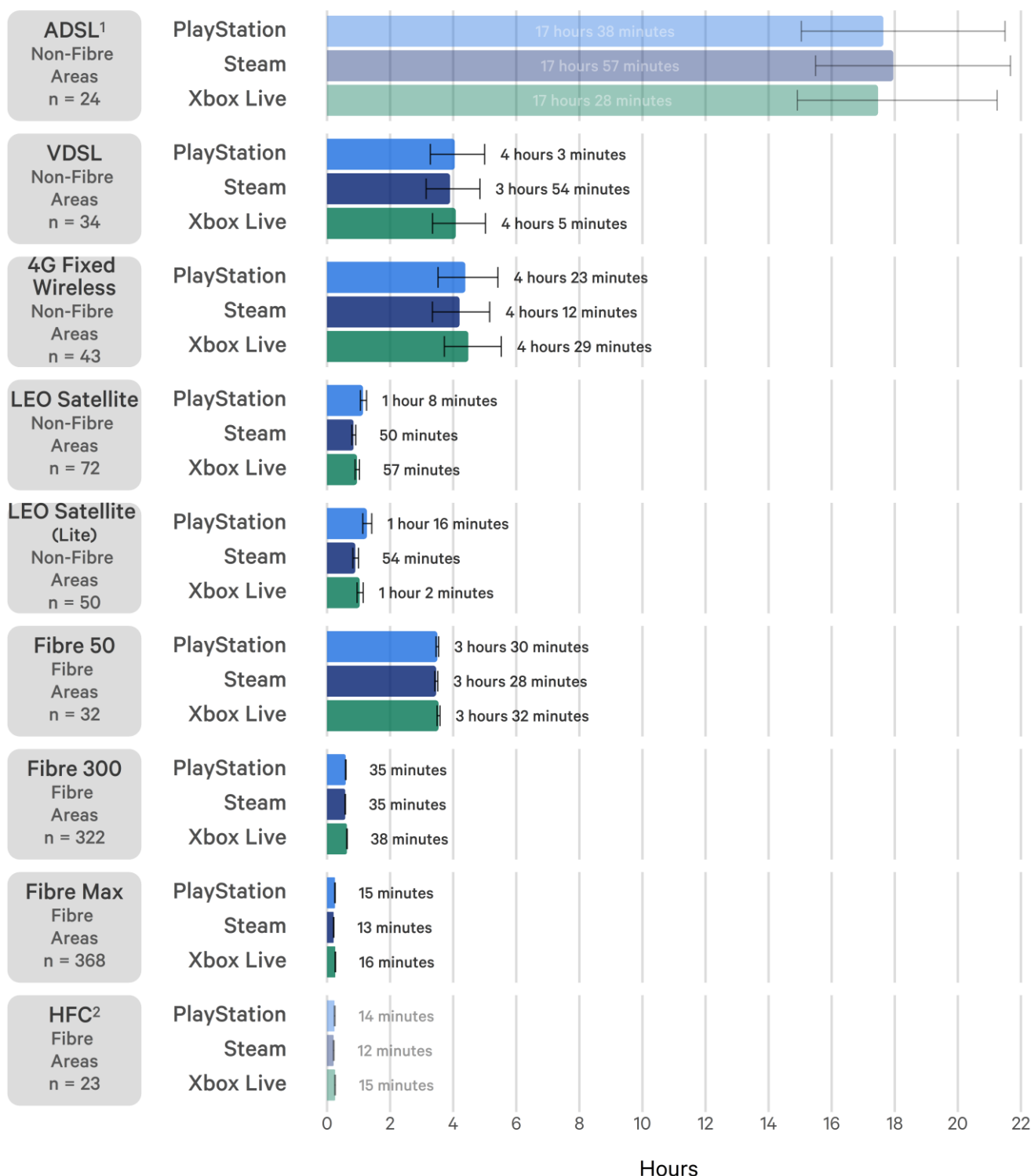
¹ This test runs on an idle connection, results may be affected with simultaneous usage.

Figure 22: Average Time Taken to Download Hogwarts Legacy by Plan during Peak Hours

Average time taken to download a file of 79.5 GB.

Average of household average download speed, lower is better.

The number of Whiteboxes contributing to each result is shown under each plan name (eg n = 24).



MBNZ Report 24, June 2025

Hours

¹ Results for ADSL are based on a sample size of 24 Whiteboxes. The low sample size can be attributed to volunteer numbers falling as consumers move away from copper services.

² Results for HFC are based on a sample size of 23 Whiteboxes. The low sample size can be attributed to the relatively small coverage area of One New Zealand's Cable network and the competing influence of Fibre and Fixed Wireless in those areas.

Key Observations

- Results for all plans in this chart remain broadly consistent with those in the previous report.
- The average time taken to download Hogwarts Legacy was over 17 hours for ADSL plans across all game store providers. For VDSL and Fibre 50 this average was between 3 to 4 hours.
- LEO Satellite plans had average download speeds capable of downloading Hogwarts Legacy in around 1 hour across both Starlink's Residential and Residential Lite plan.
- Fibre 300 had average download speeds capable of downloading Hogwarts Legacy in 40 minutes or less across all tested game store providers. For Fibre Max and HFC Max, the download time was 15 minutes or less.
- Results for 4G Fixed Wireless are not included due to the data usage volumes used to run the test.

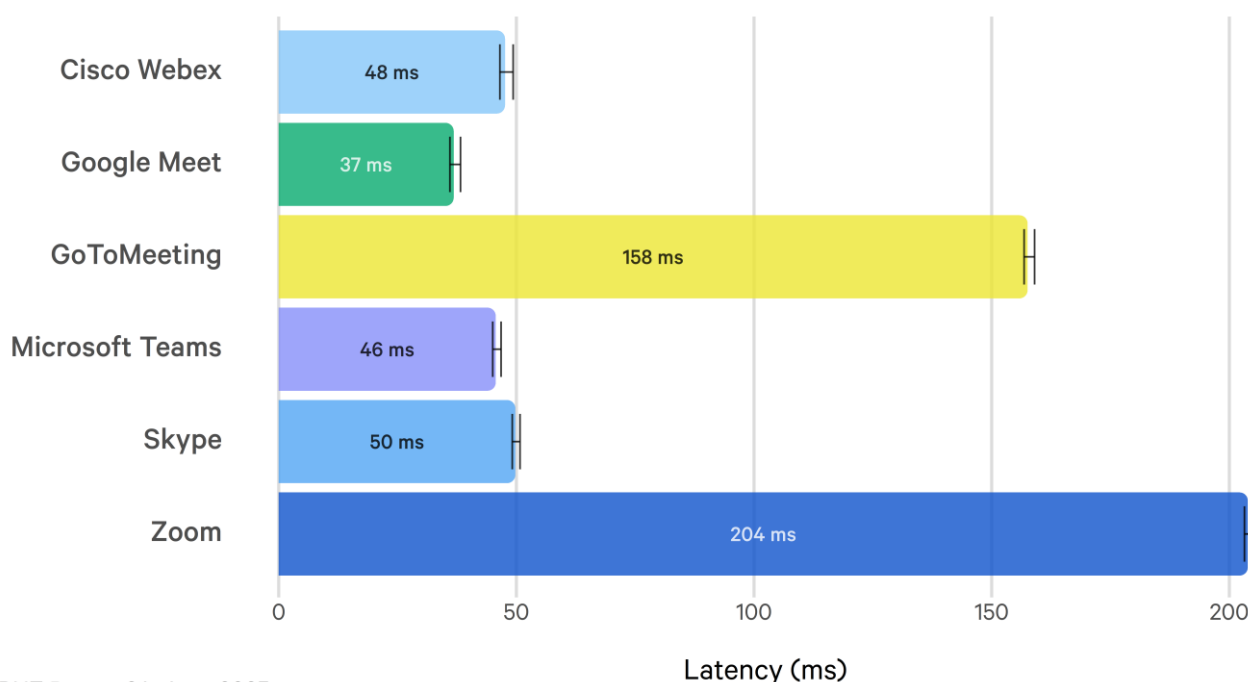
Video Conferencing

Latency is not the only factor impacting on the quality of a video call. Packet loss and jitter can result in stuttering and dropouts, and these are not captured in the round-trip times measured here. Application specific attributes such as audio/video encoding and proprietary communication protocols can lead to different performance characteristics for different services.

Figure 23: The Latency to Servers of Different Video Conferencing Services

Results are using free accounts only.

Average of household average latency, lower is better. Fibre plans only.



MBNZ Report 24, June 2025

Key Observations

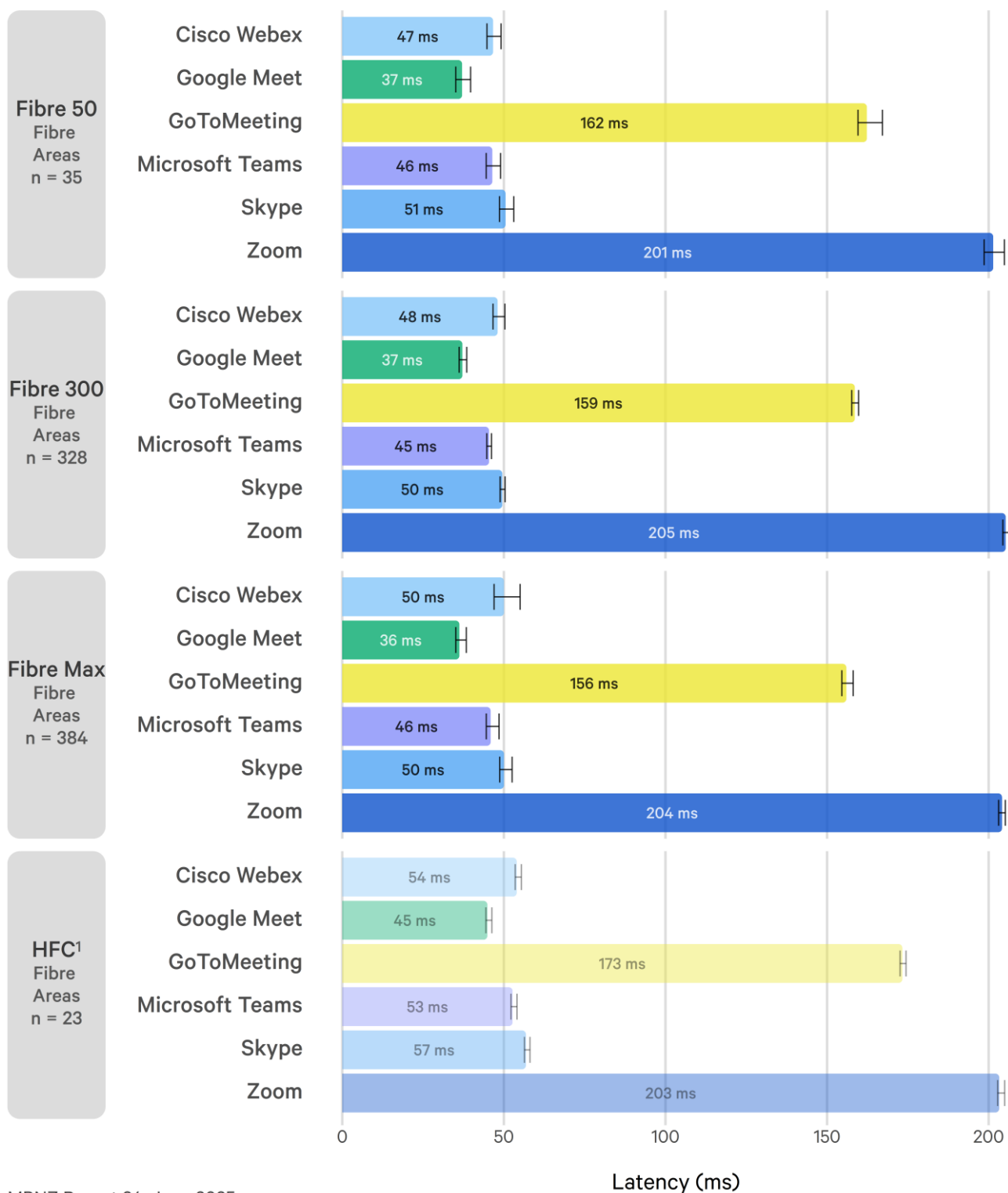
- Latency values for all video conferencing services remained consistent for Fibre plans compared to the previous report.
- Video conferencing services that use international servers usually see similar performance, however as the traffic is travelling further and subject to international routing, this could account for small differences in consumer experience like users talking over one another more frequently when using these unpaid services.
- The latency results above are shown for Fibre plans only. Results for video conferencing split by individual plans can be seen in the figure below, and results for all RSPs can be seen in Table 5.

Figure 24: The Latency to Servers of Different Video Conferencing Services by Plan

Fibre Areas only. Results are using free accounts only.

Average of household average latency, lower is better.

The number of Whiteboxes contributing to each result is shown under each plan name (eg n = 35).



MBNZ Report 24, June 2025

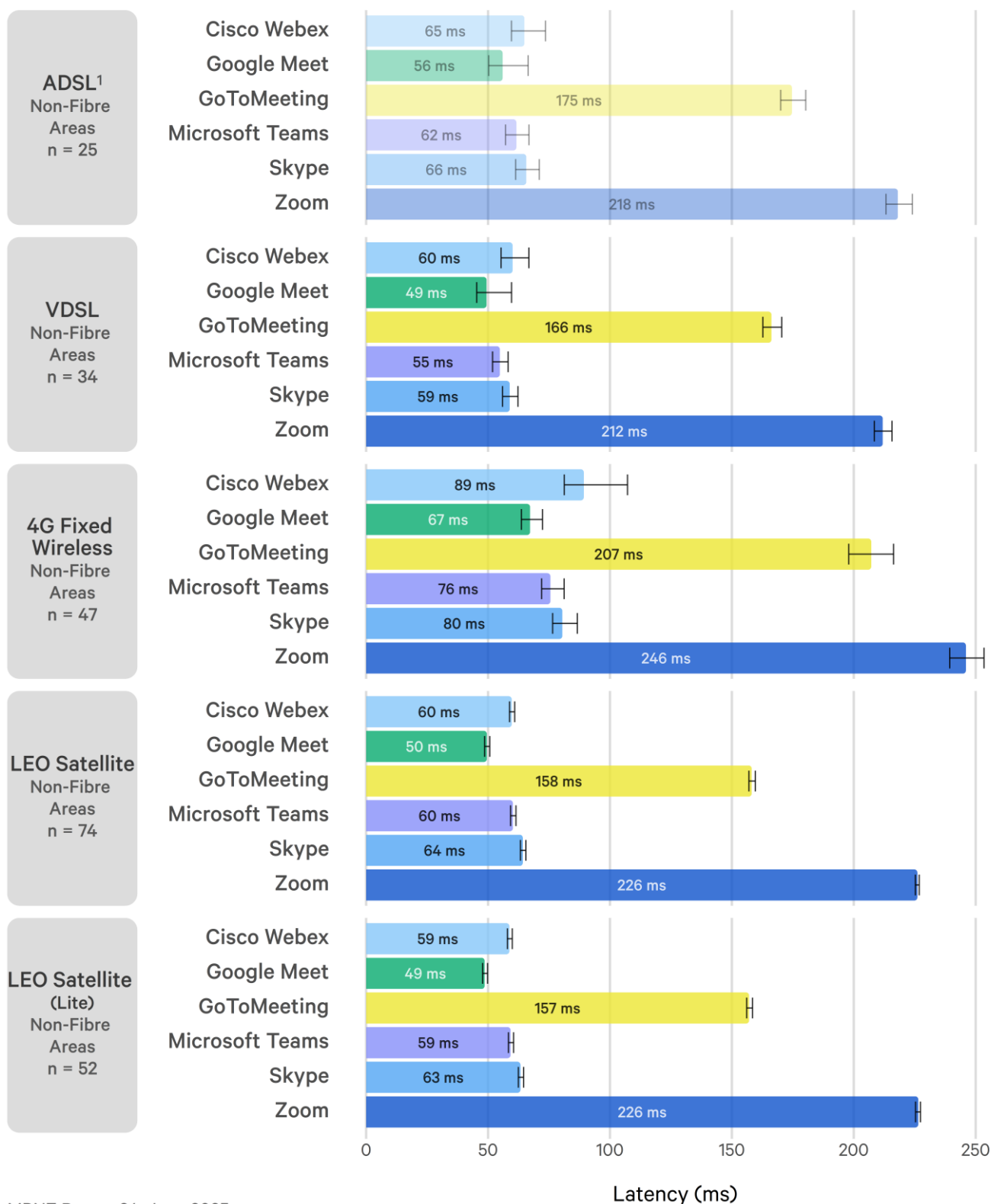
¹Results for HFC are based on a sample size of 23 Whiteboxes. The low sample size can be attributed to the relatively small coverage area of One New Zealand's Cable network and the competing influence of Fibre and Fixed Wireless in those areas.

Figure 25: The Latency to Servers of Different Video Conferencing Services by Plan

Fibre Areas only. Results are using free accounts only.

Average of household average latency, lower is better.

The number of Whiteboxes contributing to each result is shown under each plan name (eg n = 25).



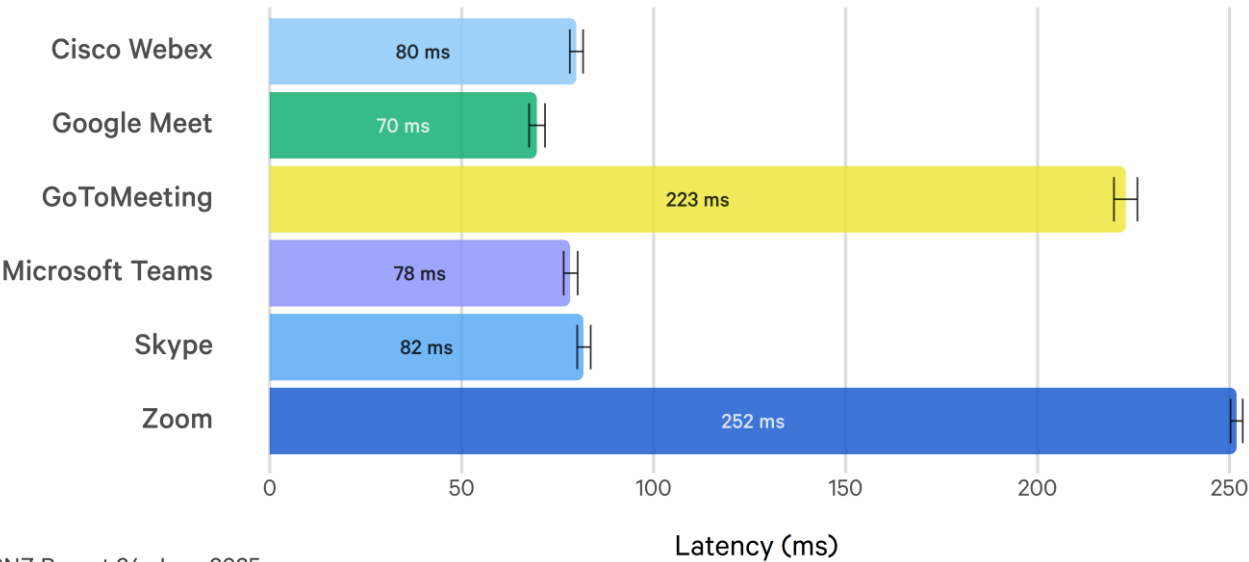
MBNZ Report 24, June 2025

¹ Results for ADSL are based on a sample size of 25 Whiteboxes. The low sample size can be attributed to volunteer numbers falling as consumers move away from copper services.

Spark embedded results continue to mark the first insight into application performance for 5G Fixed Wireless technology within the MBNZ programme. Given that each RSP has different fixed wireless infrastructure, these results should not be directly compared across RSPs.

Figure 26: The Latency to Servers of Different Video Conferencing Services for Spark’s 5G Fixed Wireless plan

*Results are using free accounts only.
Average of household average latency, lower is better.*



MBNZ Report 24, June 2025

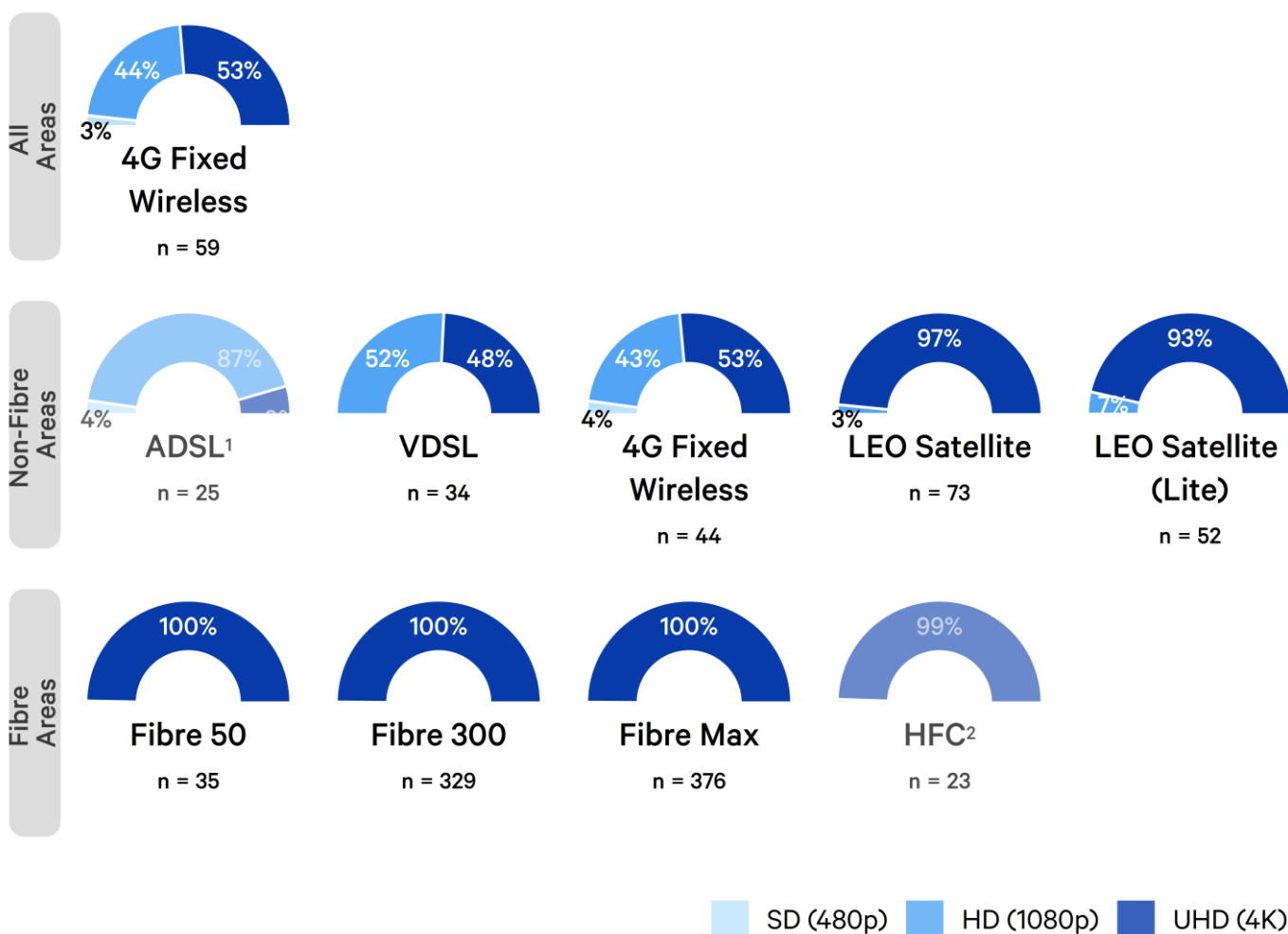
Key Observations

- Results for video conferencing are broadly consistent with the previous report.

YouTube

The YouTube measurement streams a real video from the live YouTube service³. Traffic for this service is often delivered from within the broadband provider's networks, through the use of Google Global Caches (GGCs). These are servers installed by the broadband provider inside their network to cache YouTube and other Google content to improve performance.

Figure 27: Highest Quality that can be streamed over YouTube by Plan during Peak Hours



MBNZ Report 24, June 2025

¹ Results for ADSL are based on a sample size of 25 Whiteboxes in Fibre areas. The low sample size can be attributed to volunteer numbers falling as consumers move away from copper services.

² Results for HFC are based on a sample size of 23 Whiteboxes. The low sample size can be attributed to the relatively small coverage area of One New Zealand's Cable network and the competing influence of Fibre and Fixed Wireless in those areas.

³ This test runs on an idle connection, results may be affected with simultaneous usage.

Key Observations

- 48% of VDSL households in non-Fibre areas were able to stream a UHD YouTube video, compared to just 9% of ADSL households.
- 97% of Starlink Residential LEO Satellite households, and 93% on the Residential Lite service were able to stream a UHD YouTube video.
- 100% of Fibre 300, Fibre Max and HFC households in Fibre areas were able to stream a UHD YouTube video, while 99% of Fibre 50 households achieved the same.



Previous Report Comparison

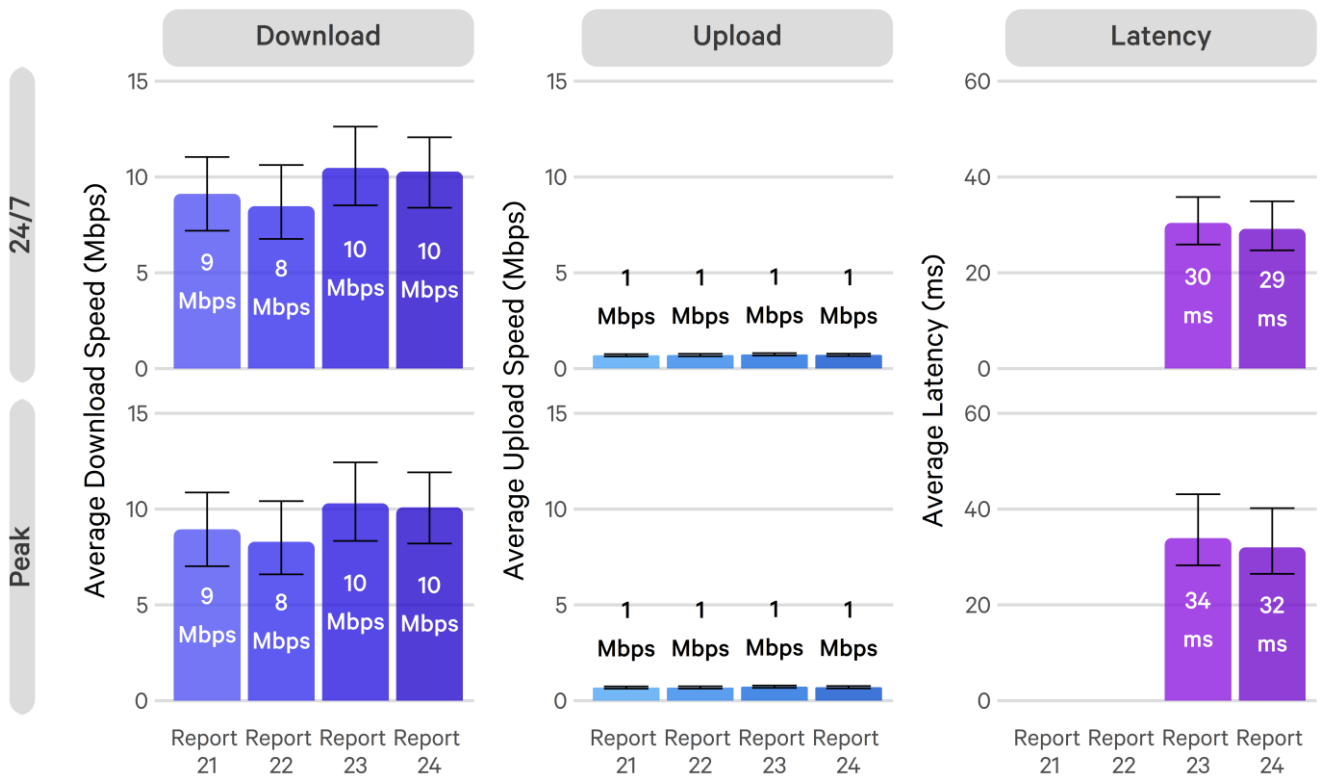
The following charts compare results from previous MBNZ reports across the past year for popular plans in New Zealand for quality of service speed metrics (download and upload). ADSL, VDSL, Fibre 300 and Fibre Max plans have all seen consistent performance across reports. 4G Fixed Wireless and LEO Satellite plans have seen increases in average download speeds across the past year, with consistent upload performance.

Due to the new latency methodology detailed on [page 5](#), the latency comparison charts only contain results from the previous and current report. This methodology change means the latency results from Report 23 onwards are not directly comparable with those from previous reports.

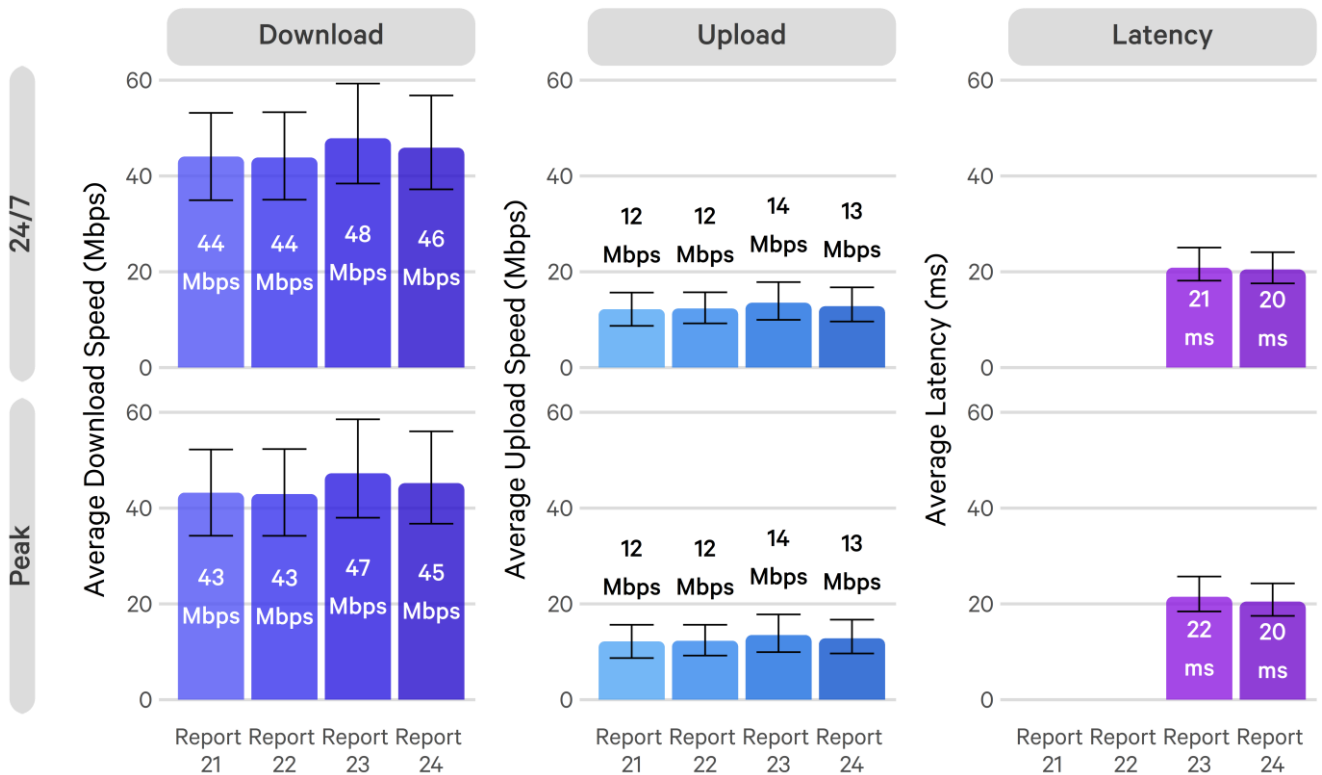
Table 1: Previous MBNZ Reports

| MBNZ Report | Measurement Month | Publication Month |
|-------------|-------------------|-------------------|
| Report 21 | July 2024 | September 2024 |
| Report 22 | October 2024 | December 2024 |
| Report 23 | January 2025 | March 2025 |
| Report 24 | April 2025 | June 2025 |

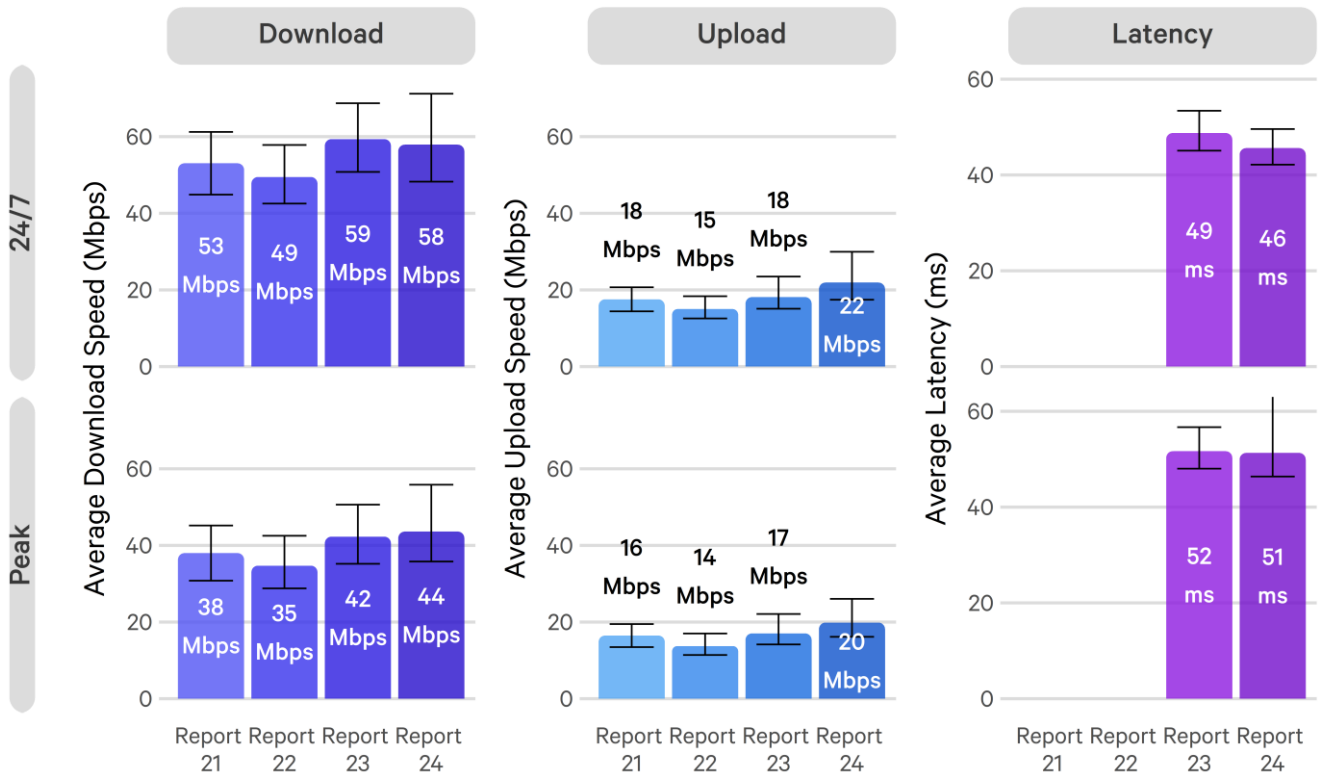
ADSL Performance across Reports



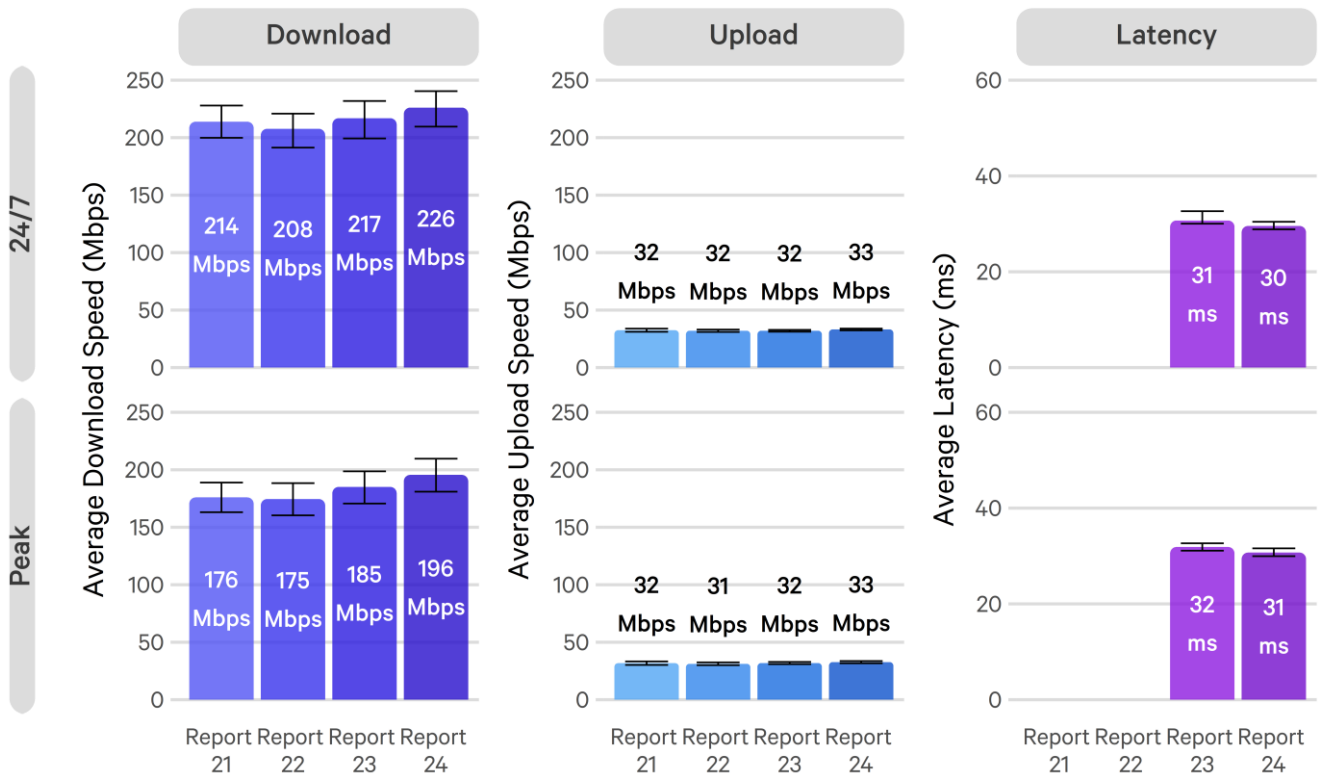
VDSL Performance across Reports



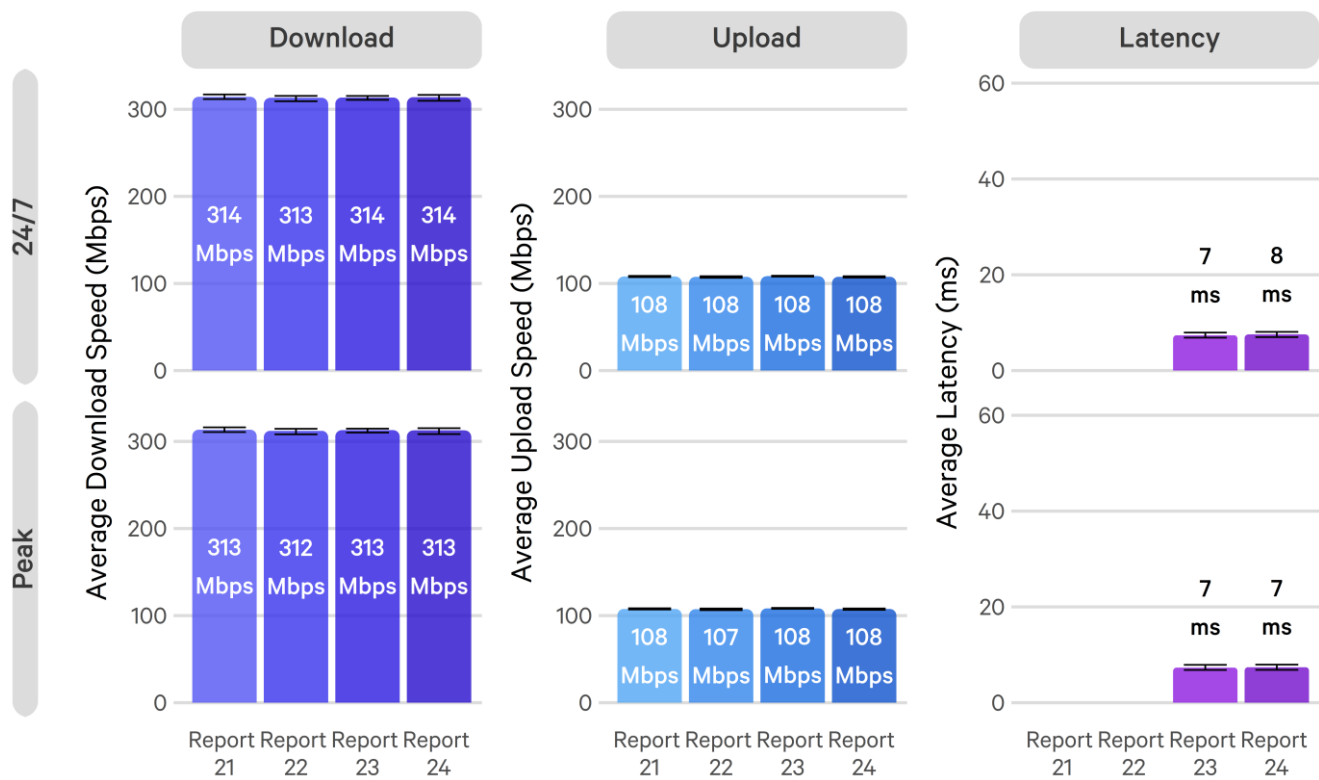
4G Fixed Wireless Performance across Reports



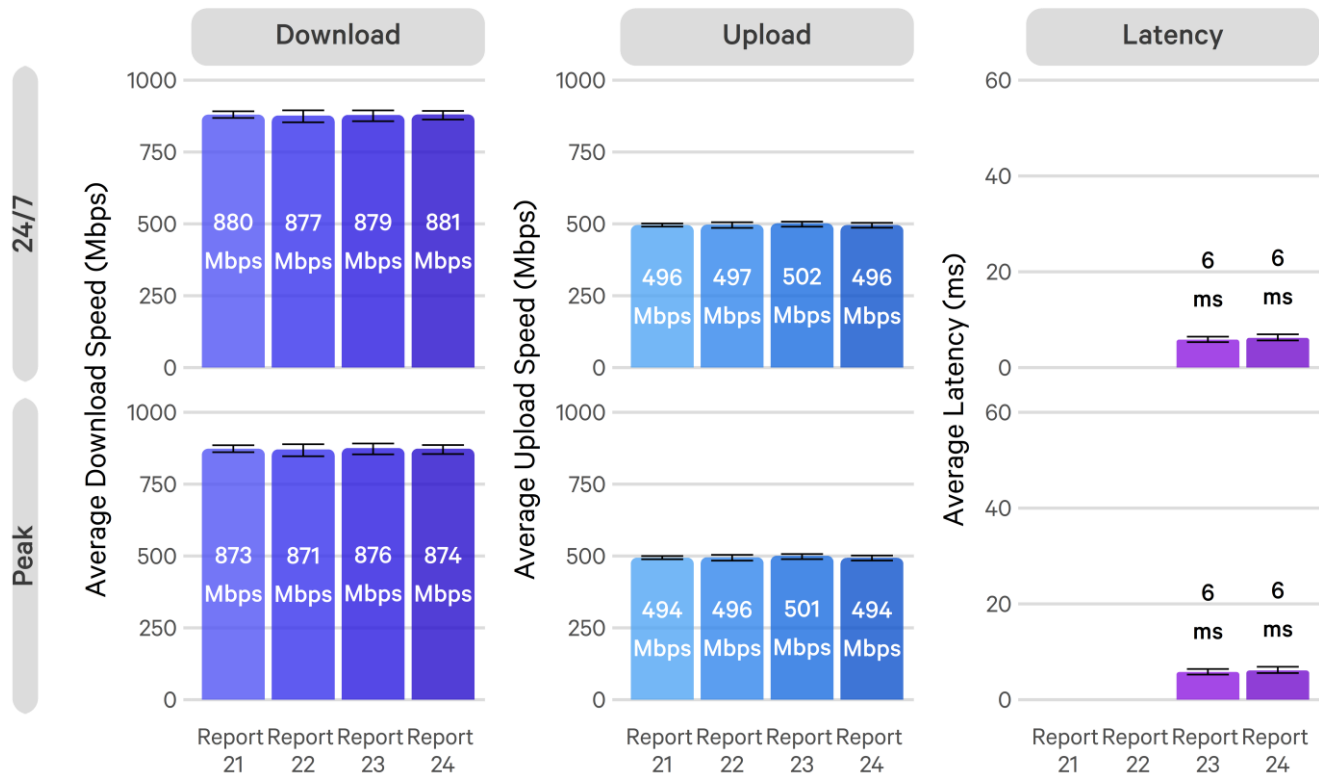
LEO Satellite Performance across Reports



Fibre 300 Performance across Reports



Fibre Max Performance across Reports



How we test



Measuring home broadband across New Zealand















- The SamKnows Whitebox is a purpose-built testing agent that connects to your router.
- It runs regular, automated performance tests to record the quality and performance of your internet connection without interfering with your network.
- The Whitebox does not record any personal information or browsing history.

Join the MBNZ Programme!

We are always on the hunt for more volunteers to help us expand on the technologies reported on in the MBNZ programme. Joining our awesome volunteer network enables us to gather even more data so we can continue shining a light on different technologies, RSPs and regions in New Zealand! Sign up at the [following link](https://www.measuringbroadbandnewzealand.com/sign-up)¹, and if you're already a volunteer, encourage your friends and family to join too!

- Have 24/7 access to your own data.
- View all your data in one place via the SamKnows One platform.
- Create customised charts and save the results that mean the most to you.
- Track changes in your connection over time.

¹ <https://www.measuringbroadbandnewzealand.com/sign-up>

| | Test | Definition |
|---|----------------------|--|
|  | Download | The speed at which data can be transferred from the SamKnows test server to your device, measured in megabits per second (Mbps). |
|  | Upload | The speed at which information is transferred from your device to the SamKnows test server, measured in megabits per second (Mbps). |
|  | Latency | How long it takes a data packet to go from your device to our test server and back to your device, measured in milliseconds (ms). The shorter the latency, the better. |
|  | Latency Under Load | How long it takes a data packet to go from your device to our test server and back to your device while a download/upload test is running, measured in milliseconds (ms). The shorter the latency, the better. |
|  | Jitter | The variation in the delay of received packets, measured in milliseconds (ms). Essentially it is a measure of the stability of latency. |
|  | Packet Loss | Packet loss counts packets that are sent over a network and do not make it to their destination, measured as a percentage of packets lost out of all packets sent. |
|  | Disconnection | A disconnection means that latency measurement packets were lost for 30 seconds or longer. Measured as the median of household daily rates. |
|  | Video Conferencing | Measures round-trip latency and reachability of a selection of video conferencing services. |
|  | Social Media | Measures round-trip latency and reachability of a selection of major social media services. |
|  | Online Gaming | Measures performance for a number of major games and supporting services, such as game distribution platforms. |
|  | Video Streaming | Measures the highest bitrate, and therefore quality level, you can reliably stream from real content servers. |
|  | Webpage Loading Time | The time it takes for a specific webpage to fully load. This is a combination test that includes download, latency and DNS in one test that accurately mimics real-world usage. |
|  | CDN Measurements | Measures download performance for the same (or very similar) object from a variety of popular Content Delivery Networks over HTTP. |
|  | Voice over IP | Measures the suitability of a broadband connection for VoIP calls. |

Glossary

| Term | Definition |
|--------------------|---|
| ADSL | Asymmetric digital subscriber line. A broadband connection that uses existing telephone lines to send data. |
| Advertised speed | The speed at which broadband services are typically advertised or marketed, usually described in Mbps (megabits per second). On some networks like ADSL or Fixed Wireless, these are not given as a general maximum but vary from line to line as they do not transmit data without depreciation across distance. |
| Broadband | A network service or connection which is defined as “always on”, as opposed to historical dial-up internet. |
| Broadband speed | The speed at which data is transmitted over a broadband connection, usually measured in megabits per second (Mbps). |
| Disconnection | A disconnection means that latency measurement packets were lost for 30 seconds or longer. |
| Download speed | The speed that data travels from our test server to your router. Measured in megabits per second (Mbps); higher is better. |
| HFC | Hybrid Fibre-Coaxial. A broadband connection that uses coaxial cables to send data. |
| Fibre | A broadband connection that uses Fibre-Optic cables to send data to and from a property directly. Sometimes referred to as FTTH (Fibre-to-the-home) or FTTP (Fibre-to-the-premises). |
| Fixed Wireless | A broadband connection that uses radio waves to provide internet access to a premises. |
| Latency | The time it takes for a data packet to travel from your router to our test server and back. Measured in milliseconds (ms); lower is better. |
| Latency under load | The time it takes for a data packet to travel from your router to our test server and back while a download/upload speed test is running. Measured in milliseconds (ms); lower is better. |
| LEO Satellite | Low Earth Orbit Satellite. A broadband connection that is transmitted wirelessly using a satellite and ground based satellite dish. |
| Mbps | Megabits per second. A unit measuring broadband speed. Mbps is the equivalent of 1,000 kilobits per second. |
| Packet loss | The percentage of packets that were lost somewhere between your router and our test server. Measured as a percentage of all packets sent; lower is better. |
| Peak hours | The time of day when people are typically using their internet connection, defined in New Zealand as between 7pm and 11pm. |
| RSP | Retail Service Provider. A company that provides consumers with access to the internet. |
| Upload speed | The speed that data travels from your router to our test server. Measured in Mbps (megabits per second); higher is better. |
| VDSL | Very high speed digital subscriber line. A broadband connection that allows higher speeds than ADSL technologies. |

Table 2: All RSPs Included in MBNZ Programme

| All RSPs Included in MBNZ |
|--------------------------------------|
| 2degrees & Slingshot |
| Spark (Including Skinny & Bigpipe) |
| One New Zealand (Including Farmside) |
| Starlink |
| Sky New Zealand |
| Mercury |
| Contact Energy |
| Voyager |
| NOW NZ |
| Inspire Net |
| Electric Kiwi |
| Wheronet |
| Lightwire |
| Ultimate Broadband |
| Wireless Nation |
| Wizwireless |
| Evolution Networks |
| Full Flavour |
| Netspeed |
| PureLink |
| UniFone |
| Worldnet Services |
| Yrless |
| Evolution Network |
| Vorco |

The latency results presented in Tables 3 and 4 below are different from previous reports, using a snapshot of hourly testing instead of continuous monitoring. More information on this change can be found above on [page 5](#).

Table 3: Download, Upload and Latency Performance by Plan

| Plan | SFA Area | Peak or Off-Peak | Number of Units | Average Download (Mbps) | Average Upload (Mbps) | Average Latency (ms) |
|----------------------|-----------------|------------------|-----------------|-------------------------|-----------------------|----------------------|
| ADSL | All Areas | 24/7 | 25 | 10 Mbps | 1 Mbps | 29 ms |
| | All Areas | Peak | 25 | 10 Mbps | 1 Mbps | 32 ms |
| | Non-Fibre Areas | 24/7 | 25 | 10 Mbps | 1 Mbps | 29 ms |
| | Non-Fibre Areas | Peak | 25 | 10 Mbps | 1 Mbps | 32 ms |
| VDSL | All Areas | 24/7 | 36 | 46 Mbps | 13 Mbps | 20 ms |
| | All Areas | Peak | 36 | 46 Mbps | 13 Mbps | 20 ms |
| | Non-Fibre Areas | 24/7 | 34 | 46 Mbps | 13 Mbps | 20 ms |
| | Non-Fibre Areas | Peak | 34 | 45 Mbps | 13 Mbps | 20 ms |
| LEO Satellite | Non-Fibre Areas | 24/7 | 73 | 226 Mbps | 33 Mbps | 30 ms |
| | Non-Fibre Areas | Peak | 73 | 196 Mbps | 33 Mbps | 31 ms |
| LEO Satellite (Lite) | Non-Fibre Areas | 24/7 | 51 | 200 Mbps | 31 Mbps | 29 ms |
| | Non-Fibre Areas | Peak | 51 | 162 Mbps | 31 Mbps | 30 ms |
| 4G Fixed Wireless | All Areas | 24/7 | 52 | 58 Mbps | 22 Mbps | 46 ms |
| | All Areas | Peak | 52 | 44 Mbps | 20 Mbps | 51 ms |
| | Non-Fibre Areas | 24/7 | 38 | 56 Mbps | 20 Mbps | 47 ms |
| | Non-Fibre Areas | Peak | 38 | 43 Mbps | 19 Mbps | 54 ms |
| Fibre 300 | Fibre Areas | 24/7 | 329 | 314 Mbps | 108 Mbps | 8 ms |
| | Fibre Areas | Peak | 329 | 313 Mbps | 108 Mbps | 7 ms |
| Fibre Max | Fibre Areas | 24/7 | 371 | 881 Mbps | 496 Mbps | 6 ms |
| | Fibre Areas | Peak | 371 | 874 Mbps | 494 Mbps | 6 ms |

| Plan | SFA Area | Peak or Off-Peak | Number of Units | Average Download (Mbps) | Average Upload (Mbps) | Average Latency (ms) |
|---------------------|-------------|------------------|-----------------|-------------------------|-----------------------|----------------------|
| HFC | Fibre Areas | 24/7 | 23 | 870 Mbps | 102 Mbps | 11 ms |
| | Fibre Areas | Peak | 23 | 867 Mbps | 102 Mbps | 11 ms |
| Fibre 50 | Fibre Areas | 24/7 | 35 | 52 Mbps | 12 Mbps | 9 ms |
| | Fibre Areas | Peak | 35 | 52 Mbps | 12 Mbps | 8 ms |
| 5G Fixed Wireless | All Areas | | 10 | | | |
| WISP Fixed Wireless | All Areas | | 18 | | | |

Table 4: Fibre 300 and Fibre Max Download, Upload and Latency Summary by RSP

| Plan | RSP | Peak or Off-Peak | Number of Units | Average Download (Mbps) | Average Upload (Mbps) | Average Latency (ms) |
|-----------|----------------------|------------------|-----------------|-------------------------|-----------------------|----------------------|
| Fibre 300 | 2degrees & Slingshot | 24/7 | 95 | 317 Mbps | 105 Mbps | 9 ms |
| | | Peak | 95 | 316 Mbps | 105 Mbps | 9 ms |
| | One New Zealand | 24/7 | 50 | 321 Mbps | 113 Mbps | 8 ms |
| | | Peak | 50 | 321 Mbps | 113 Mbps | 8 ms |
| | Spark | 24/7 | 81 | 317 Mbps | 108 Mbps | 6 ms |
| | | Peak | 81 | 317 Mbps | 108 Mbps | 6 ms |
| Fibre Max | 2degrees & Slingshot | 24/7 | 134 | 890 Mbps | 497 Mbps | 7 ms |
| | | Peak | 134 | 884 Mbps | 494 Mbps | 7 ms |
| | One New Zealand | 24/7 | 41 | 910 Mbps | 501 Mbps | 7 ms |
| | | Peak | 41 | 906 Mbps | 500 Mbps | 7 ms |
| | Sky New Zealand | 24/7 | 70 | 918 Mbps | 519 Mbps | 6 ms |
| | | Peak | 70 | 915 Mbps | 518 Mbps | 6 ms |
| | Spark | 24/7 | 51 | 880 Mbps | 503 Mbps | 4 ms |
| | | Peak | 51 | 875 Mbps | 500 Mbps | 4 ms |

Table 5: Latency to Various Video Conferencing Services by RSP, Fibre Plans Only

| Video Conferencing Service | RSP | Number of Units | Average Latency |
|----------------------------|----------------------|-----------------|-----------------|
| Cisco-Webex | 2degrees & Slingshot | 250 | 47 ms |
| | Spark | 143 | 45 ms |
| | One New Zealand | 112 | 45 ms |
| | Sky New Zealand | 88 | 44 ms |
| | Mercury | 75 | 45 ms |
| GoToMeeting | 2degrees & Slingshot | 251 | 159 ms |
| | Spark | 143 | 157 ms |
| | One New Zealand | 112 | 161 ms |
| | Sky New Zealand | 88 | 157 ms |
| | Mercury | 75 | 144 ms |
| Google-Meet | 2degrees & Slingshot | 251 | 39 ms |
| | Spark | 143 | 37 ms |
| | One New Zealand | 112 | 36 ms |
| | Sky New Zealand | 88 | 35 ms |
| | Mercury | 75 | 35 ms |
| Microsoft-Teams | 2degrees & Slingshot | 251 | 46 ms |
| | Spark | 143 | 47 ms |
| | One New Zealand | 112 | 44 ms |
| | Sky New Zealand | 88 | 45 ms |
| | Mercury | 75 | 45 ms |
| Skype | 2degrees & Slingshot | 251 | 50 ms |
| | Spark | 143 | 51 ms |
| | One New Zealand | 112 | 48 ms |
| | Sky New Zealand | 88 | 49 ms |
| | Mercury | 75 | 49 ms |
| Zoom | 2degrees & Slingshot | 251 | 202 ms |
| | Spark | 143 | 205 ms |
| | One New Zealand | 112 | 194 ms |

| Video Conferencing Service | RSP | Number of Units | Average Latency |
|----------------------------|-----------------|-----------------|-----------------|
| | Sky New Zealand | 88 | 202 ms |
| | Mercury | 75 | 213 ms |