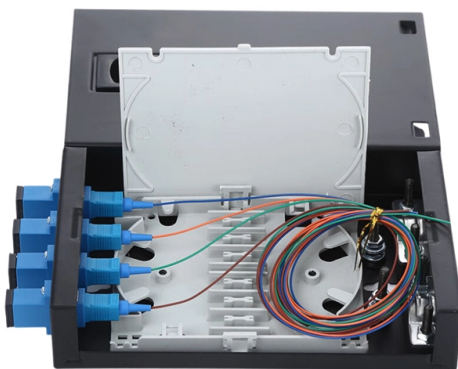


# What router should I use for a 400 Mbps fiber optic connection



## Overview

By using the best router for fiber internet, you can get the most out of the fast speeds. So, if you want unparalleled connectivity, check out my 8 detailed reviews.

## Key Takeaways

For a 400-meter fiber optic connection, you need a router with multi-gigabit Ethernet ports, Wi-Fi 6/7 support, and strong coverage, such as the Netgear Nighthawk RS700S or TP-Link Archer AX1800. Key Considerations<sup>1</sup>.

### Multi-

Gigabit Ethernet Support Since fiber can deliver speeds up to 10 Gbps, your router should have 10G WAN/LAN ports or support LAN aggregation to fully utilize the fiber connection without bottlenecks (Cybernews, PCGuide, HighSpeedOptions). <sup>2</sup>.

### Wi-

Fi Standard For wireless coverage, Wi-Fi 6 or Wi-Fi 7 is recommended.

### Wi-

Fi 7 routers like the Netgear Nighthawk RS700S provide ultra-low latency, high throughput, and can handle multiple devices simultaneously, making them ideal for large offices or homes with heavy streaming, gaming, or AR/VR use (Cybernews, HighSpeedOptions). <sup>3</sup>. Coverage and Range A 400-meter fiber run may require additional equipment like media converters or switches to bridge the distance to the router.

For wireless coverage, routers with beamforming, MU-MIMO, and multiple antennas ensure strong signal distribution across large areas (Electronicshub). 4. Security and Management Look for routers with advanced security features such as firewall protection, VPN support, and parental controls.

The RS700S includes NETGEAR Armor for malware and identity protection, which is useful for business or high-demand environments (Cybernews).

### **Recommended Routers**

Netgear Nighthawk RS700S (Wi-Fi 7): Supports multi-gig speeds, 10G LAN/WAN ports, up to 200 devices, and wide coverage up to 3,500 sq. ft. Ideal for high-performance fiber setups (Cybernews, HighSpeedOptions). TP-Link Archer AX1800 (Wi-Fi 6): Dual-band, 1.

8 Gbps total speed, OFDMA and MU-MIMO for multiple devices, suitable for smaller setups or budget-conscious users (Electronicshub).

### **ASUS RO**

G GT-AXE16000: High throughput and ultra-low latency for gaming and streaming, supports multi-gig fiber plans (HighSpeedOptions). Mesh Systems (e.g., Linksys Velop AX4200): Recommended if you need whole-building coverage without dead zones, especially for long-distance fiber runs (HighSpeedOptions).

### **Deployment Tips**

For a 400-meter fiber run, use fiber media converters or switches to connect the fiber to the router's Ethernet port. Standard consumer routers cannot directly terminate long-distance fiber. Ensure proper cable management and consider PoE switches if powering access points along the distance.

Match the router's LAN/WAN speed to your fiber plan to avoid bottlenecks. By selecting a router with multi-gig support, Wi-Fi 6/7, and strong coverage, and using appropriate fiber termination equipment, you can fully leverage a 400-meter fiber optic connection for high-speed, reliable internet.

## Article Content

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See when you can use your own router for fiber internet, what equipment is still required, and how to choose a compatible router for your home.

Why is my ethernet cable speed is capped at 100 mbps when the

The router was recently changed so its definitely not the problem, the ethernet cable is cat5e so it should support up to 1gb. Cable has been sitting inside wall unmoved for like 8 years so I dont think its

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The best router for fiber optic internet will deliver the fastest internet speeds, offer great features and work with multiple devices.

7 Best Routers for Fiber Internet in 2025 [Top Picks]

Unlike cable internet, fiber connections do not require a cable modem. Instead, you simply plug a wireless router into the ONT provided by your ISP, set it up, and start using the internet. But if you're

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Key Takeaways: Fiber Hardware at a Glance ONT, not modem: Fiber internet uses an ONT (Optical Network Terminal) instead of a cable modem. The two devices are not interchangeable

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