Bandwidth Reference

	Fastest Time to Transfer 1GB	Theoretical Max Bandwidth
USB 2.0	17 Seconds	60 MB/Sec
1 Gb iSCSI	8 Seconds	125 MB/Sec
4 Gb Fibre Channel	2.4 Seconds	425 MB/Sec
USB 3.0	1.7 Seconds	600 MB/Sec
SATA Revision 3.0 (6Gb)	1.3 Seconds	750 MB/Sec
8 Gb Fibre Channel	1.2 Seconds	850 MB/Sec
10 Gb iSCSI	800 Milliseconds	1.25 GB/Sec
PCI Express 2.0 - x8 link (32 Gb/Sec)	250 Milliseconds	4 GB/Sec
RAM - DDR3 (1.066 GHz)	59 seconds for 1 Terabyte	17 GB/Sec

http://BrentOzar.com/Community

BRENT OZAR
UNLIMITED