Window Sizes per Bytes-in-Flight and MTU

Bandwidth	Latency (seconds)	Bytes-in-Flight	MSS	Window
19.2 Kbps	.120	295	1,460 x 4	5,840
64 Kbps	.400 (satellite)	3,277	536 x 8	4,288
384 Kbps	.120	5,899	1,460 x 6	8,760
1.5 Mbps	.120	23,593	1,460 x 18	26,280
10 Mbps	.002	2,622	1,460 x 4	5,840
100 Mbps	.002	26,215	1,460 x 18	26,280
100 Mbps	.010 (multihop)	131,073	1,460 x 90	131,400

This shows suggested window sizes based on the maximum number of bytes-in-flight and the end-to-end MTU.