To choose the most suitable Region I've used one of my utility scripts written in PowerShell and available at https://github.com/m-a-ge/utilities/blob/master/Get-AvgPingResponseTime.ps1

It aggregates results of ping utility and shows the most suitable ones.

The results were:

Name	Value	
rds.eu-central-1.amazonaws.com 68		
rds.eu-west-1.amazor	naws.com	90
rds.eu-west-2.amazor	naws.com	96
rds.ap-northeast-1.ama	azonaws.con	n 147
rds.us-east-1.amazona	ws.com 1	151
rds.ca-central-1.amazo	naws.com	152
rds.us-east-2.amazona	ws.com 1	163
rds.ap-south-1.amazor	naws.com	189
rds.ap-northeast-2.amazonaws.com 190		
rds.us-west-2.amazona	aws.com	219
rds.us-gov-west-1.amazonaws.com 240		
rds.sa-east-1.amazona	ws.com 2	270
rds.us-west-1.amazona	aws.com	280
rds.cn-north-1.amazonaws.com.cn 281		
rds.ap-southeast-2.amazonaws.com 326		
rds.ap-southeast-1.amazonaws.com 354		

There is no surprize that Europe won because I live in Russia.

EU (Frankfurt) Region (rds.eu-central-1.amazonaws.com) is the best option for me.

Here are the results for the first three options to prove my point and show that my script works correctly:

```
PS D:\coursera\design-secure-networked-systems\week1> ping rds.eu-central-1.amazonaws.com
PS D:\coursera\design-secure-networked-systems\week1> Pinging rds.eu-central-1.amazonaws.com [54.239.55.76] with 32 bytes of data: Reply from 54.239.55.76: bytes=32 time=65ms TTL=243 Reply from 54.239.55.76: bytes=32 time=66ms TTL=243 Reply from 54.239.55.76: bytes=32 time=65ms TTL=243
```

Reply from 54.239.55.76: bytes=32 time=64ms TTL=243

Ping statistics for 54.239.55.76:

Packets: Sent = 4, Received = 4, Lost = 0 (0% loss),

Approximate round trip times in milli-seconds:

Minimum = 64ms, Maximum = 66ms, Average = 65ms

PS D:\coursera\design-secure-networked-systems\week1> ping rds.eu-west-1.amazonaws.com

Pinging rds.eu-west-1.amazonaws.com [54.239.39.72] with 32 bytes of data:

Reply from 54.239.39.72: bytes=32 time=97ms TTL=238

Reply from 54.239.39.72: bytes=32 time=91ms TTL=238

Reply from 54.239.39.72: bytes=32 time=92ms TTL=238

Reply from 54.239.39.72: bytes=32 time=92ms TTL=238

Ping statistics for 54.239.39.72:

Packets: Sent = 4, Received = 4, Lost = 0 (0% loss),

Approximate round trip times in milli-seconds:

Minimum = 91ms, Maximum = 97ms, Average = 93ms

PS D:\coursera\design-secure-networked-systems\week1>

PS D:\coursera\design-secure-networked-systems\week1> ping rds.eu-west-2.amazonaws.com

Pinging rds.eu-west-2.amazonaws.com [52.94.48.93] with 32 bytes of data:

Reply from 52.94.48.93: bytes=32 time=81ms TTL=240

Reply from 52.94.48.93: bytes=32 time=82ms TTL=240

Reply from 52.94.48.93: bytes=32 time=79ms TTL=240

Reply from 52.94.48.93: bytes=32 time=80ms TTL=240

Ping statistics for 52.94.48.93:

Packets: Sent = 4, Received = 4, Lost = 0 (0% loss),

Approximate round trip times in milli-seconds:

Minimum = 79ms, Maximum = 82ms, Average = 80ms

PS D:\coursera\design-secure-networked-systems\week1>