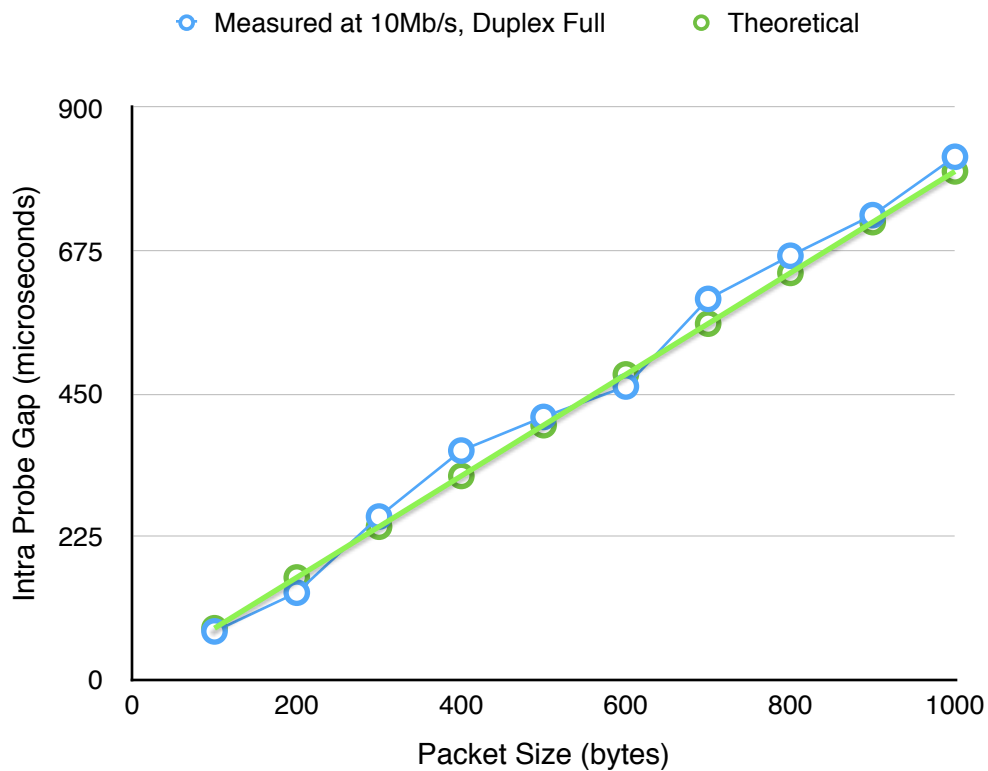Each datapoint is an average over 50 runs at the same packet size/link capacity. The theoretical values were calculated by dividing the size of the packet by the link capacity. The packet size includes the 42 byte header (verified via Wireshark).

Here's the same graph with the IFG accounted for.