I choose 8192 bytes as my block size. Most file systems (NTFS) are configured to use block size of 4096 bytes or 8192 bytes. If use buffer size a few bytes more than the disk block, the operation can be extremely inefficient because it will take 2 times to finish a read for a block. If the blocks are not in the cache, then use buffer size larger or equal to the disk block size. This leads to one of the stream reads could result in multiple disk block reads, but they will use the full block, so there is no waste. When the buffer size reaches the disk block size (4096 bytes or 8192 bytes) the reading speed is near instantaneous.