

Physical	# of Parallel Bit Streams/ Wavelength	Signaling Rate	Maximum Length	Media	Interface
40GBASE-KR4	4 lanes	10.3125 GBd	1 m	backplane	---
40GBASE-CR4	4lanes	10.3125 GBd	up to 7 m	Copper twin-ax	SFF-8436 (QSFP+)
40GBASE-SR4	4 lanes 850 nm	10.3125 GBd	100 m 150 m	SMF type B1.1, B1.3 or B6_a	IEC 61754-7 (MPO)
40GBASE-FR	1 lane 1550 mn	41.25 Gbd	2 m to 2 km	SMF type B1.1, B13 or B6_a	Performance IEC 61753-1-1 61753-021-2
40GBASE-LR4	4 lanes (CDWM) 1310 nm nominal	10.3125 GBd	2 m to 10 km	SMF type B1.1, B13 or B6_a	Performance IEC 61753-1-1 61753-021-2
40GBASE-ER4	4 lanes (CWDM) 1310 nm nominal	10.3125 GBd	2 m to 30 km 2 m to 40 km (engineered)	SMF type B1.1, B13 or B6_a	Performance IEC 61753-1-1 61753-021-2
100GBASE-KR4	4 lanes	25.78125 GBd	---	Backplane PMD	---
100GBASE-KP4	4 lanes	26.5625 Gb/s	---	Backplane PMA	---
100GBASE-CR4	4 lanes	25.78125 GBd	up to 5 m	Copper twin-ax	SFF-8665 (QSFP28) or CFP4 MSA HW (CFP4)
100GBASE-CR10	10 lanes	10.3125 GBd	up to 7 m	Copper twin-ax	SFF-8642 (CXP)
100GBASE-SR10	10 lanes	10.3125 GBd	100 m 150 m	OM3 MMF OM4 MMF	IEC 61754-7 (MPO)
100GBASE-SR4	4 lanes	25.78125 GBd	.5 m to 70 m 0.5 m to 100 m	OM3 MMF OM4 MMF	IEC 61754-7-1 (MPO)
100GBASE-LR4	4 lanes (CDWM) 1310 nm nominal	25.78125 GBd	2 m to 10 km	SMF type B1.1, B1.3 or B6_a	Performance IEC 61753-1-1 61753-021-2
100GBASE-ER4	4 lanes (CDWM) 1310 nm nominal	25.78125 GBd	2 m to 30 km 2 km to 40 km (engineered)	SMF type B1.1, B1.3 or B6_a	Performance IEC 61753-1-1 61753-021-2

Various implementations of 40 GbE and 100 GbE