

ITU Wavelength Grid

	L-Band				C-Band				S-Band			
	100 GHz Grid		50 GHz Offset		100 GHz Grid		50 GHz Offset		100 GHz Grid		50 GHz Offset	
	THz	nm	THz	nm	THz	nm	THz	nm	THz	nm	THz	nm
1	186.00	1611.78	186.05	1611.35	191.00	1569.59	191.05	1569.18	196.00	1529.55	196.05	1529.16
2	186.10	1610.92	186.15	1610.48	191.10	1568.77	191.15	1568.36	196.10	1528.77	196.15	1528.38
3	186.20	1610.05	186.25	1609.62	191.20	1567.95	191.25	1567.54	196.20	1527.99	196.25	1527.60
4	186.30	1609.19	186.35	1608.76	191.30	1567.13	191.35	1566.72	196.30	1527.21	196.35	1526.82
5	186.40	1608.32	186.45	1607.89	191.40	1566.31	191.45	1565.90	196.40	1526.43	196.45	1526.04
6	186.50	1607.46	186.55	1607.03	191.50	1565.49	191.55	1565.08	196.50	1525.66	196.55	1525.27
7	186.60	1606.60	186.65	1606.17	191.60	1564.67	191.65	1564.27	196.60	1524.88	196.65	1524.49
8	186.70	1605.74	186.75	1605.31	191.70	1563.86	191.75	1563.45	196.70	1524.11	196.75	1523.72
9	186.80	1604.88	186.85	1604.45	191.80	1563.04	191.85	1562.63	196.80	1523.33	196.85	1522.94
10	186.90	1604.02	186.95	1603.59	191.90	1562.23	191.95	1561.82	196.90	1522.56	196.95	1522.17
11	187.00	1603.16	187.05	1602.73	192.00	1561.41	192.05	1561.01	197.00	1521.78	197.05	1521.40
12	187.10	1602.31	187.15	1601.88	192.10	1560.60	192.15	1560.20	197.10	1521.01	197.15	1520.63
13	187.20	1601.45	187.25	1601.02	192.20	1559.79	192.25	1559.38	197.20	1520.24	197.25	1519.86
14	187.30	1600.60	187.35	1600.17	192.30	1558.98	192.35	1558.57	197.30	1519.47	197.35	1519.09
15	187.40	1599.74	187.45	1599.31	192.40	1558.17	192.45	1557.76	197.40	1518.70	197.45	1518.32
16	187.50	1598.89	187.55	1598.46	192.50	1557.36	192.55	1556.95	197.50	1517.93	197.55	1517.55
17	187.60	1598.04	187.65	1597.61	192.60	1556.55	192.65	1556.15	197.60	1517.16	197.65	1516.78
18	187.70	1597.18	187.75	1596.76	192.70	1555.74	192.75	1555.34	197.70	1516.40	197.75	1516.01
19	187.80	1596.33	187.85	1595.91	192.80	1554.94	192.85	1554.53	197.80	1515.63	197.85	1515.25
20	187.90	1595.48	187.95	1595.06	192.90	1554.13	192.95	1553.73	197.90	1514.86	197.95	1514.48
21	188.00	1594.64	188.05	1594.21	193.00	1553.32	193.05	1552.92	198.00	1514.10	198.05	1513.72
22	188.10	1593.79	188.15	1593.36	193.10	1552.52	193.15	1552.12	198.10	1513.33	198.15	1512.95
23	188.20	1592.94	188.25	1592.52	193.20	1551.72	193.25	1551.31	198.20	1512.57	198.25	1512.19
24	188.30	1592.10	188.35	1591.67	193.30	1550.91	193.35	1550.51	198.30	1511.81	198.35	1511.43
25	188.40	1591.25	188.45	1590.83	193.40	1550.11	193.45	1549.71	198.40	1511.05	198.45	1510.67
26	188.50	1590.41	188.55	1589.98	193.50	1549.31	193.55	1548.91	198.50	1510.28	198.55	1509.90
27	188.60	1589.56	188.65	1589.14	193.60	1548.51	193.65	1548.11	198.60	1509.52	198.65	1509.14
28	188.70	1588.72	188.75	1588.30	193.70	1547.71	193.75	1547.31	198.70	1508.76	198.75	1508.38
29	188.80	1587.88	188.85	1587.46	193.80	1546.91	193.85	1546.51	198.80	1508.01	198.85	1507.63
30	188.90	1587.04	188.95	1586.62	193.90	1546.11	193.95	1545.72	198.90	1507.25	198.95	1506.87
31	189.00	1586.20	189.05	1585.78	194.00	1545.32	194.05	1544.92	199.00	1506.49	199.05	1506.11
32	189.10	1585.36	189.15	1584.94	194.10	1544.52	194.15	1544.12	199.10	1505.73	199.15	1505.36
33	189.20	1584.52	189.25	1584.10	194.20	1543.73	194.25	1543.33	199.20	1504.98	199.25	1504.60
34	189.30	1583.68	189.35	1583.27	194.30	1542.93	194.35	1542.53	199.30	1504.22	199.35	1503.84
35	189.40	1582.85	189.45	1582.43	194.40	1542.14	194.45	1541.74	199.40	1503.47	199.45	1503.09
36	189.50	1582.01	189.55	1581.60	194.50	1541.34	194.55	1540.95	199.50	1502.71	199.55	1502.34
37	189.60	1581.18	189.65	1580.76	194.60	1540.55	194.65	1540.16	199.60	1501.96	199.65	1501.59
38	189.70	1580.35	189.75	1579.93	194.70	1539.76	194.75	1539.37	199.70	1501.21	199.75	1500.83
39	189.80	1579.51	189.85	1579.10	194.80	1538.97	194.85	1538.58	199.80	1500.46	199.85	1500.08
40	189.90	1578.68	189.95	1578.27	194.90	1538.18	194.95	1537.79	199.90	1499.71	199.95	1499.33
41	190.00	1577.85	190.05	1577.43	195.00	1537.39	195.05	1537.00	200.00	1498.96	200.05	1498.58
42	190.10	1577.02	190.15	1576.61	195.10	1536.60	195.15	1536.21	200.10	1498.21	200.15	1497.83
43	190.20	1576.19	190.25	1575.78	195.20	1535.82	195.25	1535.42	200.20	1497.46	200.25	1497.09
44	190.30	1575.36	190.35	1574.95	195.30	1535.03	195.35	1534.64	200.30	1496.71	200.35	1496.34
45	190.40	1574.54	190.45	1574.12	195.40	1534.25	195.45	1533.85	200.40	1495.97	200.45	1495.59
46	190.50	1573.71	190.55	1573.30	195.50	1533.46	195.55	1533.07	200.50	1495.22	200.55	1494.85
47	190.60	1572.88	190.65	1572.47	195.60	1532.68	195.65	1532.28	200.60	1494.47	200.65	1494.10
48	190.70	1572.06	190.75	1571.65	195.70	1531.89	195.75	1531.50	200.70	1493.73	200.75	1493.36
49	190.80	1571.23	190.85	1570.82	195.80	1531.11	195.85	1530.72	200.80	1492.99	200.85	1492.61
50	190.90	1570.41	190.95	1570.00	195.90	1530.33	195.95	1529.94	200.90	1492.24	200.95	1491.87