

ITU Grid Channels (100 GHz Spacing)

Channel	Frequency (GHz)	Wavelength (nm)	Channel	Frequency (GHz)	Wavelength (nm)
1	190,100	1577.03	38	193,800	1546.92
2	190,200	1576.20	39	193,900	1546.12
3	190,300	1575.37	40	194,000	1545.32
4	190,400	1574.54	41	194,100	1544.53
5	190,500	1573.71	42	194,200	1543.73
6	190,600	1572.89	43	194,300	1542.94
7	190,700	1572.06	44	194,400	1542.14
8	190,800	1571.24	45	194,500	1541.35
9	190,900	1570.42	46	194,600	1540.56
10	191,000	1569.59	47	194,700	1539.77
11	191,100	1568.77	48	194,800	1538.98
12	191,200	1567.95	49	194,900	1538.19
13	191,300	1567.13	50	195,000	1537.40
14	191,400	1566.31	51	195,100	1536.61
15	191,500	1565.50	52	195,200	1535.82
16	191,600	1564.68	53	195,300	1535.04
17	191,700	1563.86	54	195,400	1534.25
18	191,800	1563.05	55	195,500	1533.47
19	191,900	1562.23	56	195,600	1532.68
20	192,000	1561.42	57	195,700	1531.90
21	192,100	1560.61	58	195,800	1531.12
22	192,200	1559.79	59	195,900	1530.33
23	192,300	1558.98	60	196,000	1529.55
24	192,400	1558.17	61	196,100	1528.77
25	192,500	1557.36	62	196,200	1527.99
26	192,600	1556.55	63	196,300	1527.22
27	192,700	1555.75	64	196,400	1526.44
28	192,800	1554.94	65	196,500	1525.66
29	192,900	1554.13	66	196,600	1524.89
30	193,000	1553.33	67	196,700	1524.11
31	193,100	1552.52	68	196,800	1523.34
32	193,200	1551.72	69	196,900	1522.56
33	193,300	1550.92	70	197,000	1521.79
34	193,400	1550.12	71	197,100	1521.02
35	193,500	1549.32	72	197,200	1520.25
36	193,600	1548.51	73	197,300	1519.48
37	193,700	1547.72			