

Forum:[Hack Forums](#)

Thread: [Internet Speed vs Bufferbloat](#)

7 - January 4, 2026, 11:46 pm

I see many threads checking their internet speed using speed test but how about your bufferbloat.

Bufferbloat is basically network lag caused by routers buffering too much data. When the buffers get stuffed, packets just sit there waiting, which jacks up latency (ping) and jitter — even if you're on a fast line. So the moment someone starts a big download, 4K stream, cloud sync, whatever, everything else starts feeling slow or stuttery. Games lag, calls go choppy, pages take ages to respond.

What's actually going on:

Routers use buffers as temporary holding areas to smooth traffic, which is fine in theory. The problem is a lot of consumer and older gear uses oversized or dumb buffers, so instead of dropping packets when things get busy, it just keeps stacking them up. That creates massive queues and everything waits far too long to be sent.

What you notice:

- High ping and random lag spikes in games
- Voice/video calls (Zoom, VoIP etc) going robotic or cutting out
- Web browsing feels sluggish whenever the network is under load

Why it happens:

It's mostly down to old design choices. Manufacturers tried to avoid packet loss at all costs, so they made buffers huge. Under load that completely backfires. Add congestion (more traffic than the link can handle) and packets just pile up endlessly.

Check your's post your results

<https://www.waveform.com/tools/bufferbloat>

Also this can also be used in a similar way to a DDOS attack by placing multiple devices on an internal network to overload the buffer.

"You don't need floods of packets or crazy bandwidth. All it takes is one or a few internal devices pushing sustained traffic that fills the router's buffers. Once those buffers are full, everything else gets stuck waiting — latency goes through the roof and time-sensitive traffic (DNS, VoIP, SSH, games, control traffic) basically collapses."

"Why it's nasty from a defensive POV

Traditional DDoS detection often won't catch this because:

Traffic volume can be relatively low

It's coming from inside the network

No packet loss, just insane latency and jitter

So monitoring tools say "looks fine" while users are screaming."

Anyway it's made me rethink my network setup and also how vulnerable companies are such a mobile phone stores e.t.c for sim swapping ddos attempts.

R5N3T - January 5, 2026, 12:59 am

Ughhh My internet is bad, haha

My result on Buffebloat :

<https://www.waveform.com/tools/bufferbloat?test-id=f2edc469-2cd9-4918-8d23-e128c0990e45>

I got grade D

7 - January 5, 2026, 1:10 am

(Jan 5, 2026 01:59 AM)tuyulperang Wrote: [\[CITE\]](#) Ughhh My internet is bad, haha

My result on Buffebloat :

<https://www.waveform.com/tools/bufferbloat?test-id=f2edc469-2cd9-4918-8d23-e128c0990e45>

I got grade D

I think there are many people even with high speed internet with rubbish bufferbloat scores. It was the same for me with 2.5gbps due to a shitty router which got changed.

R5N3T - January 5, 2026, 1:58 am

That makes sense, hardware really matters.

Cosa Nostra - January 25, 2026, 1:24 am

(Jan 5, 2026 01:59 AM)tuyulperang Wrote: [\[CITE\]](#) Ughhh My internet is bad, haha

My result on Buffebloat :

<https://www.waveform.com/tools/bufferbloat?test-id=f2edc469-2cd9-4918-8d23-e128c0990e45>

I got grade D

Hi op, joining you!

> <https://www.waveform.com/tools/bufferbloat?test-id=5f899be2-a966-4629-9ec4-25a539e72913>