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[jason@fedora11 ~]$ ping test-gbl.vo.llnwd.net
PING test-gbl.vo.llnwd.net (208.111.128.70) 56(84) bytes of data.
64 bytes from cds490.lga.llnw.net (208.111.128.70): icmp_seq=1 ttl=56 time=8.59 ms
64 bytes from cds490.lga.llnw.net (208.111.128.70): icmp_seq=2 ttl=56 time=8.50 ms
64 bytes from cds490.lga.llnw.net (208.111.128.70): icmp_seq=3 ttl=56 time=9.00 ms
64 bytes from cds490.lga.llnw.net (208.111.128.70): icmp_seq=4 ttl=56 time=9.37 ms
64 bytes from cds490.lga.llnw.net (208.111.128.70): icmp_seq=5 ttl=56 time=8.51 ms
64 bytes from cds490.lga.llnw.net (208.111.128.70): icmp_seq=6 ttl=56 time=8.93 ms
64 bytes from cds490.lga.llnw.net (208.111.128.70): icmp_seq=7 ttl=56 time=9.00 ms
64 bytes from cds490.lga.llnw.net (208.111.128.70): icmp_seq=8 ttl=56 time=9.91 ms
^C
--- test-gbl.vo.llnwd.net ping statistics ---
8 packets transmitted, 8 received, 0% packet loss, time 7584ms
rtt min/avg/max/mdev = 8.505/8.982/9.915/0.467 ms
[jason@fedora11 ~]$ traceroute test-gbl.vo.llnwd.net
traceroute to test-gbl.vo.llnwd.net (208.111.128.70), 30 hops max, 60 byte packets
 1 192.168.1.1 (192.168.1.1) 0.406 ms 0.637 ms 0.702 ms
 2 10.64.96.1 (10.64.96.1) 7.474 ms 11.897 ms 12.790 ms
 3 dstswr1-vlan2.rh.brfdnj.cv.net (67.83.242.161) 12.875 ms 12.899 ms 12.983 ms
 4 rtr3-ge1-13.mhe.prnynj.cv.net (67.83.242.129) 14.487 ms 14.535 ms 15.385 ms
 5 rtr4-tg10-3.wan.prnynj.cv.net (64.15.6.33) 40.111 ms 40.175 ms 40.198 ms
 6 64.15.0.65 (64.15.0.65) 16.258 ms 9.924 ms 9.476 ms
 7 * * *
 8 ve2002.fr4.lga.llnw.net (69.28.171.202) 15.140 ms 15.052 ms 15.172 ms
 9 cds490.lga.llnw.net (208.111.128.70) 13.846 ms 13.916 ms 13.937 ms
[jason@fedora11 ~]$ wget http://test-gbl.vo.llnwd.net/ol/bighonkingfile.flv
--2009-07-06 21:32:53-- http://test-gbl.vo.llnwd.net/ol/bighonkingfile.flv
Resolving test-gbl.vo.llnwd.net... 208.111.128.70
Connecting to test-gbl.vo.llnwd.net|208.111.128.70|:80... connected.
HTTP request sent, awaiting response... 200 OK
Length: 498578551 (475M) [text/plain]
Saving to: `bighonkingfile.flv.3'

100%[=====>] 498,578,551 2.67M/s in 2m 32s

2009-07-06 21:35:24 (3.13 MB/s) - `bighonkingfile.flv.3' saved [498578551/498578551]
```