



Barometer of fixed Internet connections in Norway

01/01/2025 - 12/31/2025



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1. Introducing nPerf



Expert in the telecom network optimization

nPerf is an independent French company based in Lyon (France). For over a decade, nPerf has been a trusted partner for both fixed and mobile operators, providing comprehensive network testing solutions and analysis. Our mission is to accurately measure, evaluate, and enhance the understanding of Internet connectivity around the world.



300k+ tests daily
worldwide.



26Md+ coverage
scans in total.



3k+ servers all
around the world.

Test your Internet connection with nPerf!

nPerf allows you to test the quality of your fixed, mobile, or Wi-Fi Internet connections up to 10 Gb/s! Download our app or visit our website!



Télécharger dans
l'App Store



DISPONIBLE SUR
Google Play



Test your connection
on nPerf.com

2. Executive Summary



The subscribers of Eninvest and Sognetett enjoyed the best Fixed Internet performances in 2025 in Norway.

Fixed Internet performance in Norway

	Altibox	Eninvest	Global Connect	Sognetett	Telenor	Telia
▼ Download bitrates (Mb/s)	165.75	207.83	174.07	157.45	159.36	123.52
▲ Upload bitrates (Mb/s)	165.29	204.44	185.22	172.43	106.04	73.29
◀▶ Latency (ms)	21.05	8.38	43.31	8.30	36.17	47.17
🌐 Web browsing (%)	81.17	80.20	81.25	85.05	78.79	71.89
🎥 Youtube streaming (%)	86.16	84.67	82.96	84.66	83.28	81.62

📊 nPerf Score (nPoints)	128 535	140 476	116 412	139 805	112 810	97 983
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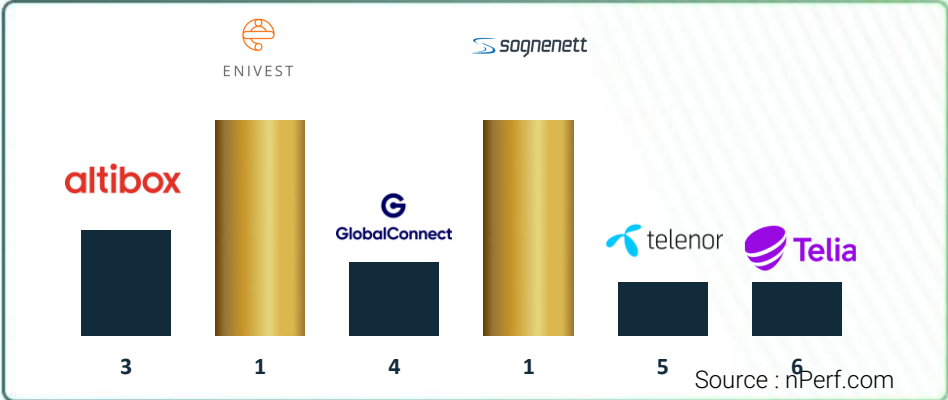
Source : nPerf.com



Best Fixed Internet performance
in 2025



Source : nPerf.com



The subscribers of Sognetett enjoyed the best WIFI Internet in 2025 in Norway.

Fixed Internet performance in Norway

	Altibox	Eninvest	Global Connect	Sognetett	Telenor	Telia
▼ Download bitrates (Mb/s)	146.31	130.55	154.24	157.60	129.60	90.62
▲ Upload bitrates (Mb/s)	143.37	131.55	157.70	171.36	81.81	53.90
◀▶ Latency (ms)	21.89	13.21	32.46	7.42	29.44	59.82
🌐 Web browsing (%)	81.16	80.20	81.25	85.05	79.05	77.79
🎬 Youtube streaming (%)	86.16	84.67	82.96	84.66	84.84	84.13
 nPerf Score (nPoints)	125 355	128 085	118 118	140 330	112 949	94 554

Source : nPerf.com

The subscribers of Altibox, Eninvest, Global Connect and Sognetnett enjoyed the best FTTH Internet in 2025 in Norway.

Fixed Internet performance in Norway

	Altibox	Eninvest	Global Connect	Sognet nett	Telenor	Telia
▼ Download bitrates (Mb/s)	304.19	307.22	343.95	249.24	334.71	321.35
▲ Upload bitrates (Mb/s)	316.49	301.54	391.54	284.57	299.59	352.25
◀▶ Latency (ms)	18.75	7.33	24.61	5.28	22.52	22.71
🌐 Web browsing (%)	85.61	79.96	88.24	85.16	87.24	83.82
🎬 Youtube streaming (%)	88.68	85.61	89.76	84.92	83.19	89.21
 nPerf Score (nPoints)	148 462	149 344	150 398	151 306	143 269	145 875

Source : nPerf.com

The Norwegian fixed-line Internet sector displays an average score of 122,637 nPoints. Eninvest and Sognett share the leadership position ex-aequo with 140,476 and 139,805 nPoints respectively, dominating across multiple indicators. The sector features strong competition with six operators delivering robust performances, particularly on FTTH and WiFi technologies.

Eninvest: leadership through superior speed

Eninvest shares the top position ex-aequo with 140,476 nPoints and dominates on download speed with 207.8 Mbps, ideal for HD streaming. The operator leads upload speed with 204.4 Mbps, guaranteeing high-quality video conferencing. It ranks second for latency (8.4 ms), ensuring responsive real-time communications.

Sognett: optimal latency and browsing

Sognett shares the leadership ex-aequo with 139,805 nPoints and achieves the best latency on the sector (8.3 ms), perfect for online gaming. The operator leads in browsing (85.1%) and shares first place ex-aequo for video streaming (84.7%). It ranks third for upload speed with 172.4 Mbps.

Altibox: competitive performances in progression

Altibox ranks third with 128,535 nPoints and records a strong

(86.2%) and ranks third for download speed with 165.8 Mbps, delivering quality streaming experiences.

GlobalConnect: solid upload performances

GlobalConnect ranks fourth with 116,412 nPoints and displays strong performances on upload speed (185.2 Mbps, 2nd place). The operator ranks second for download speed with 174.1 Mbps.

Telenor: strong progression

Telenor ranks fifth with 112,810 nPoints and records a strong progression of 7.3%. The operator displays competitive performances across all indicators.

Telia: balanced positioning

Telia ranks sixth with 97,983 nPoints and maintains its presence on the sector with consistent performances across all indicators.

The Norwegian sector is characterized by intense competition at the top, with two operators sharing the leadership position. Users benefit from high-performance offerings, particularly on FTTH technology, with exceptional speed exceeding 200 Mbps for both download and upload. Low latency levels across leading operators ensure optimal experiences for real-time applications and online gaming.

4. Methodology



nPerf provides a free application to assess Internet connection quality via its website and mobile apps (Android, iOS). Daily, thousands of people rely on nPerf for speed tests in their country, contributing to a comprehensive crowdsourced database covering all operators.

The study employs a strong filtering method to reflect real customer experiences on a specific network (mobile or fixed line). Measures are taken to prevent probes and measurement robots from affecting the results.

We assess:

▼ Download bitrate

Indicates the amount of data your connection can receive in one second from the nPerf server. The highest the measured value, the best is the bitrate of your connection.

▲ Upload bitrate

Indicates the amount of data your connection can send in one second to the nPerf server. The highest the measured value, the best is the bitrate of your connection.

◄► Latency (ping)

It indicated the delay a small packet of data requires to make a round-trip from your computer to the nPerf server. The shorter the delay, the most reactive your connection is. The mean is the minimum value.

🌐 Browsing performance

The browsing test assesses the load time of the fully loaded pages, including images, javascript, CSS, and fonts, for the five most popular sites. This indicator reflects the perceived quality by the user.

📺 Streaming performance

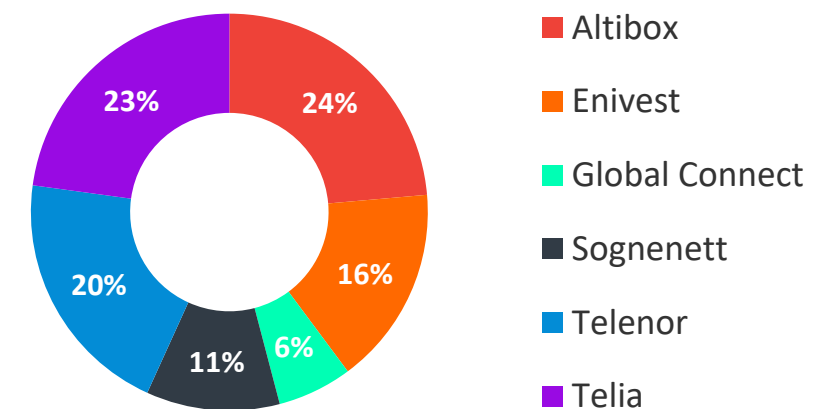
The video streaming test gauges the load time of a fully loaded video in three resolutions on YouTube, considering stalls during playback. This indicator reflects the perceived quality by the user.

Statistical precision is crucial in accurately determining winners. At nPerf, we prioritize test quality, precise reporting, and transparency. Analyzing a large volume of tests in this study, we've achieved 1.5% precision for absolute values and 1% point for percentage-based results, highlighting the reliability and accuracy of our data.

For a more comprehensive understanding of the user experience, our report features test results during both Busy hours (6 PM to 11 PM) and Idle hours (the rest of the day). Busy hours, marked by network strain, can impact user experience through congestion. This approach helps in understanding how network performance fluctuates throughout the day.

We only include national Internet service providers with test share above 5% share. The chart below shows the overall test distribution for each service provider.

Overall distribution of the tests per provider (ISPs Share)



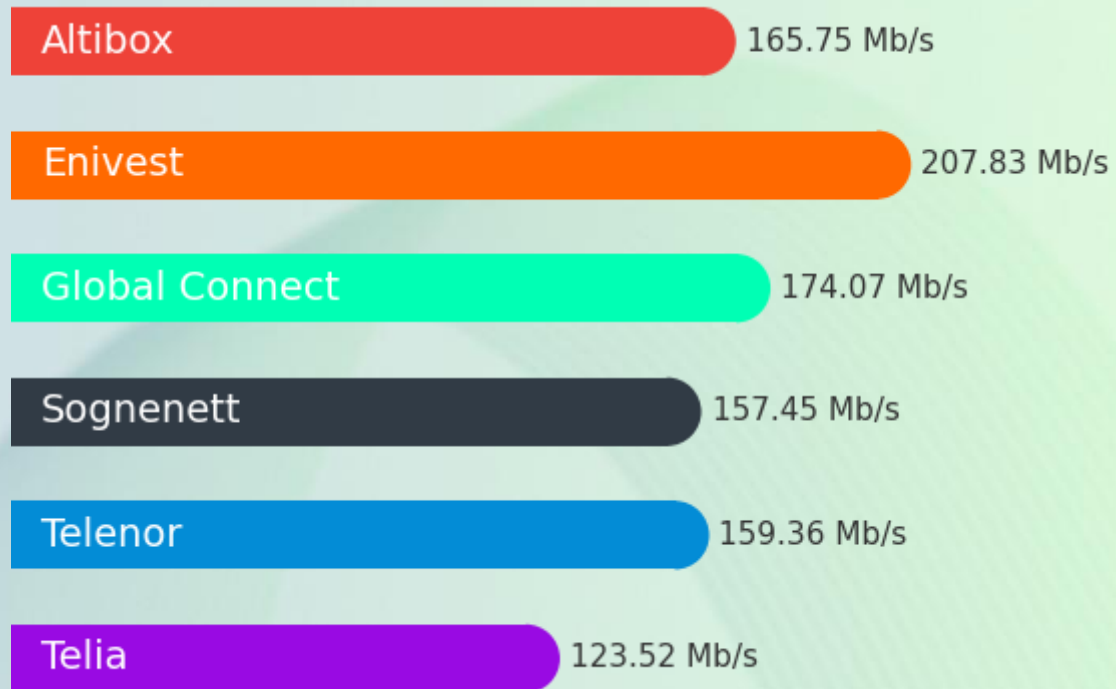
Source : nPerf.com



Download Speed



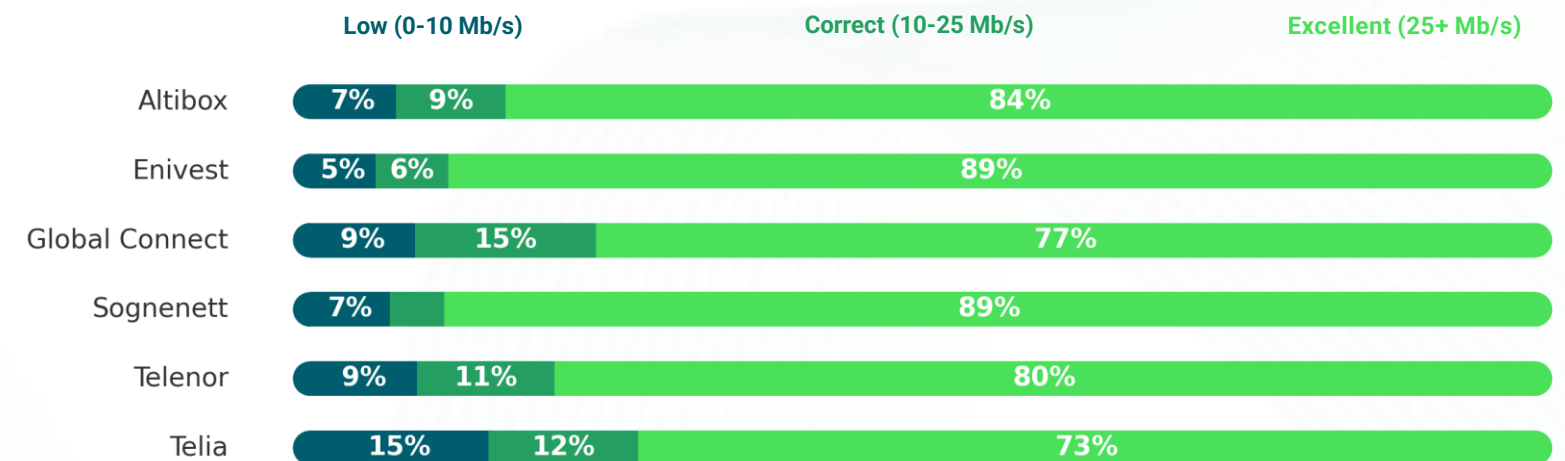
Download Speed (average)



Source : nPerf.com

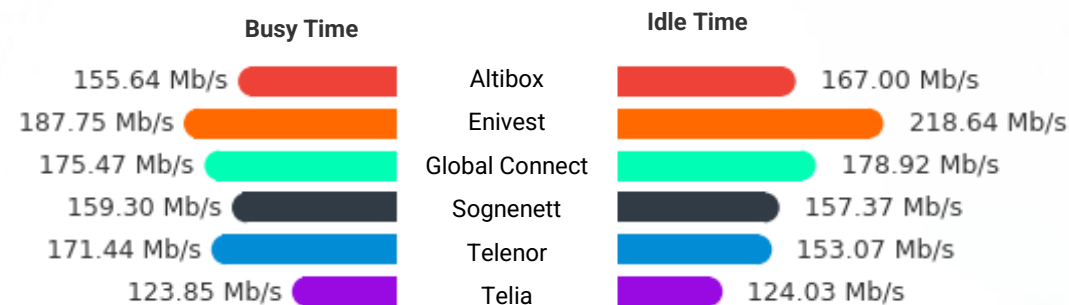
The subscribers of Eninvest enjoyed the best Fixed Internet Download Speed in 2025.

Download Speed results ventilation (average)



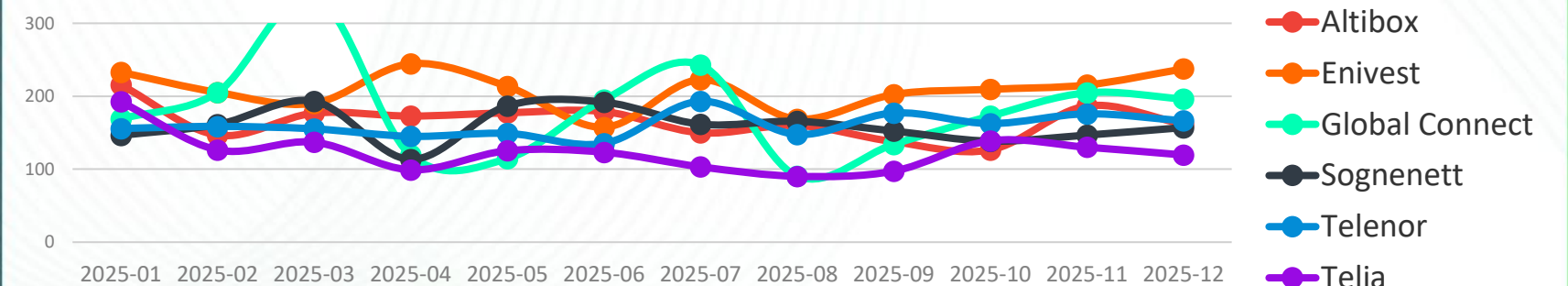
Source : nPerf.com

Download Speed (average)



Source : nPerf.com

Download Speed evolution over the year (average)



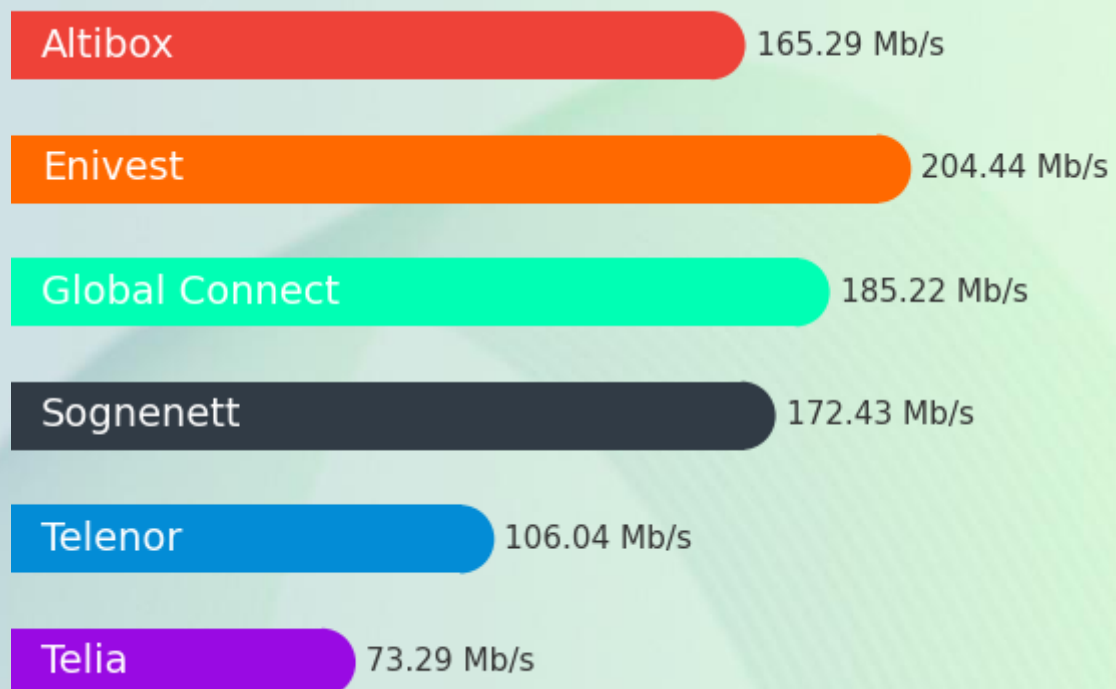
Source : nPerf.com



Upload Speed



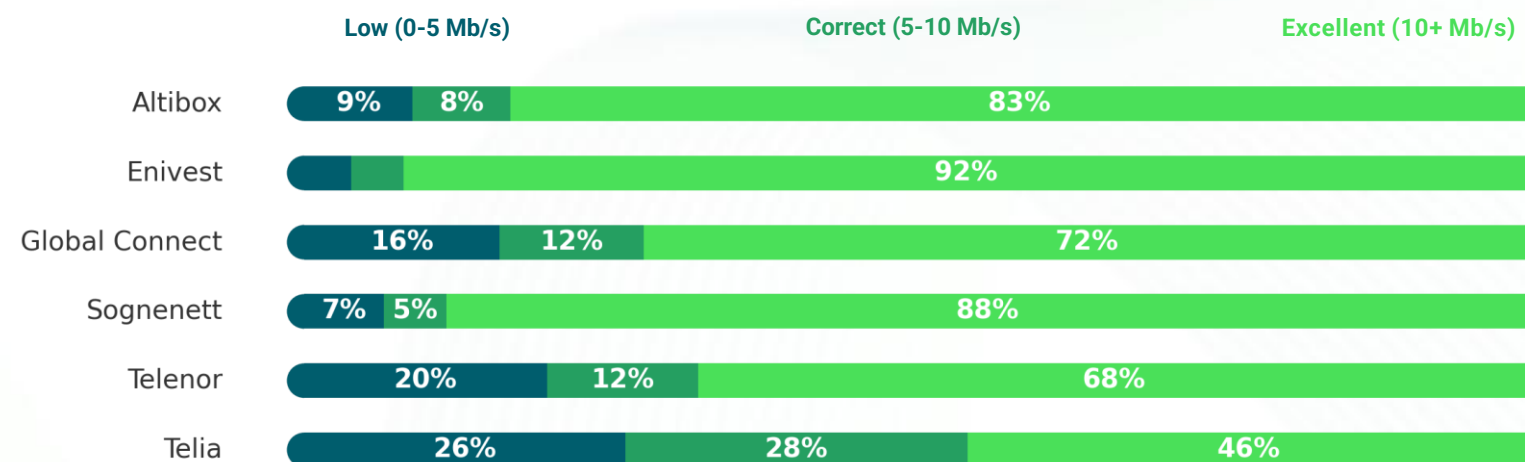
Upload Speed (average)



Source : nPerf.com

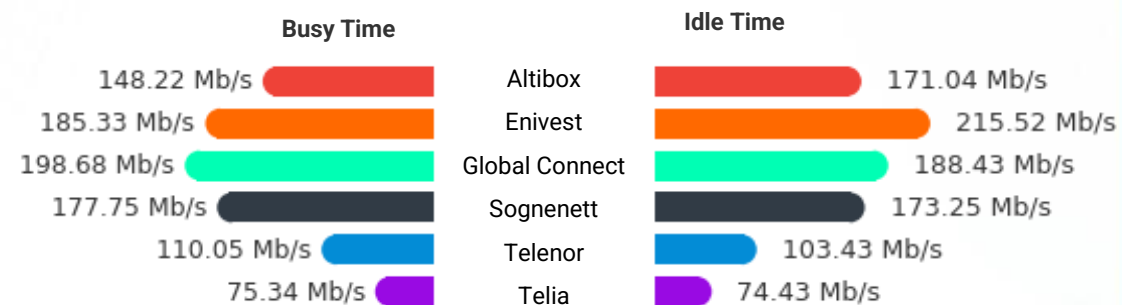
The subscribers of Eninvest enjoyed the best Fixed Internet Upload Speed in 2025.

Upload Speed results ventilation (average)



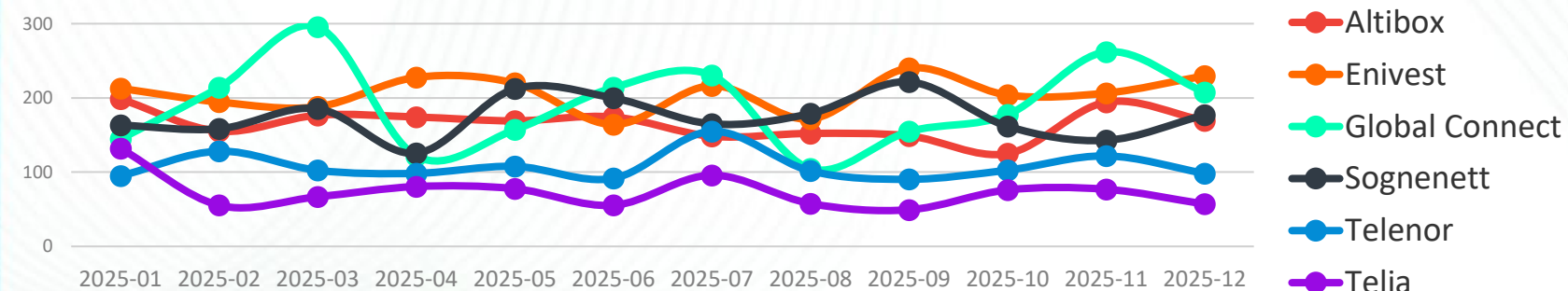
Source : nPerf.com

Upload Speed (average)



Source : nPerf.com

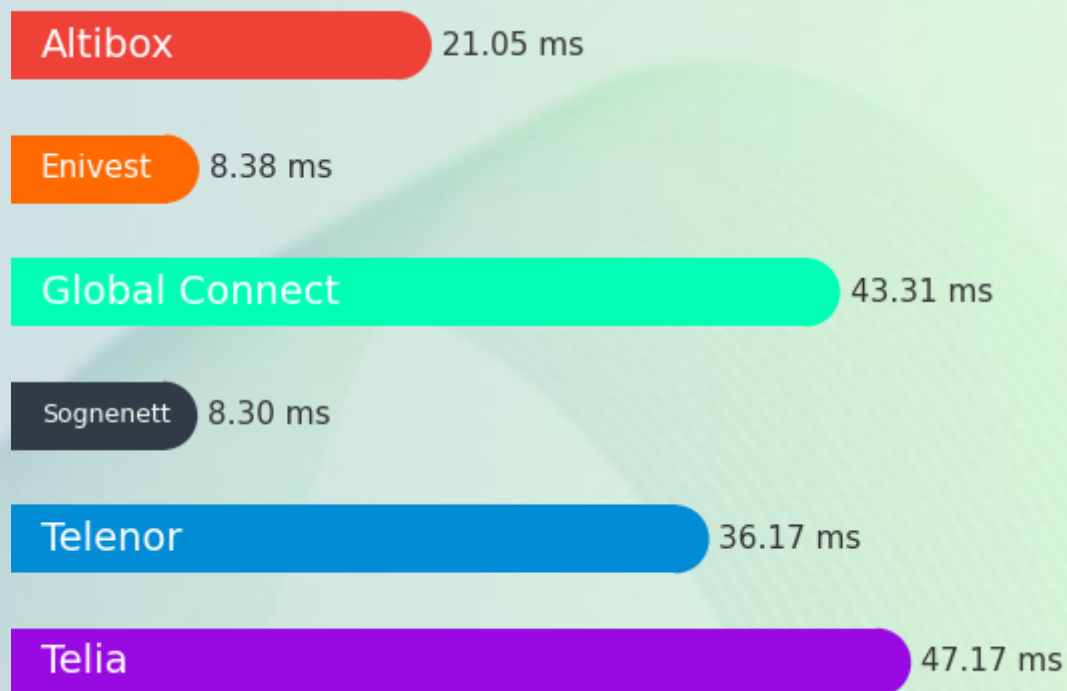
Upload Speed evolution over the year (average)



Source : nPerf.com



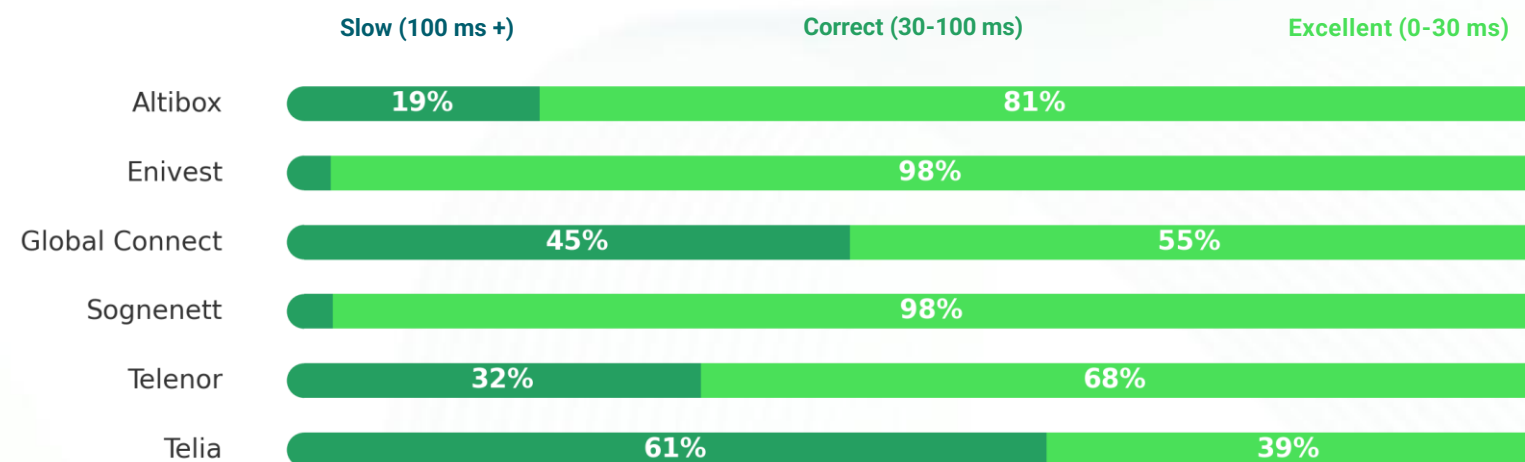
Latency (average)



Source : nPerf.com

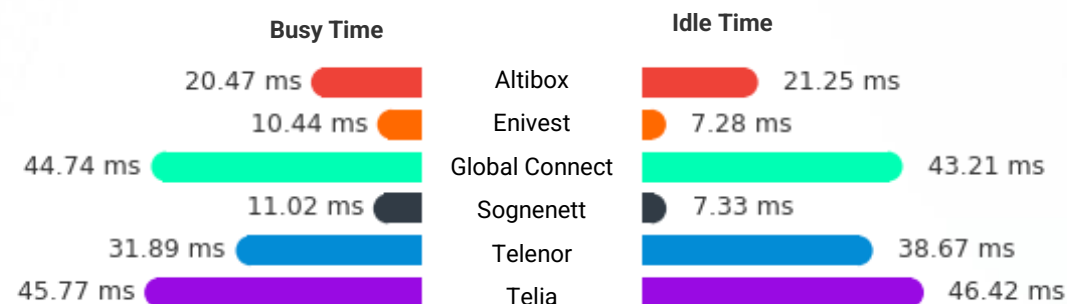
The subscribers of Enivest and Sognett enjoyed the best Fixed Internet Latency in 2025.

Latency results ventilation (average)



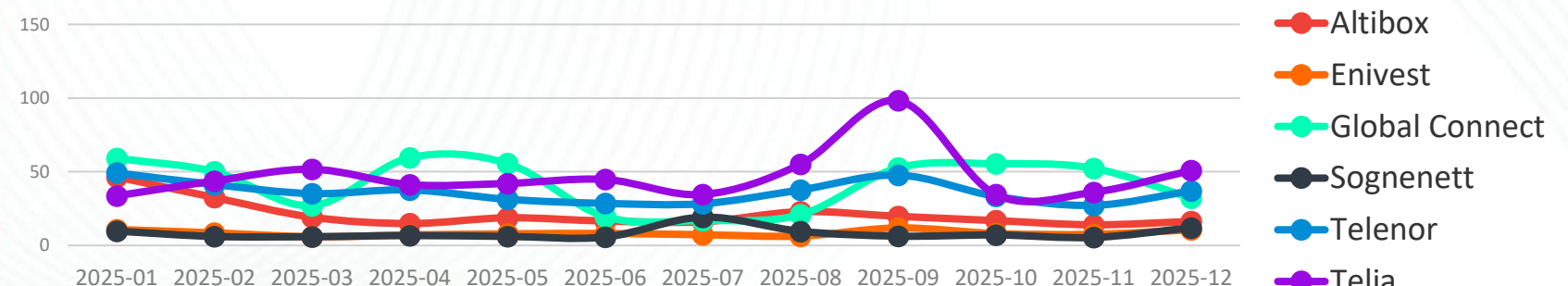
Source : nPerf.com

Latency (average)



Source : nPerf.com

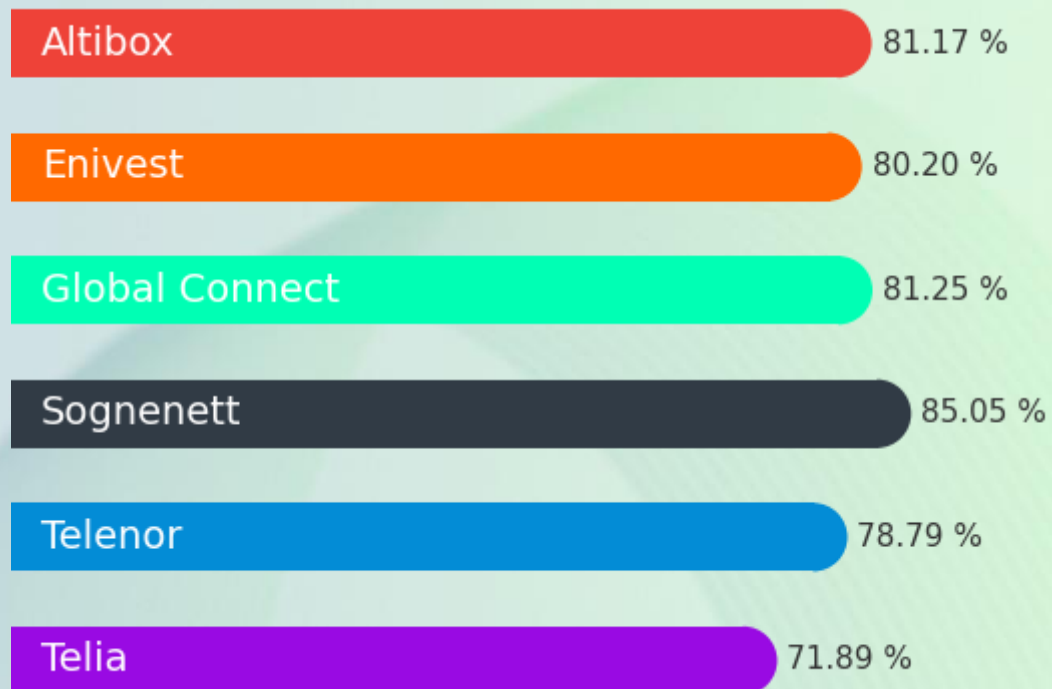
Latency evolution over the year (average)



Source : nPerf.com



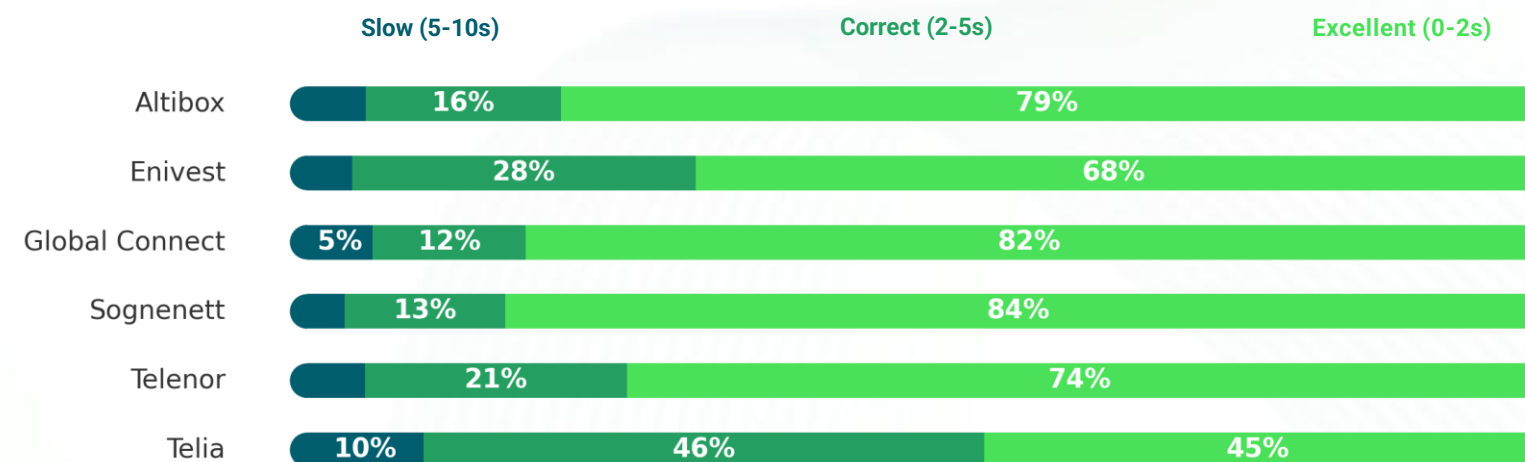
Browsing Performance (average)



Source : nPerf.com

The subscribers of Sognett enjoyed the best Fixed Internet Browsing Performance in 2025.

Browsing Performance results ventilation (average)



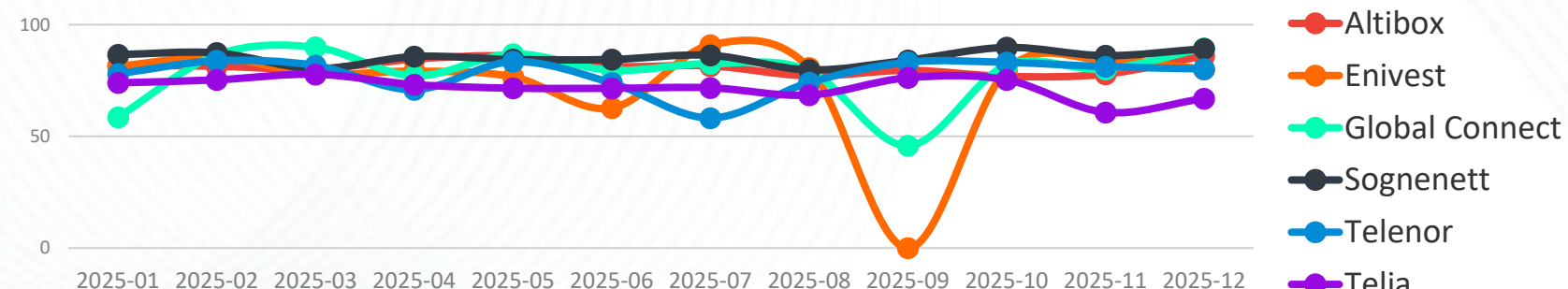
Source : nPerf.com

Browsing Performance (average)



Source : nPerf.com

Browsing Performance evolution over the year (average)



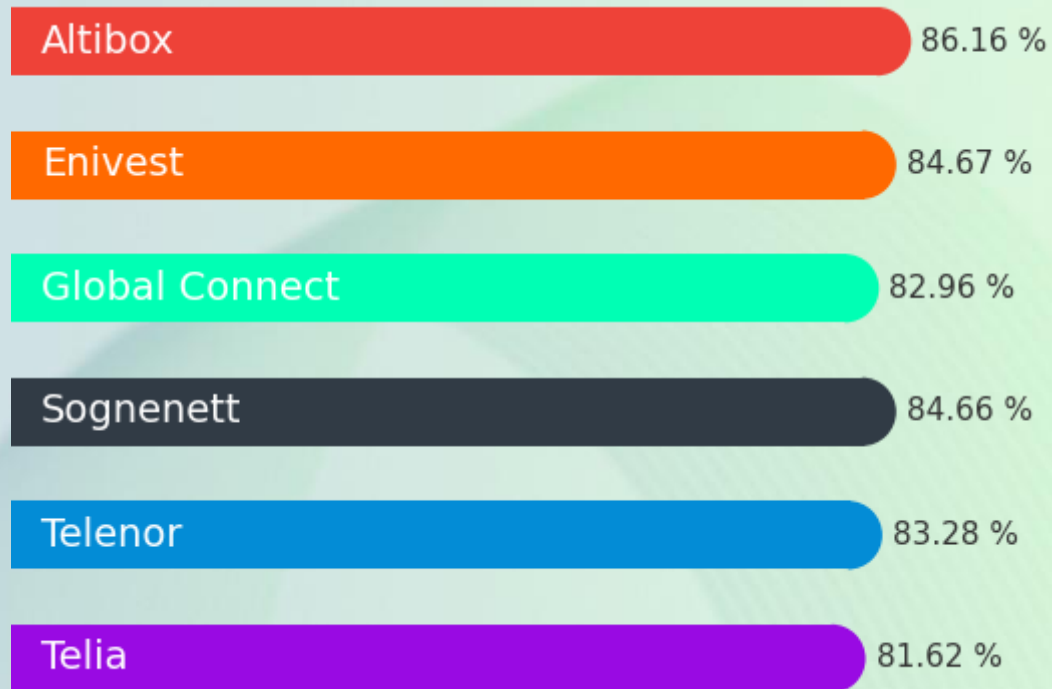
Source : nPerf.com



Streaming Performance



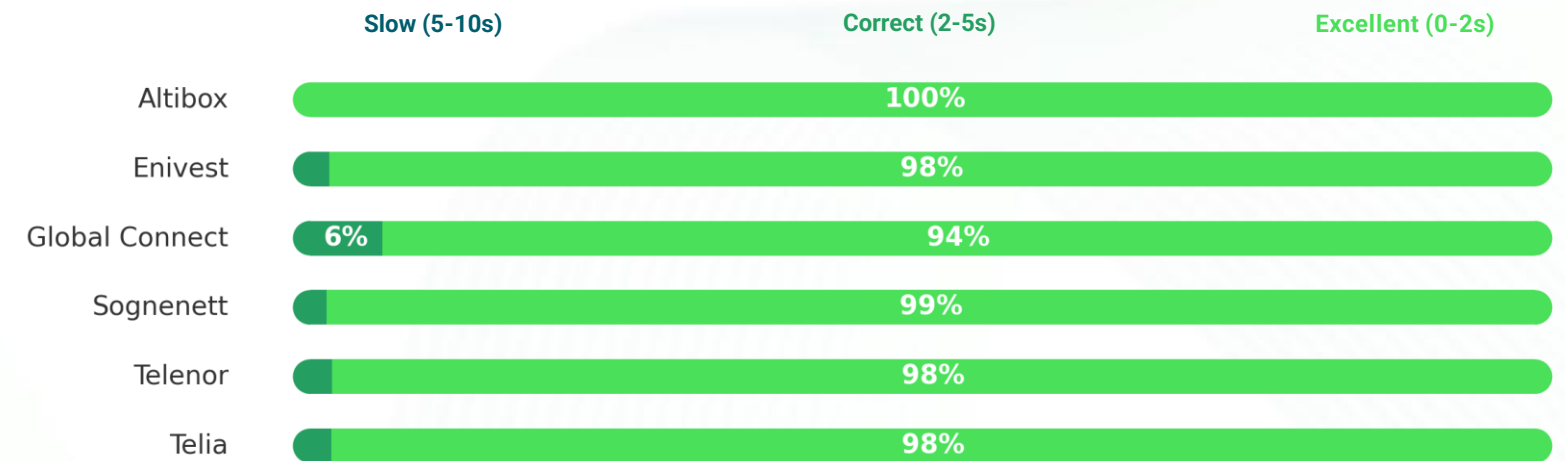
Streaming Performance (average)



Source : nPerf.com

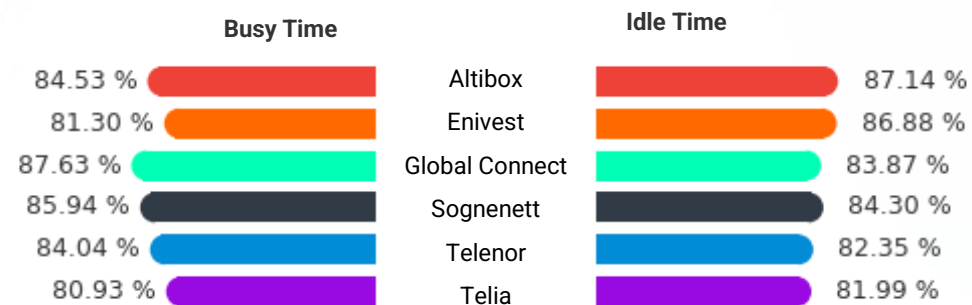
The subscribers of Altibox and Sognett enjoyed the best Fixed Internet Streaming Performance in 2025.

Streaming Performance results ventilation (average)



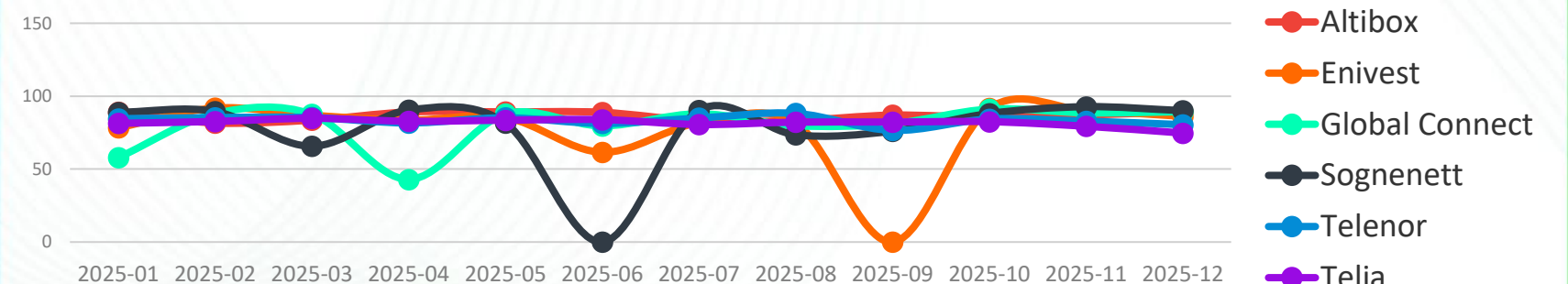
Source : nPerf.com

Streaming Performance (average)

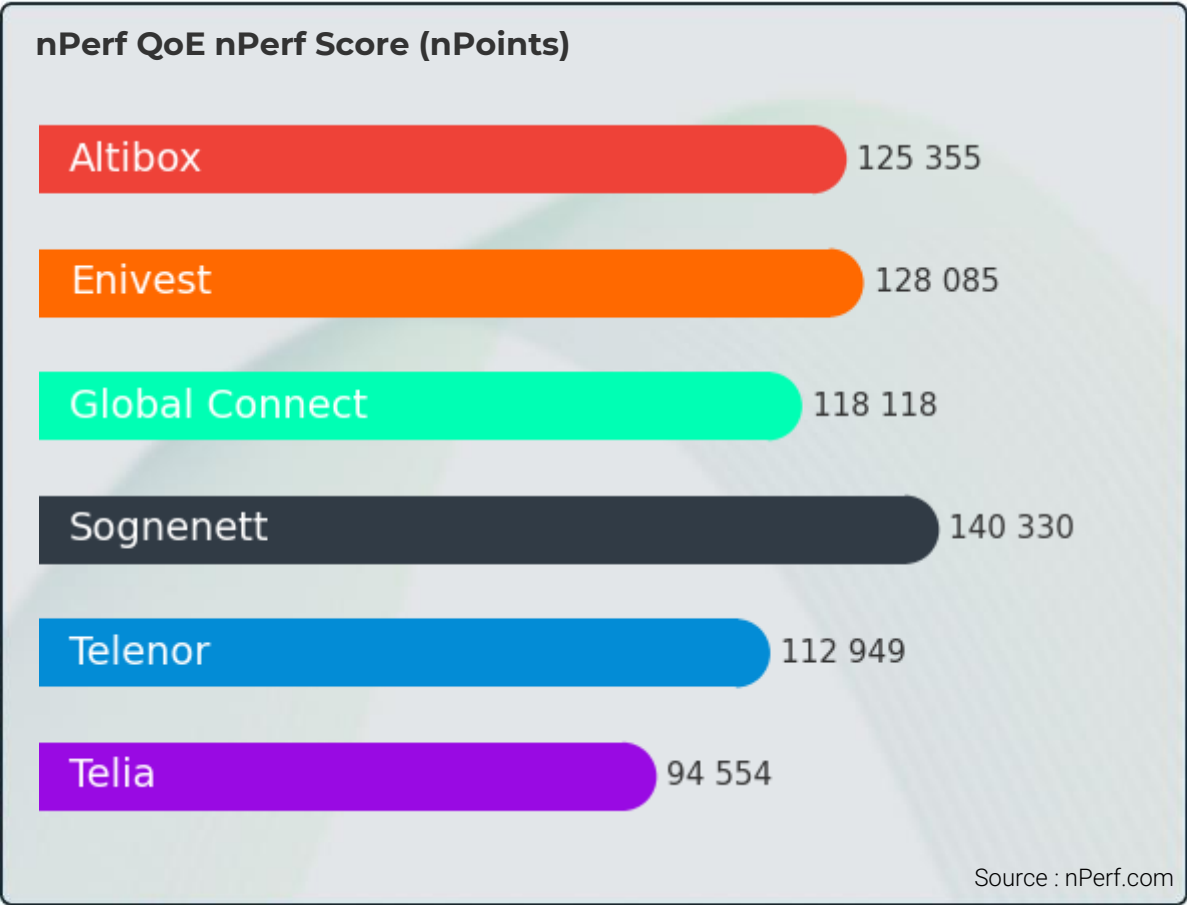


Source : nPerf.com

Streaming Performance evolution over the year (average)

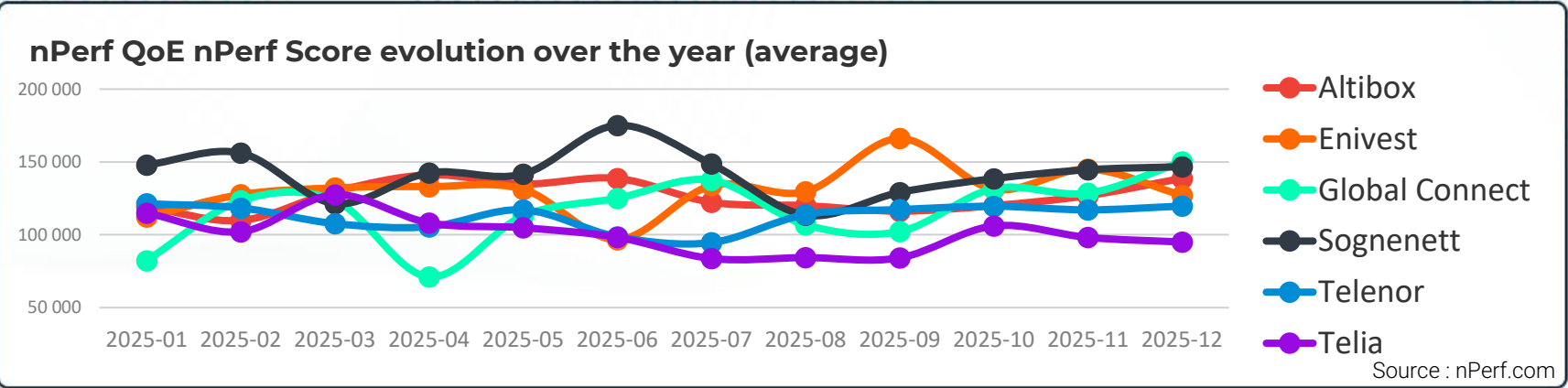
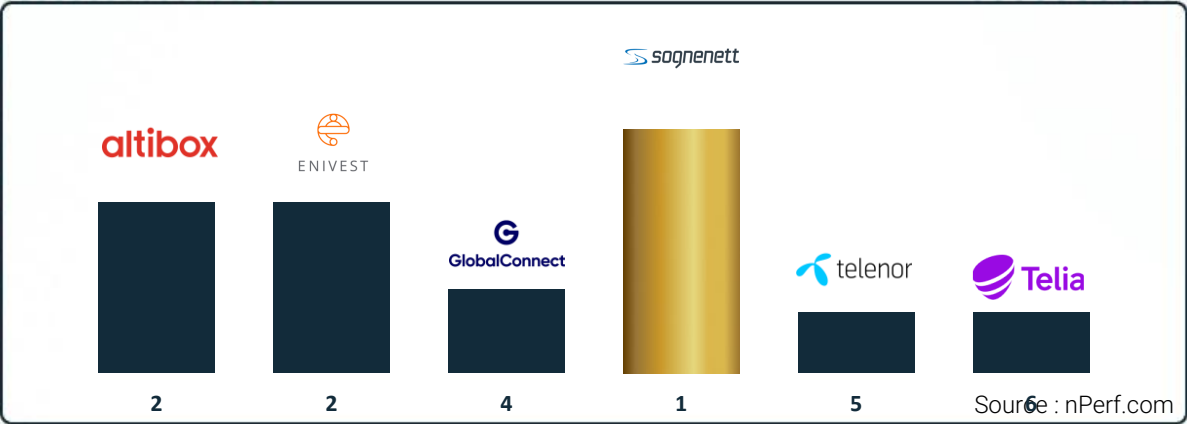


Source : nPerf.com

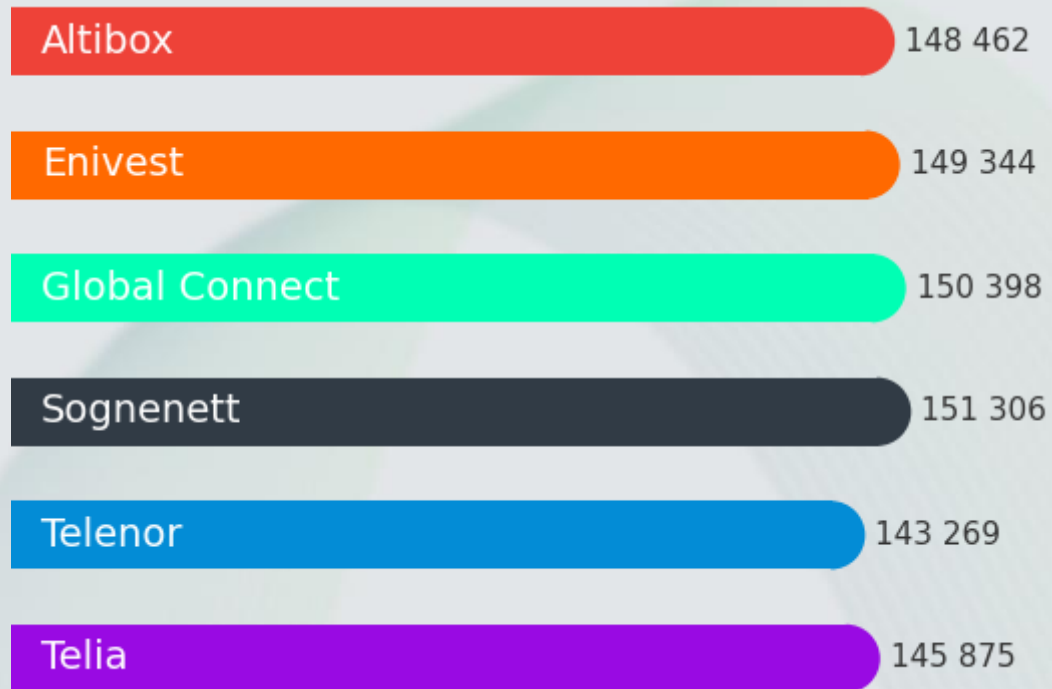


The subscribers of Sognenett enjoyed the best WIFI Internet in 2025.

- Best performances WIFI: Sognenett
 - Fastest performances (Download Speed) WIFI: Global Connect and Sognenett
 - Fastest performances (Upload Speed) WIFI: Sognenett
 - WIFI connections with the lowest latency: Sognenett
 - Best web browsing performances WIFI: Sognenett
 - Best streaming performances WIFI: Altibox, Eninvest, Sognenett and Telenor
- Source : nPerf.com



nPerf QoE nPerf Score (nPoints)



Source : nPerf.com

The subscribers of Altibox, Eninvest, Global Connect and Sognett enjoyed the best FTTH Internet in 2025.

Best performances FTTH: Altibox, Eninvest, Global Connect and Sognett

Fastest performances (Download Speed) FTTH: Global Connect and Telenor

Fastest performances (Upload Speed) FTTH: Global Connect

FTTH connections with the lowest latency: Sognett

Best web browsing performances FTTH: Global Connect and Telenor

Best streaming performances FTTH: Global Connect and Telia

Source : nPerf.com

altibox

ENIVEST

GlobalConnect

sognett



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telenor



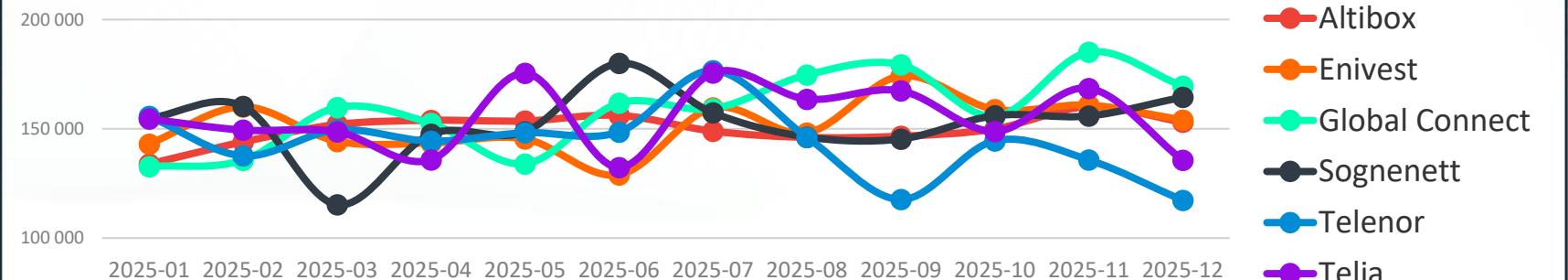
5

Telia



Source : nPerf.com

nPerf QoE nPerf Score evolution over the year (average)



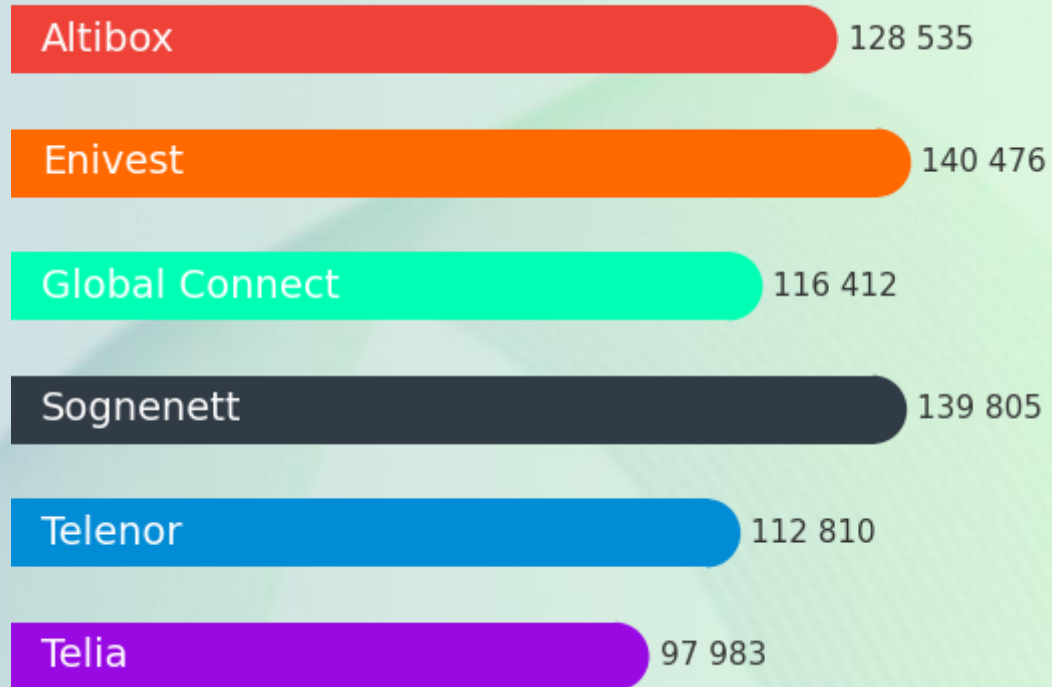
Source : nPerf.com



Fixed Internet performance in Norway



nPerf Score (nPoints)

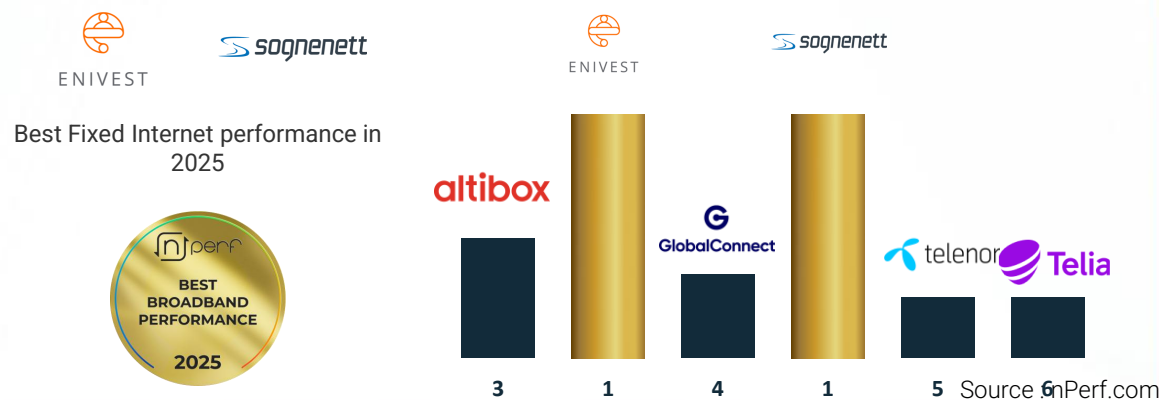


Source : nPerf.com

The subscribers of Eninvest and Sognett enjoyed the best Fixed Internet performances in 2025.

The nPerf score takes into account the measured bitrates, the latency and the QoE tests. The value of the points for the rates and the latency is calculated on a logarithmic scale, to better represent the perception of the user. Thus, this score reflects the overall quality of the connection experienced by the user.

Source : nPerf.com



nPerf Score evolution over the year (average)

