

LED	$\alpha_{\text{POF}}$ (dB m <sup>-1</sup> )	$\alpha_{\text{MMF}}$ (dB m <sup>-1</sup> )	$l$ (m)
Royal blue	0.1045	0.060	464
Blue	0.0900	0.035	375
Green	0.0751	0.017	355
Red-orange	0.4026	0.014	53
Red	0.1524	0.014	149