FGVMPMPAM

Base Product



OM5 MPO (Unpinned) to MPO (Unpinned), InstaPATCH® 360 Preterminated Trunk Cable, 144-Fiber, plenum

 LazrSPEED® WideBand extends the capability of OM4 across enough spectrum to support at least four low-cost wavelengths

Product Classification

Regional Availability

Asia | Australia/New Zealand | China | Europe | India | Latin

America | Middle East/Africa | North America

Portfolio CommScope®

Product Type Fiber trunk cable assembly
Product Brand SYSTIMAX InstaPATCH® 360

Ordering Note For additional jacket colors, please contact a CommScope Sales Representative | For

lengths greater than 999 ft (304 m), orders must be in meters | Minimum length may

vary based on cable configuration

General Specifications

Color, boot A Black

Color, connector A Lime green

Color, boot B Black

Color, connector BLime greenConstruction TypeStrandedFurcation ColorLime green

 Interface, Connector A
 MPO-12/UPC Female

 Interface, Connector B
 MPO-12/UPC Female

 Jacket Color
 Lime green

 Polarity
 Method B (LL)

Fibers per Subunit, quantity 12

Total Fibers, quantity 144

Dimensions

Breakout Length 33 in

Cable Assembly Length Range (m) 3 - 999

COMMSCOPE®

FGVMPMPAM

Cable Assembly Length Range (ft)

10 - 999

Ordering Tree



Mechanical Specifications

Cable Retention Strength, maximum 11.24 lb @ 0 ° | 4.40 lb @ 90 °

Optical Specifications

Fiber Mode Multimode

Fiber Type OM5, LazrSPEED®

Environmental Specifications

Operating Temperature $-10 \,^{\circ}\text{C}$ to $+60 \,^{\circ}\text{C}$ (+14 $^{\circ}\text{F}$ to +140 $^{\circ}\text{F}$)

Page 2 of 8

FGVMPMPAM

Environmental Space Indoor | Plenum

Regulatory Compliance/Certifications

Agency Classification

ANATEL Compliant

CHINA-ROHS Above maximum concentration value

ISO 9001:2015 Designed, manufactured and/or distributed under this quality management system

REACH-SVHC Compliant as per SVHC revision on www.commscope.com/ProductCompliance

ROHS Compliant/Exempted UK-ROHS Compliant/Exempted



Included Products

760223024 – Fiber indoor cable, LazrSPEED® Plenum MPO Trunk, 144 fiber multi-unit with 12 fiber subunits, P-144-MP-5G-F12LM Multimode OM5, Gel-free, Feet jacket marking, Lime green jacket color

860647056 – MPO12, LOW LOSS, FEMALE, OM5, LIME, 3mm



760223024 | P-144-MP-5G-F12LM



Fiber indoor cable, LazrSPEED® Plenum MPO Trunk, 144 fiber multi-unit with 12 fiber subunits, Multimode OM5, Gel-free, Feet jacket marking, Lime green jacket color

Product Classification

Regional Availability

Asia | Australia/New Zealand | Latin America | Middle East

/Africa | North America

Portfolio CommScope®

Product Type Fiber indoor cable

Product Series P-MP

General Specifications

Cable Type MPO trunk cable

Construction Type Non-armored

Subunit Type Gel-free

Jacket Color Lime green

Jacket Marking Feet

Subunit, quantity 12

Fibers per Subunit, quantity 12

Total Fiber Count 144

Dimensions

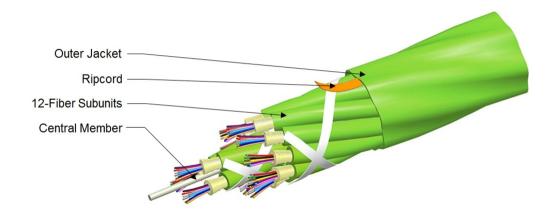
Buffer Tube/Subunit Diameter 3 mm | 0.118 in

Diameter Over Jacket 14.12 mm | 0.556 in

Representative Image



760223024 | P-144-MP-5G-F12LM



Mechanical Specifications

Minimum Bend Radius, loaded197 mm7.756 inMinimum Bend Radius, unloaded131 mm5.157 in

Tensile Load, long term, maximum 400 N | 89.924 lbf

Tensile Load, short term, maximum 1335 N | 300.12 lbf

Compression 10 N/mm | 57.101 lb/in

Compression Test Method FOTP-41 | IEC 60794-1 E3

Flex 300 cycles

Flex Test Method FOTP-104 | IEC 60794-1 E6

Impact 0.74 N-m | 6.55 in lb

Impact Test Method FOTP-25 | IEC 60794-1 E4

Strain See long and short term tensile loads

Strain Test Method FOTP-33 | IEC 60794-1 E1

Twist 10 cycles

Twist Test Method FOTP-85 | IEC 60794-1 E7

Vertical Rise, maximum 250 m | 820.21 ft

Optical Specifications

Fiber Type OM5, LazrSPEED® wideband | OM5, LazrSPEED® wideband

Environmental Specifications

Installation temperature $0 \,^{\circ}\text{C to} + 70 \,^{\circ}\text{C (+32 °F to} + 158 \,^{\circ}\text{F)}$ Operating Temperature $0 \,^{\circ}\text{C to} + 70 \,^{\circ}\text{C (+32 °F to} + 158 \,^{\circ}\text{F)}$

Page 5 of 8



760223024 | P-144-MP-5G-F12LM

Storage Temperature $-40 \,^{\circ}\text{C}$ to $+70 \,^{\circ}\text{C}$ (-40 $^{\circ}\text{F}$ to $+158 \,^{\circ}\text{F}$)

Cable Qualification Standards ANSI/ICEA S-83-596 | Telcordia GR-409

Environmental Space Plenum

Flame Test Listing NEC OFNP (ETL) and c(ETL)

Flame Test Method NFPA 130 | NFPA 262

Environmental Test Specifications

Heat Age 0 °C to +85 °C (+32 °F to +185 °F)

Heat Age Test Method IEC 60794-1 F9

Low High Bend 0 °C to +70 °C (+32 °F to +158 °F)

Low High Bend Test Method FOTP-37 | IEC 60794-1 E11

Temperature Cycle $0 \,^{\circ}\text{C to } +70 \,^{\circ}\text{C (+32 °F to } +158 \,^{\circ}\text{F)}$

Temperature Cycle Test Method FOTP-3 | IEC 60794-1 F1

Packaging and Weights

Cable weight 163 kg/km | 109.531 lb/kft

Regulatory Compliance/Certifications

Agency Classification

CHINA-ROHS Below maximum concentration value

ISO 9001:2015 Designed, manufactured and/or distributed under this quality management system

REACH-SVHC Compliant as per SVHC revision on www.commscope.com/ProductCompliance

ROHS Compliant UK-ROHS Compliant



* Footnotes

Operating Temperature Specification applicable to non-terminated bulk fiber cable



860647056



MPO12, LOW LOSS, FEMALE, OM5, LIME, 3mm

Product Classification

Regional Availability

Asia | Australia/New Zealand | EMEA | Latin America | North America

Portfolio CommScope®

Product Type Fiber connector

General Specifications

Color Lime green

Color, boot Black
Ferrule Geometry Flat

Interface MPO/UPC Female

Interface Feature Unpinned

Total Fiber Count 12

Dimensions

Length 60.1 mm | 2.366 in

Compatible Cable Diameter 3 mm | 0.118 in

Material Specifications

Ferrule Material Polymer

Mechanical Specifications

Cable Retention Strength, maximum $11.24 \text{ lb} @ 0 ^{\circ}$

Optical Specifications

Fiber Mode Multimode

Fiber Type OM5

Insertion Loss Change, mating 0.3 dB

Optical Components Standard ANSI/TIA-568-C.3

Insertion Loss Change, temperature 0.3 dB

COMMSC PE®

860647056

Insertion Loss, maximum0.25 dBReturn Loss, minimum27 dB

Packaging and Weights

Packaging quantity 1

Regulatory Compliance/Certifications

Agency Classification

ISO 9001:2015 Designed, manufactured and/or distributed under this quality management system

* Footnotes

Insertion Loss Change, matingTIA-568: Maximum insertion loss change after 500 matings

Insertion Loss Change, temperature Maximum insertion loss change from -10 °C to +60 °C (+14 °F to +140 °F)

