



Technical specifications

Interfaces

1 x SFP slot for a FRITZ!SFP fiber optic module (supports AON and GPON - included in delivery)

1 x DSL connection, supports VDSL (including supervectoring and ADSL2+)

1 x 2.5 gigabit WAN port, can also be used as a 2.5 gigabit LAN port (IEEE 802.3bz standard, NBASE-T)

4 x gigabit LAN ports

Wi-Fi 7 / Wi-Fi 6E / Wi-Fi 6

Integrated DECT base station for up to six cordless phones

Integrated Zigbee gateway

1 x a/b ports (TAE/RJ11) for analog phones, answering machines and fax

1 x USB 3.1 port for USB storage media

Connections / network

Fiber and DSL router with firewall/NAT, DHCP server, DynDNS client, UPnP AV

Suitable for gigabit-capable passive optical networks (GPON, ITU-T G.984) and active optical networks (AON, IEEE 1000BX-10)

Built-in modem for DSL connections

Supports VDSL connections up to 300 Mbit/s (including supervectoring) and ADSL2+

Supports VDSL Long Reach

Compatible with Deutsche Telekom Annex-J lines

Router operation via WAN, also with a cable modem or at a fiber optic connection

Backup connection possible via USB mobile network dongle

MyFRITZ! – secure access to your own FRITZ!Box from anywhere

Supports IPv6

Powerful processor: networked applications such as IPTV, video on demand and music streaming

Stateful Packet Inspection Firewall with port sharing for secure web surfing

Secure remote access, LAN-to-LAN linkup and dial-in to the company network with VPN (WireGuard and IPSec)

Security wizard with diagnostic tool

Wake on LAN via the internet

Comprehensive parental controls, push service

Fiber optics

FRITZ!SFP AON

FRITZ!SFP GPON

ITU-T G.652; IEEE 802.3ah-2004 1000BASE-BX10	Suitable for ITU-T G.984.2/984.5 (GPON)
LC/APC 8°	LC/APC 8°
Wavelength: TX 1310 nm, RX 1480 to 1580 nm	Wavelength: TX 1310 nm, RX 1490 nm (with filter)
Full duplex transmission	Suitable for rogue detection
Transmitter power: -9 to -3 dBm	Transmitter power: 0.5 to 5 dBm
Reception range: -3 to -23 dBm	Reception range: -3 to -28 dBm
Range: 10 km	Range: 20 km
Support for SFF-8472	Support for SFF-8472
Class 1 laser	Class 1 laser

Wi-Fi

Wi-Fi 7 / Wi-Fi 6E / Wi-Fi 6	Wi-Fi Protected Setup (WPS)
6 GHz: up to 1153 GBit/s (Wi-Fi 7); 5 GHz: up to 5760 MBit/s (Wi-Fi 7); 2.4 GHz: up to 1200 MBit/s (Wi-Fi 6)	Wi-Fi guest access – secure surfing for friends and visitors
4 x 4 MIMO on all three bands	Wi-Fi auto channel: Automated search for an interference-free Wi-Fi channel
Mesh Wi-Fi – simply combine several FRITZ! products into one intelligent system and extend the home network	Wi-Fi eco mode for optimum performance at minimum power consumption
Compatible with the IEEE	Wi-Fi can be turned on/off using "WLAN" button

802.11a/g/n/ac/ax/be
wireless standards

Wi-Fi network
encryption with
WPA3/WPA2

Smart Home / Media

Smart Home features
for energy, heating,
lighting and more

Supports up to 50
Smart Home devices
(DECT ULE)

Integrates up to 40 LED
lights and other devices
from third-party
manufacturers that
support the Zigbee
standard (Zigbee
compatibility list)

Control your FRITZ!
Smart Home via the
FRITZ!Box interface,
FRITZ!Fon, FRITZ!DECT
smart switch or
FRITZ!App Smart Home

FRITZ!NAS: Memory
shared by all data in
the home network

Simply and securely
share files with friends
and family

Media server - store
and share your music,
photos and videos
(DLNA/UPnP AV)

Also supports online
storage, web radio and
podcasts

Ideal for Internet TV,
video and music
streaming

Telephony

Telephone system with
DECT base station for
up to six cordless
telephones

Voice transmission
encrypted upon
delivery

Port for an analog
phone, answering

Fax function including
email forwarding (fax-
to-mail)

Call diversion, internal
calls (intercom), three-
way conferencing, call
transfer

Call blocking, alarm,
baby monitor, VIP calls

machine or fax

Supports HD telephony for natural sound

DECT Eco: Frequency channel switches off for maximum ergonomics

Five integrated answering machines including email forwarding (voice-to-mail)

Manage telephone contacts locally or online (Google, Apple iCloud etc.)

and Do not Disturb

Internet telephony SIP-compliant in accordance with RFC 3261

Registration of IP telephones (LAN/Wi-Fi) SIP-compliant

FRITZ!App Fon for landline calls via your smartphone

FRITZ!OS

"fritz.box": Clear, easy-to-use browser-based user interface

User interface optimized for smartphones and tablets (responsive design)

Handy FRITZ!Apps for your smartphone: MyFRITZ!App for FRITZ! convenience on the go, and FRITZ!App WLAN, the clever Wi-Fi helper

Help function with full-text search

Push service by email for information about events in the home network

Security wizard with diagnostic tool

Free updates for new features and security, auto-updates if desired

Package contents

FRITZ!Box 5690 Pro

1 x FRITZ!SFP AON

1 x FRITZ!SFP GPON

Power adapter

4-meter fiber optic cable (LC/APC-LC/APC)

4-meter DSL connecting cable

1.5-meter LAN cable

Device properties

Dimensions (W x H x D):
268 x 170 x 75 mm

Average power
consumption: 12,5-13,5
watts