ITU C-BAND table

ITU Channel	Frequency (GHz)	Wavelength
1	19610	1528773
2	19605	1529163
3	19600	1529553
4	19595	1529944
5	19590	1530334
6	19585	1530725
7	19580	1531116
8	19575	1531507
9	19570	1531898
10	19565	1532290
11	19560	1532681
12	19555	1533073
13	19550	1533465
14	19545	1533858
15	19540	1534250
16	19535	1534643
17	19530	1535036
18	19525	1535429
19	19520	1535822
20	19515	1536216
21	19510	1536609
22	19505	1537003
23	19500	1537397

ITU C-BAND table

ITU Channel	Frequency (GHz)	Wavelength
24	19495	1537792
25	19490	1538186
26	19485	1538581
27	19480	1538976
28	19475	1539371
29	19470	1539766
30	19465	1540162
31	19460	1540557
32	19455	1540953
33	19450	1541349
34	19445	1541746
35	19440	1542142
36	19435	1542539
37	19430	1542936
38	19425	1543333
39	19420	1543730
40	19415	1544128
41	19410	1544526
42	19405	1544924
43	19400	1545322
44	19395	1545720
45	19390	1546119
46	19385	1546518
47	19380	1546917
48	19375	1547316
49	19370	1547715
50	19365	1548115
51	19360	1548515
52	19355	1548915
53	19350	1549315
54	19345	1549715
55	19340	1550116

ITU Channel	Frequency (GHz)	Wavelength
56	19335	1550517
57	19330	1550918
58	19325	1551319
59	19320	1551721
60	19315	1552122
61	19310	1552524
62	19305	1552926
63	19300	1553329
64	19295	1553731
65	19290	1554134
66	19285	1554537
67	19280	1554940
68	19275	1555343
69	19270	1555747
70	19265	1556151
71	19260	1556555
72	19255	1556959
73	19250	1557363
74	19245	1557768
75	19240	1558173
76	19235	1558578
77	19230	1558983
78	19225	1559389
79	19220	1559794
80	19215	1560200
81	19210	1560606
82	19205	1561013
83	19200	1561419
84	19195	1561826
85	19190	1562233
86	19185	1562640
87	19180	1563047

ITU C-BAND table

ITU Channel	Frequency (GHz)	Wavelength
88	19175	1563455
89	19170	1563863
90	19165	1564271
91	19160	1564679
92	19155	1565087
93	19150	1565496
94	19145	1565905
95	19140	1566314
96	19135	1566723
97	19130	1567133