System	Disk Test	Sequential	Seq-Uncached Write 4K (MB/s)	Seq-Uncached Write 256K (MB/s)	Seq-Uncached Read 4K (MB/s)	Seq-Uncached Read 256K (MB/s)	Random	Rand-Uncached Write 4K (MB/s)	Rand-Uncached Write 256K (MB/s)	Rand-Uncached Read 4K (MB/s)	Rand-Uncached Read 256K (MB/s)	
iMac Internal	70.42	95.55	55.41	51.56	27.65	54.59	55.76	2.37	39.25	0.63	24.19	
MyBook - FW400	34.99	32.88	15.78	15.83	9.01	34.61	37.4	1.64	16.41	0.57	17.65	
Guardian- FW400	48.05	59.02	37.02	31.71	13.32	38.39	41	1.59	28.87	0.66	20.6	
Guardian - FW800	56.07	78.74	52.99	49.79	15.02	58.8	43.62	1.64	34.3	0.67	25.29	
Guardian - NAS	8.2	6.66	2.1	3.67	2.8	10.26	10.67	0.49	3.45	0.17	7.99	