Technical specifications

Interfaces

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

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

1 x 2.5 gigabit LAN port (IEEE 802.3bz standard, NBASE-T)

2 x gigabit LAN (10/100/1000BASE-T)

Wi-Fi 7 on 2.4 and 5 GHz

USB 2.0 port for storage media and dongles

DECT base station for up to six handsets

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

DSL / Network

Wireless router with 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

Use of existing internet connections via LAN

Router operation with a cable modem, fiber optic connection or 3G data dongle (LTE/UMTS/HSPA)

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

Stateful Packet Inspection Firewall with port sharing for secure surfing

NAT, DHCP server, DynDNS client, UPnP AV

Supports IPv6 for internet, home network and telephony

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

Parental controls with time budgeting, youth protection module

Security wizard with diagnostic tool

Wake on LAN via the internet

LEDs can be dimmed manually or based on room brightness

Wi-Fi

4x4 Wi-Fi 7

Wi-Fi 7 at up to 5760 Mbit/s (5 GHz) and 1440 Mbit/s (2.4 GHz)

Compatible with the IEEE 802.11a/g/n/ac/ax/be wireless standards

Wi-Fi can be turned on/off via "WLAN" button and/or connected telephones

Wi-Fi Protected Setup (WPS)

Wi-Fi guest access – secure surfing for friends and visitors

Extend your home network with Mesh Wi-Fi via a LAN connection – simply combine two or more wireless access points into one intelligent system.

Wi-Fi network encryption with WPA3/WPA2

AVM Stick & Surf: Browse the internet securely and without any cables

Wi-Fi auto channel: Automated search for an interference-free Wi-Fi channel

Wi-Fi eco mode for optimum performance at minimum power consumption

Telephony

Telephone system for All-IP connections with DECT base station for up to six cordless telephones

Voice transmission encrypted upon delivery

2 a/b ports for connecting analog phones, answering machines, and fax

Supports HD telephony for natural sound

DECT Eco: Frequency channel switches off for maximum ergonomics

Five integrated answering machines featuring voicemail-to-email

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 and Do not Disturb

Internet telephony SIP-compliant in accordance with RFC 3261

Register IP telephones (LAN/Wi-Fi) SIP-compliant

FRITZ!App Fon for landline calls via your smartphone

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

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)

MyFRITZ! – access your FRITZ!Box securely, no matter where you are

Also supports online storage, web radio and podcasts

Ideal for Internet TV, video and music streaming

FRITZ!OS

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

User interface optimized for smartphones and tablets (responsive design)

Help function with full-text search

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

Security wizard with diagnostic tool

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

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

Package contents

FRITZ!Box 7690

Power supply unit

4-meter DSL connecting cable

1.5-meter LAN cable

TAE/RJ11 adapter

Quick Guide

Device properties

Dimensions (W x H x D): 254 x 63 x 191 mm

Medium power consumption: 12 – 13 W