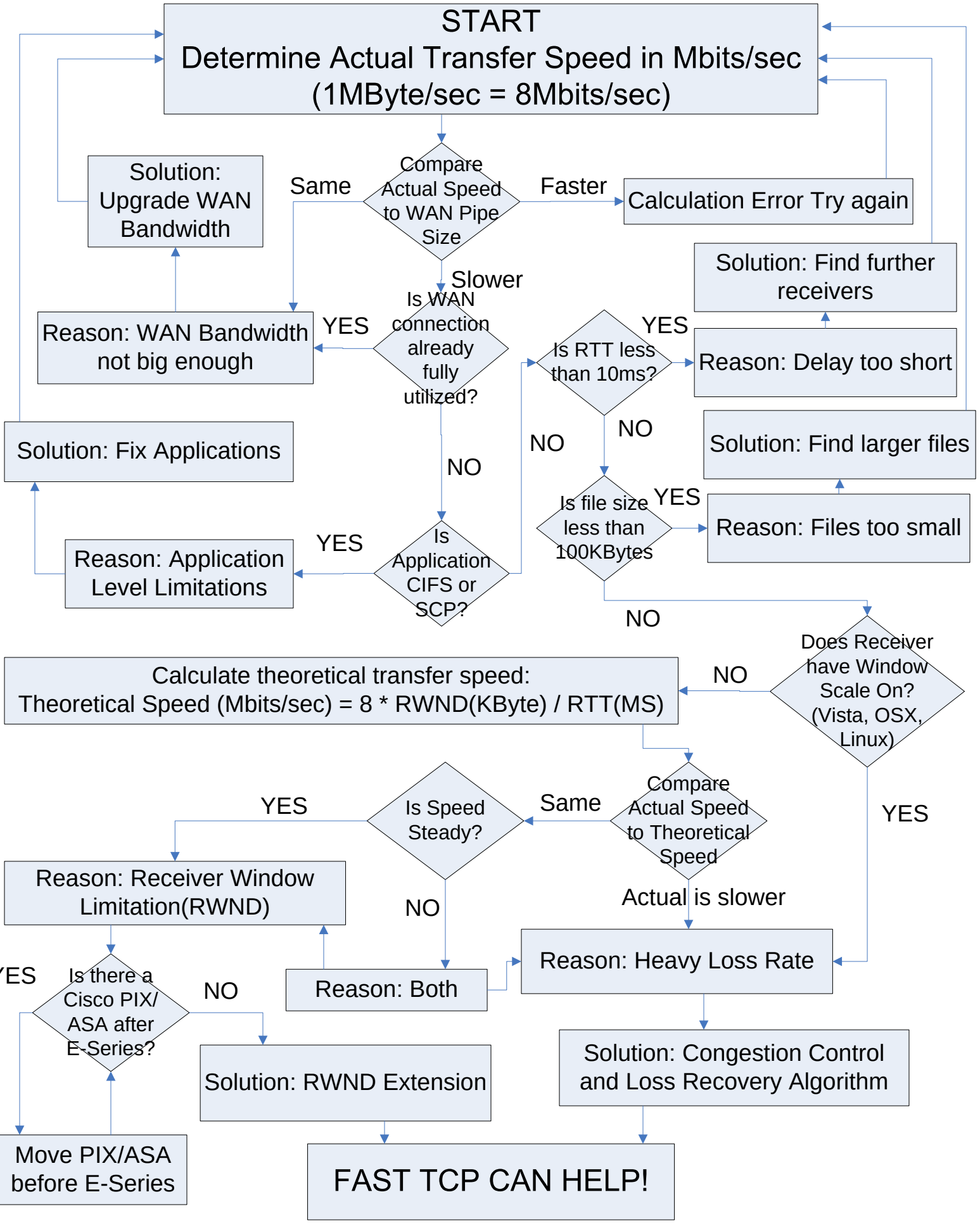Will FAST TCP Speed Up My Application?