fps=72 sfps=62 ping=130 kbps=200

its normal for me but yet i se people lagging badly!

so i tryed this someone told me hit F8 and type sbbo 6000000
and tryed that nothing
then i tryed '
F8 set_budget ***** (like what they use for lan exploit) and type 56000 yet nothing any ideas? and
no its not the server