3360kb (approx 3.36 mb).
So half an hour of testing would be approx 100000kb (approx 100mb)
Does this have to be doubled because I'm hosting the server? (The information is sent and received)

Would be a lot easier, cheaper and faster if I can set up a fake WOL on my computer and use a LoopBack connection. In fact I might ask XWIS.

EDIT: No wonder I burst my 2gb cap last month!
you can use directconnect and set your server to LAN... That should work.. Though I think that all remotely smart routers will rout your connection just in your LAN, if windows doesn't do that automatically already.