Reducing latency is a major challenge for current telecommunications systems. 5G networks are envisioned to achieve end-to-end latencies below 1 ms, thus enabling the Internet of Things (IoT) evolution and new applications such as Tactile Internet. In this article, we present a new procedure to measure real time latency in hybrid optical-wireless links. We obtained 2 ms end to end latency using Software Defined Radio to measure latency in a physical setup. We tested the procedure on W-band fiber-wireless link and validated the results against PING over GRE tunnel.