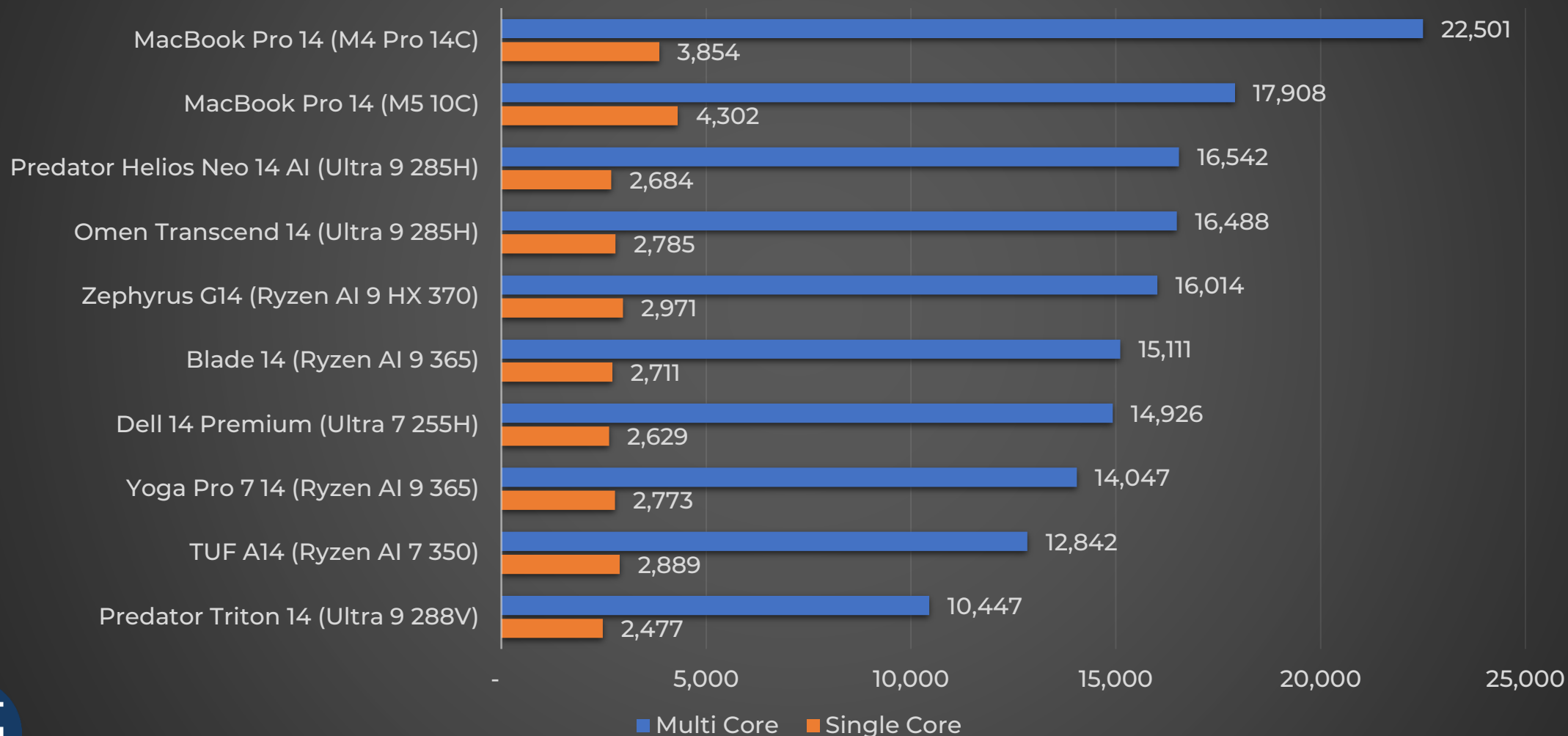


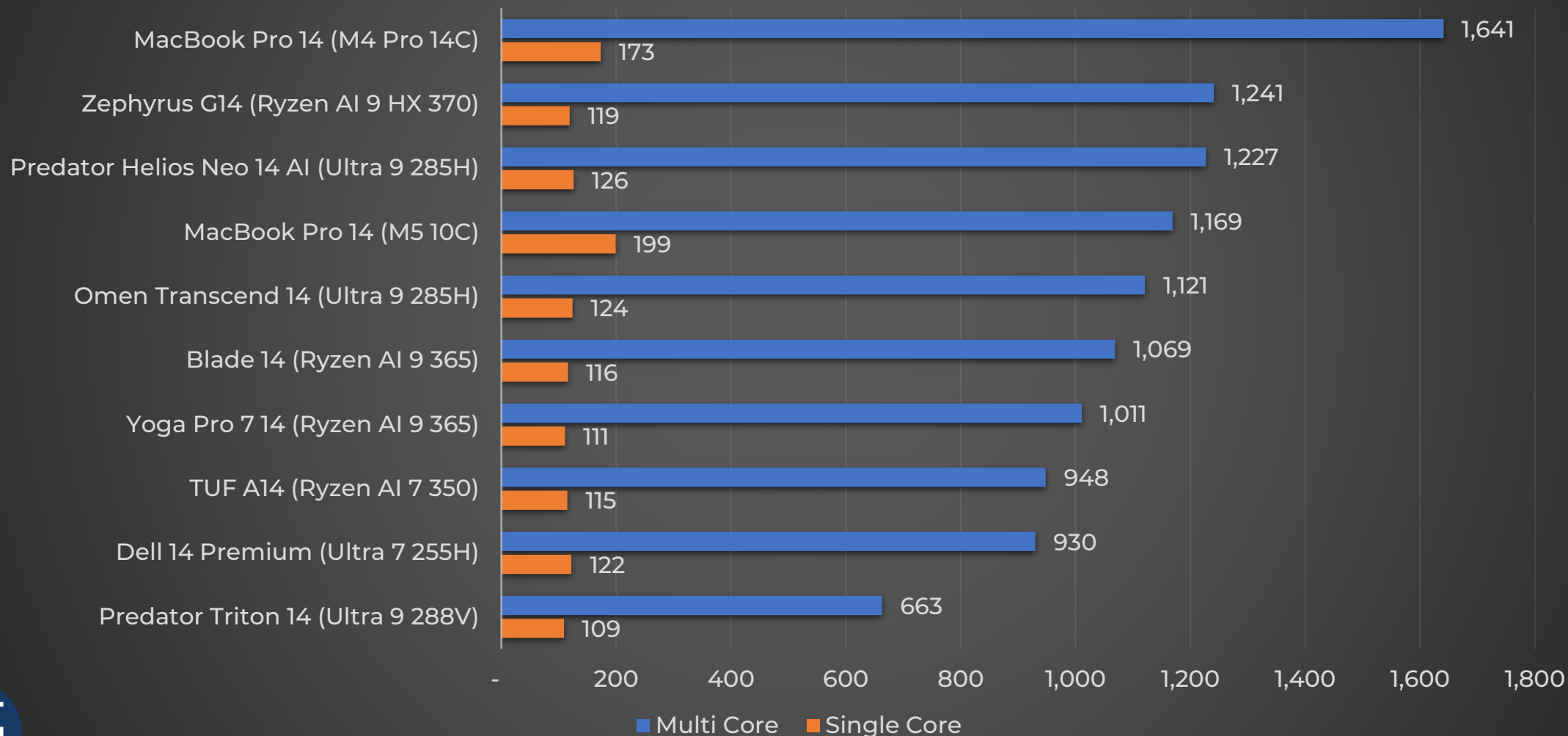
Common Performance Tasks - Geekbench 6

Highest Performance Modes, Higher is Better



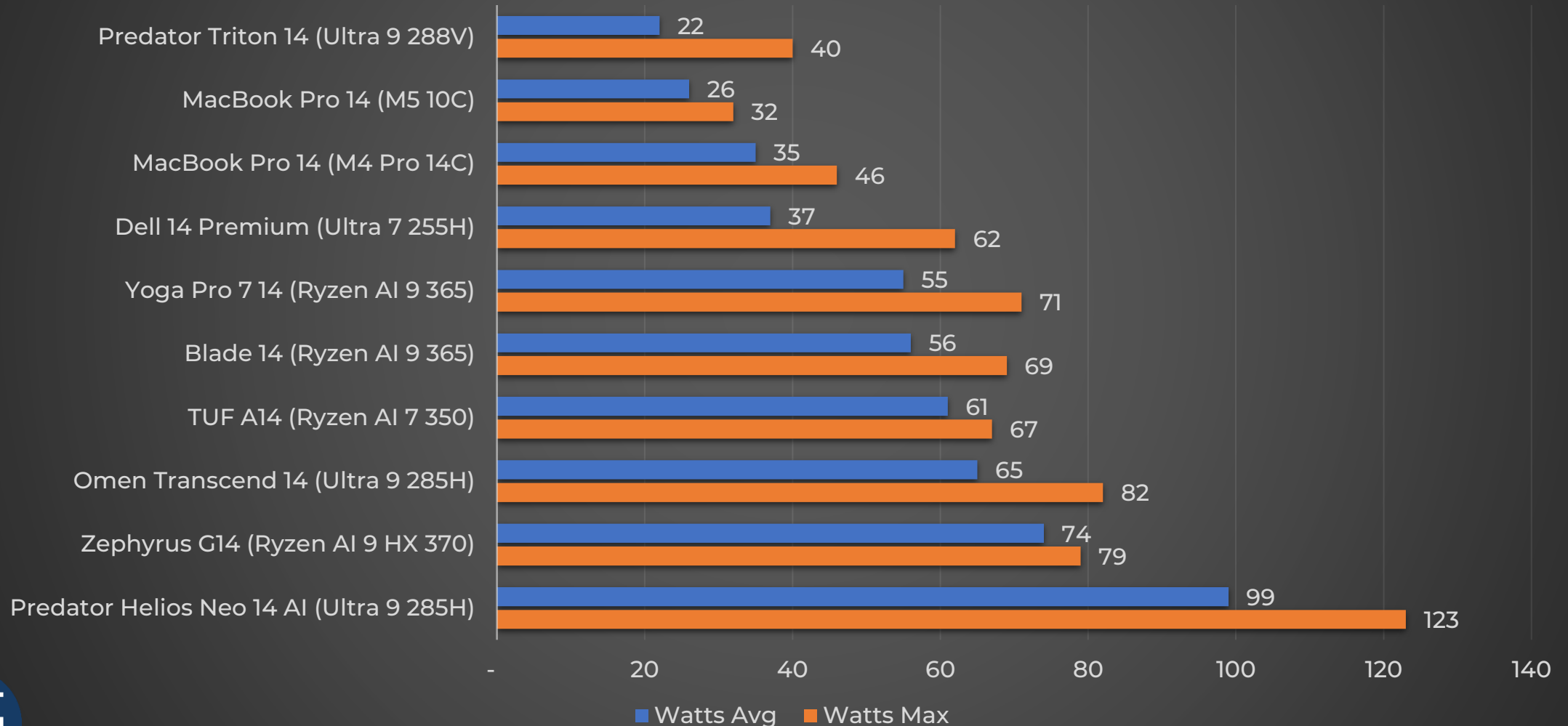
Max CPU Performance - Cinebench 2024 Single Run

Highest Performance Modes, Higher is Better



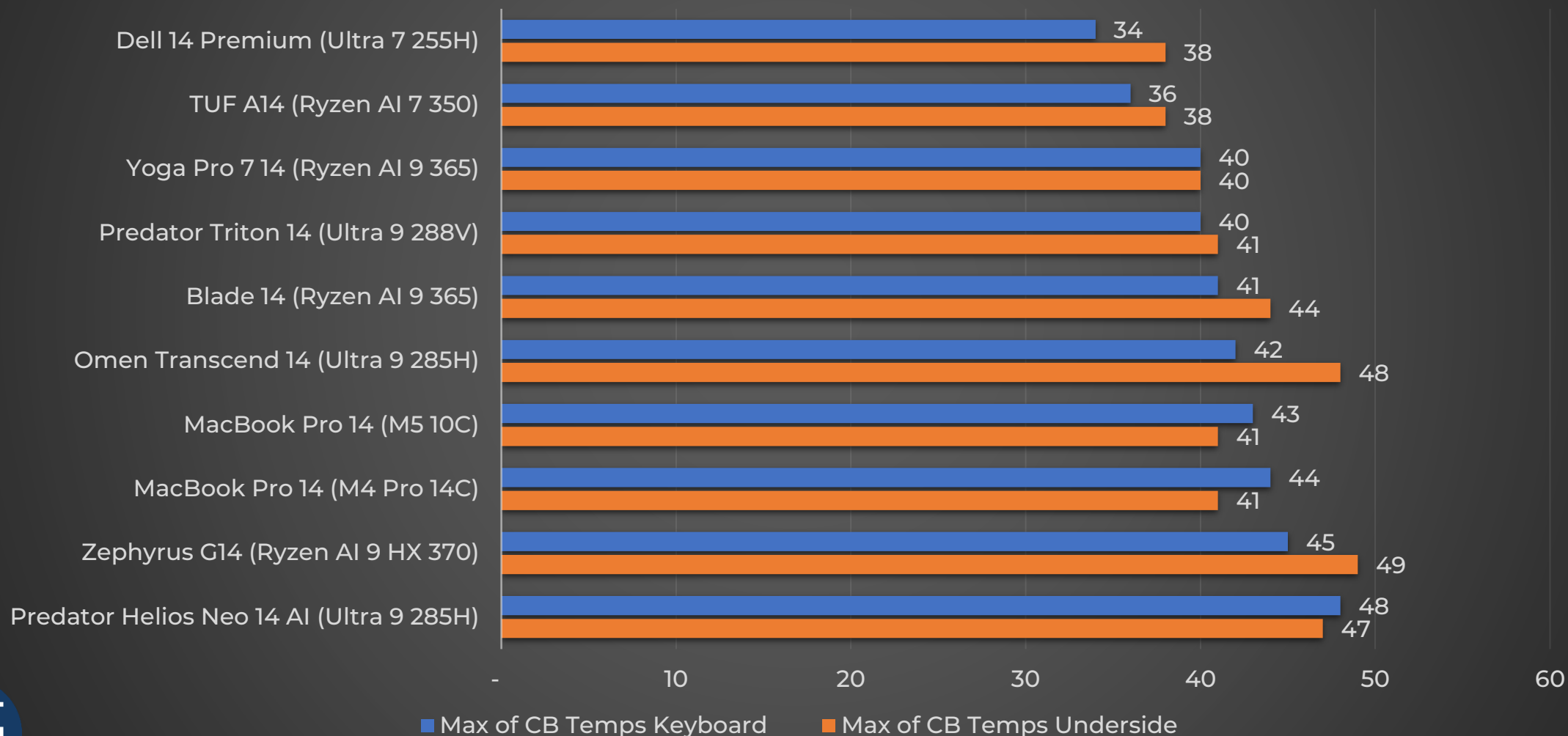
Power Draw - Cinebench 2024

Highest Performance Modes, Lower is Better



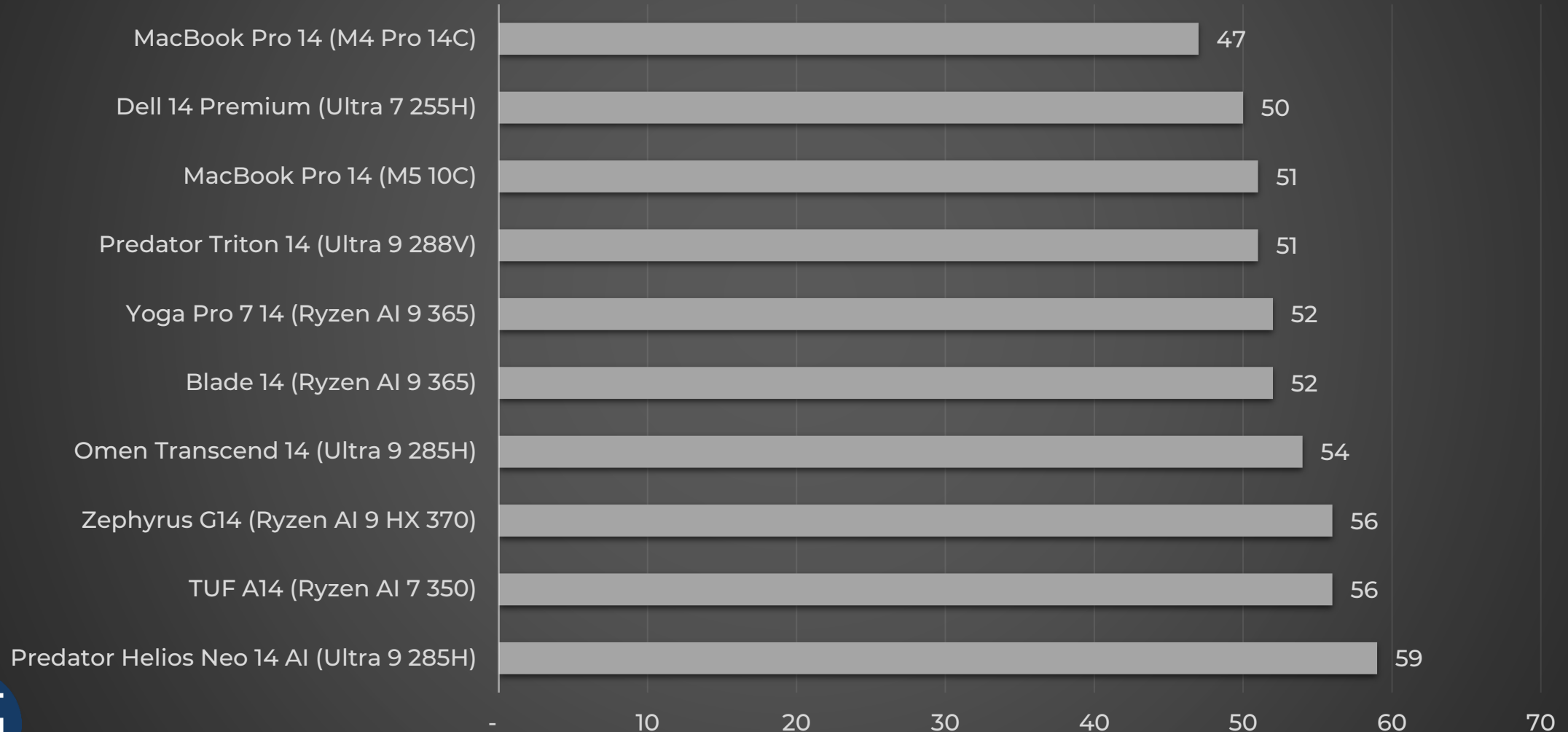
Hottest Surface Temperatures - Cinebench 2024

Highest Performance Modes, Lower is Better



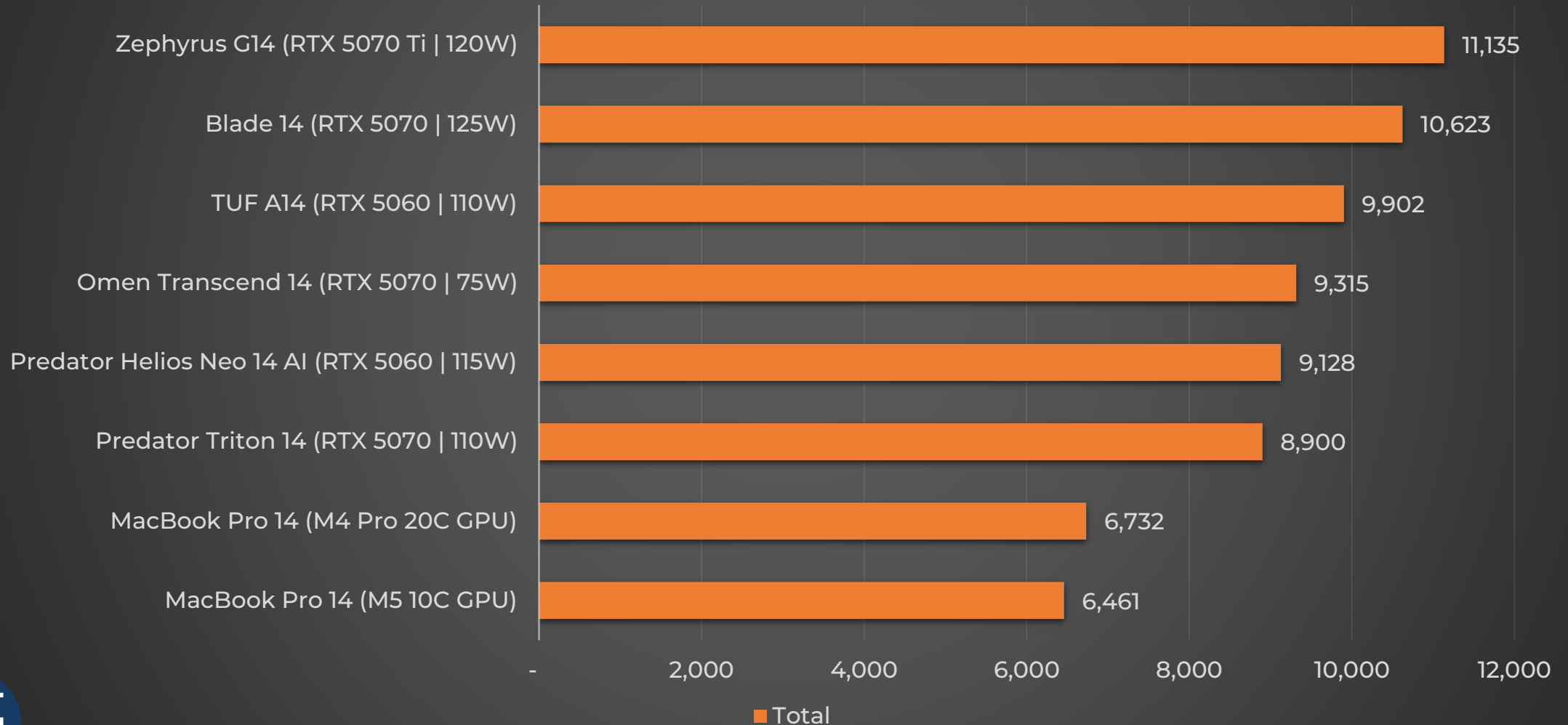
Fan Noise - Cinebench 2024

Highest Performance Modes, Lower is Better



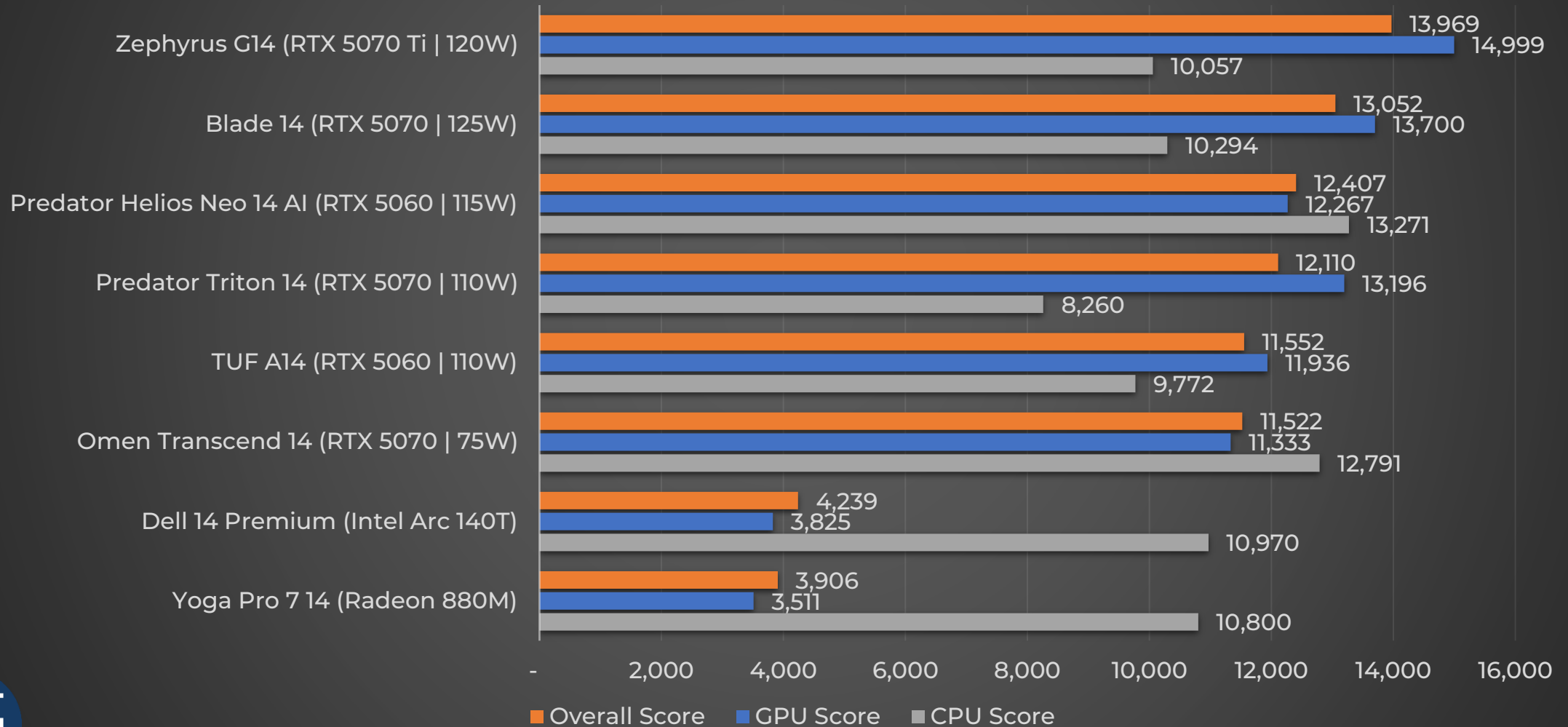
Puget Benchmark Premiere Pro

Highest Performance Modes, Higher is Better



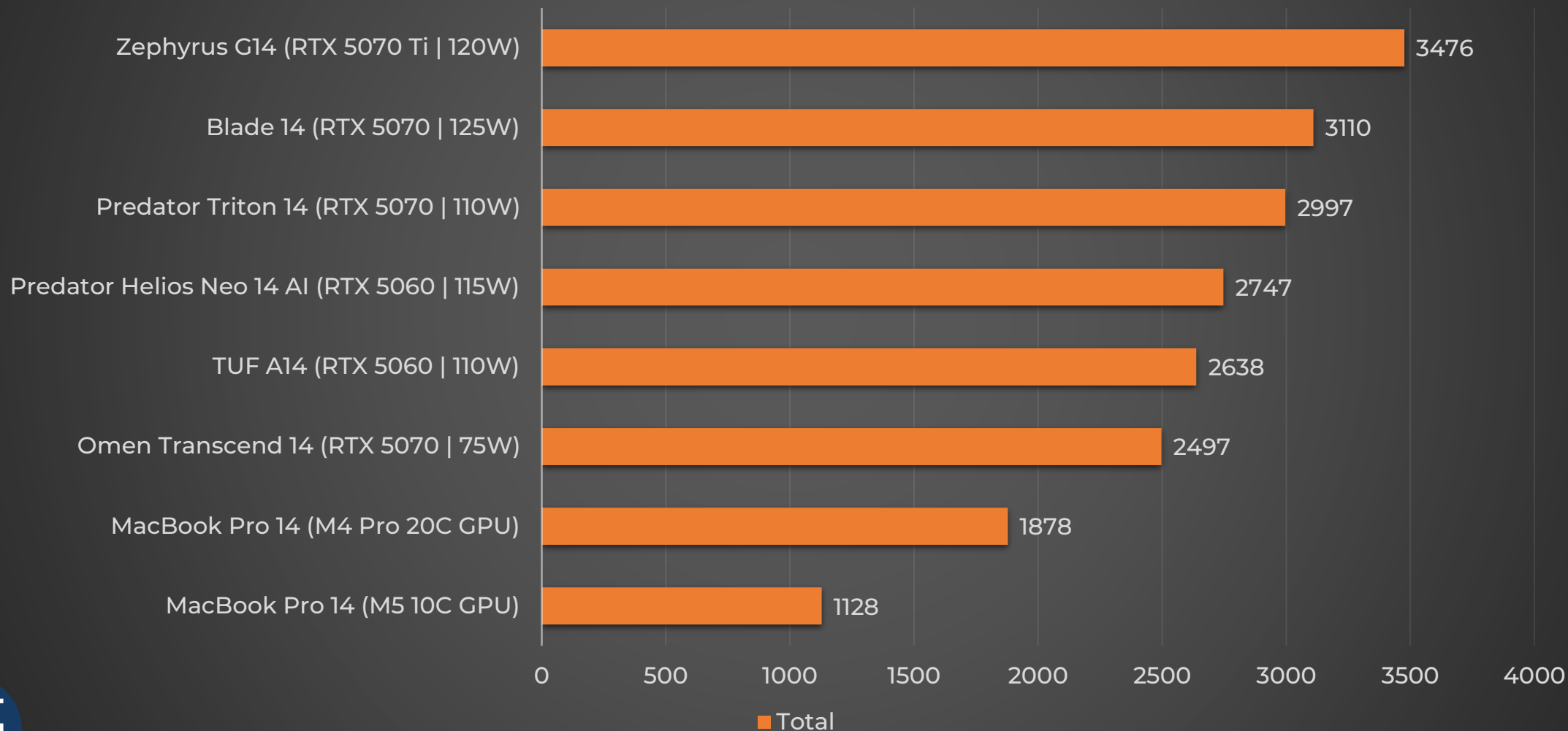
Timespy

Highest Performance Modes, Higher is Better



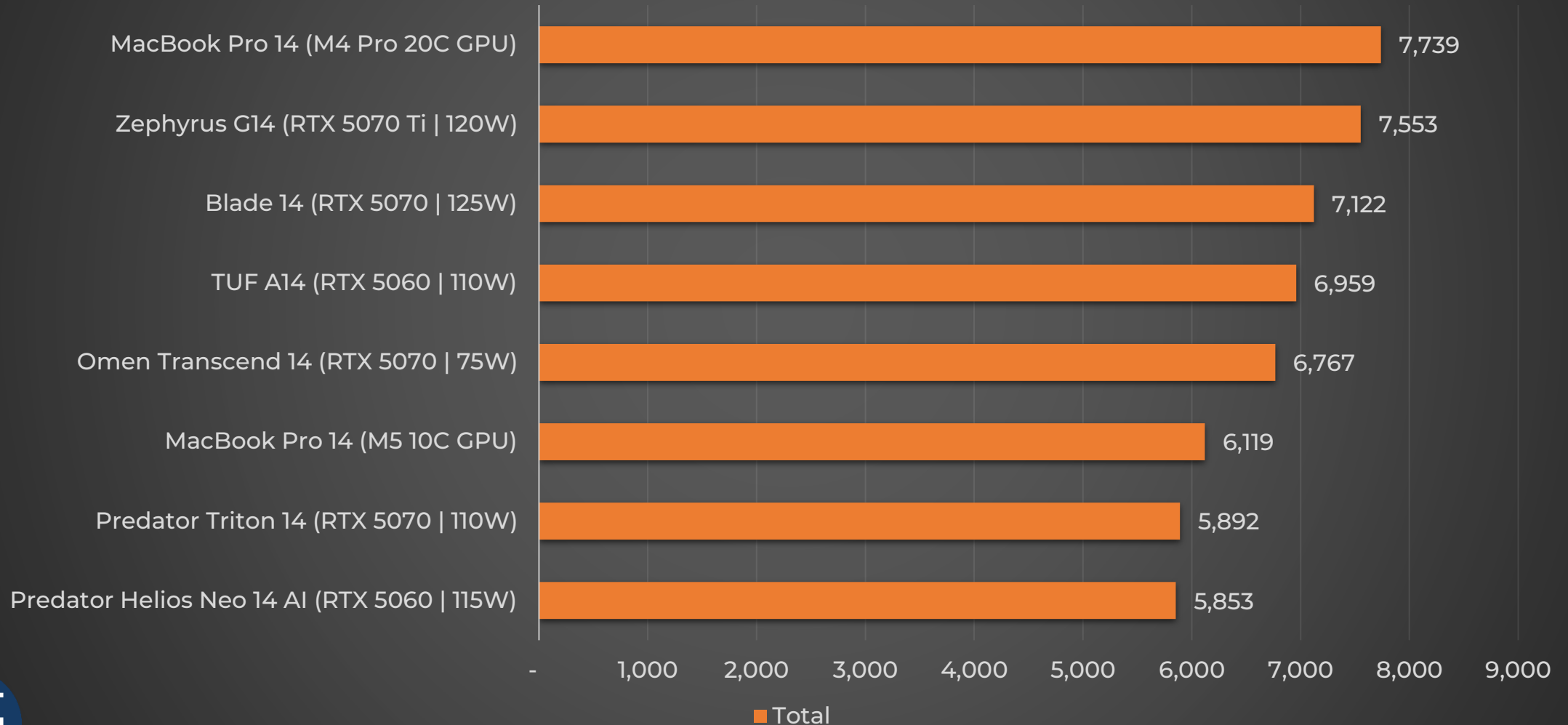
3DMark - Steel Nomad

Highest Performance Modes, Higher is Better



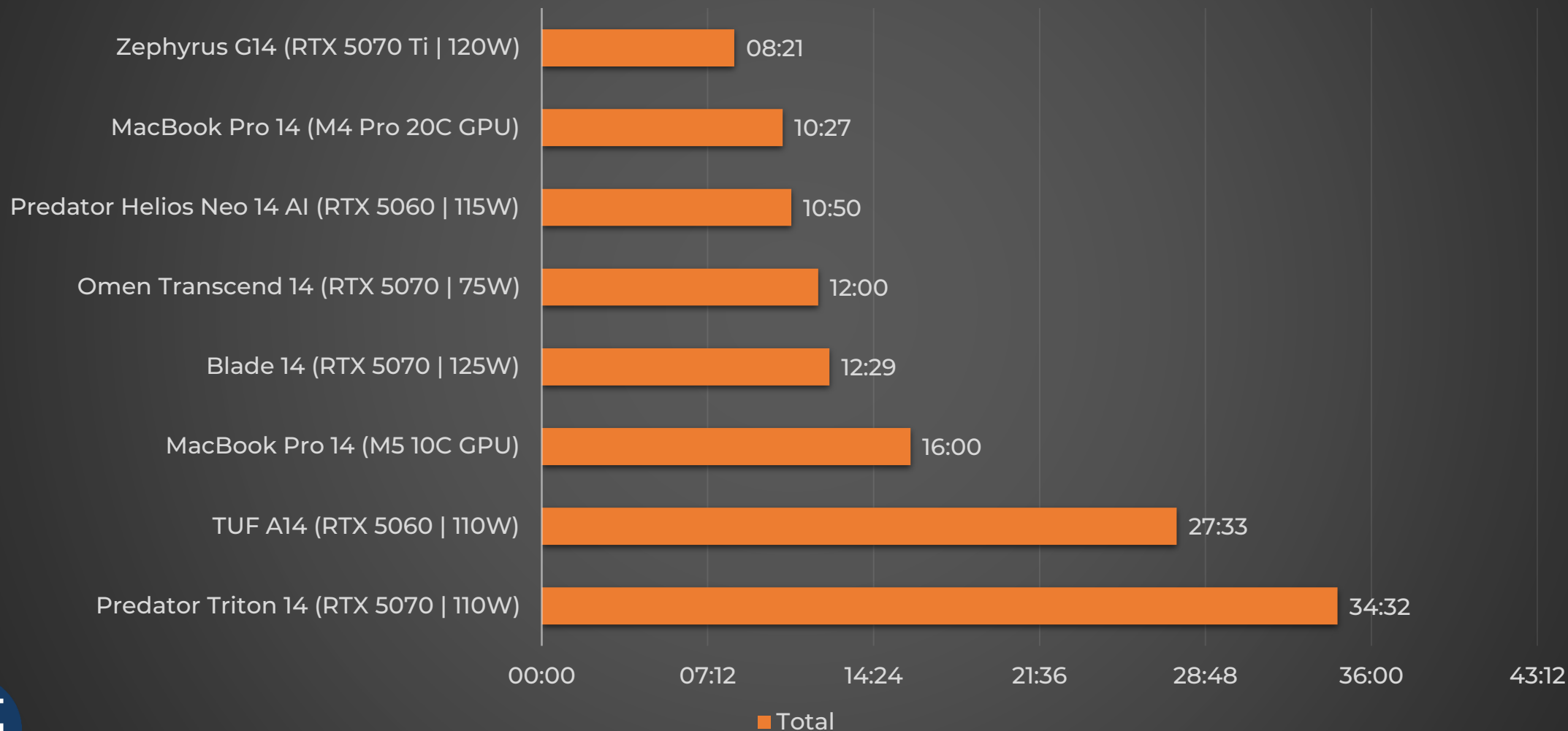
Puget Benchmark Davinci Resolve Studio

Highest Performance Modes, Higher is Better



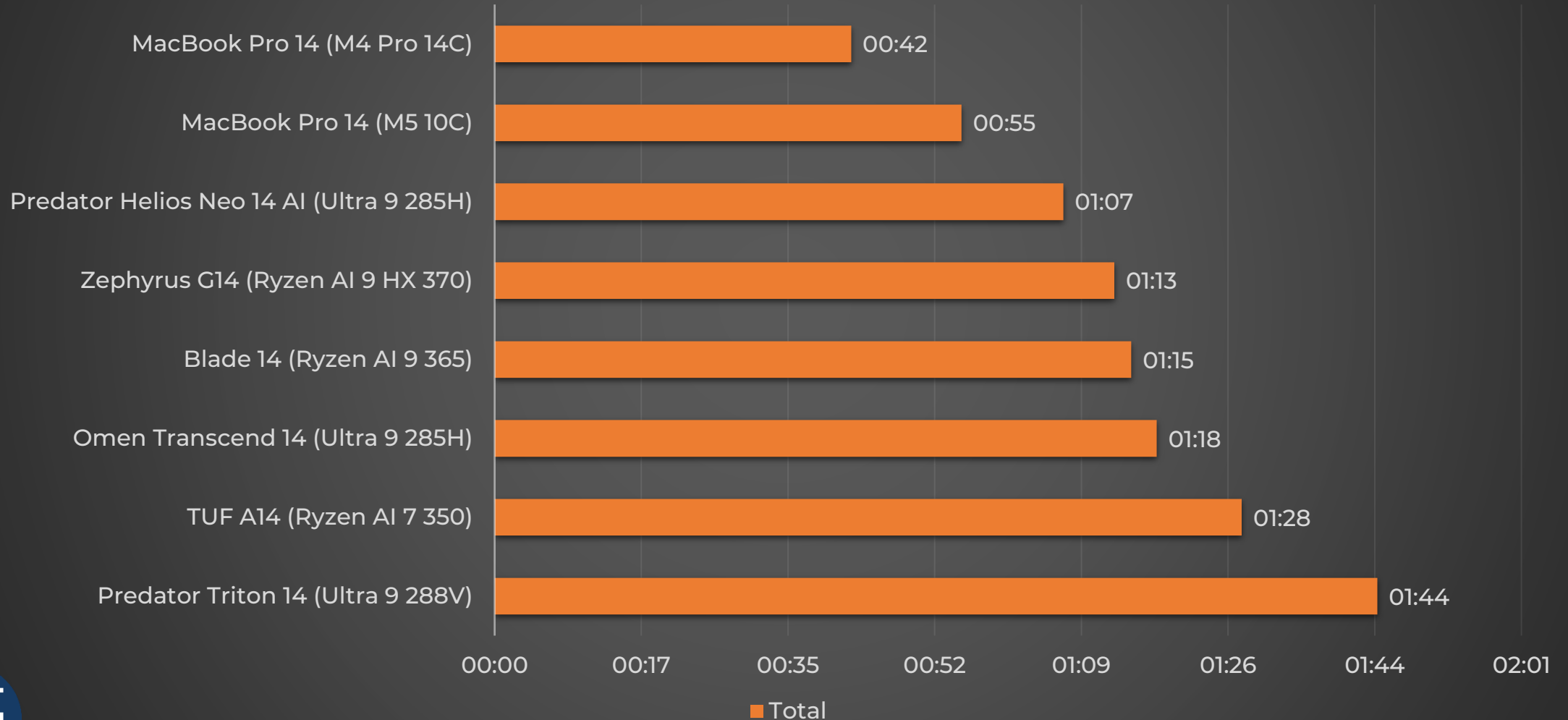
Premiere Pro Export Time - ProArt P16 Video

Highest Performance Modes, Lower is Better



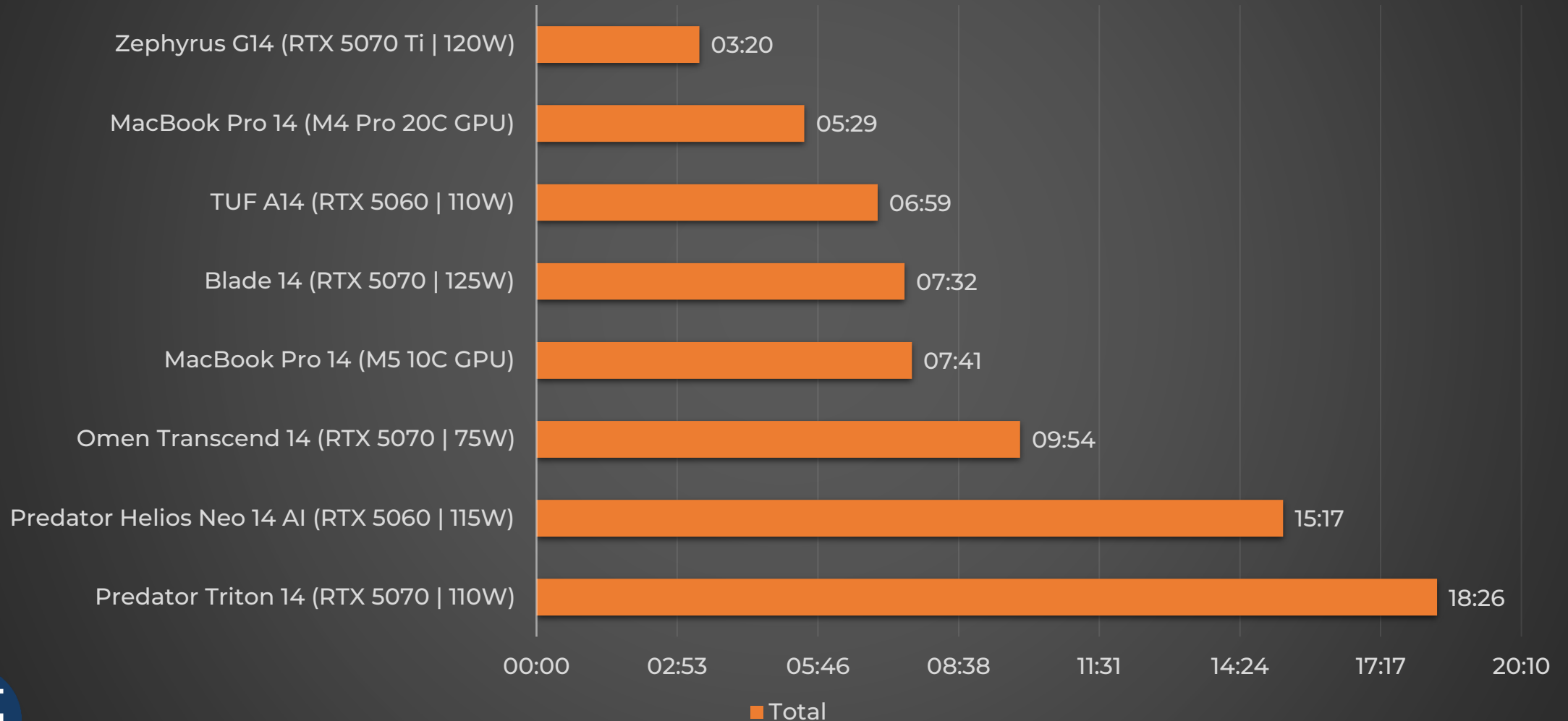
Premiere Pro Warp Stabilizer

Highest Performance Modes, Lower is Better



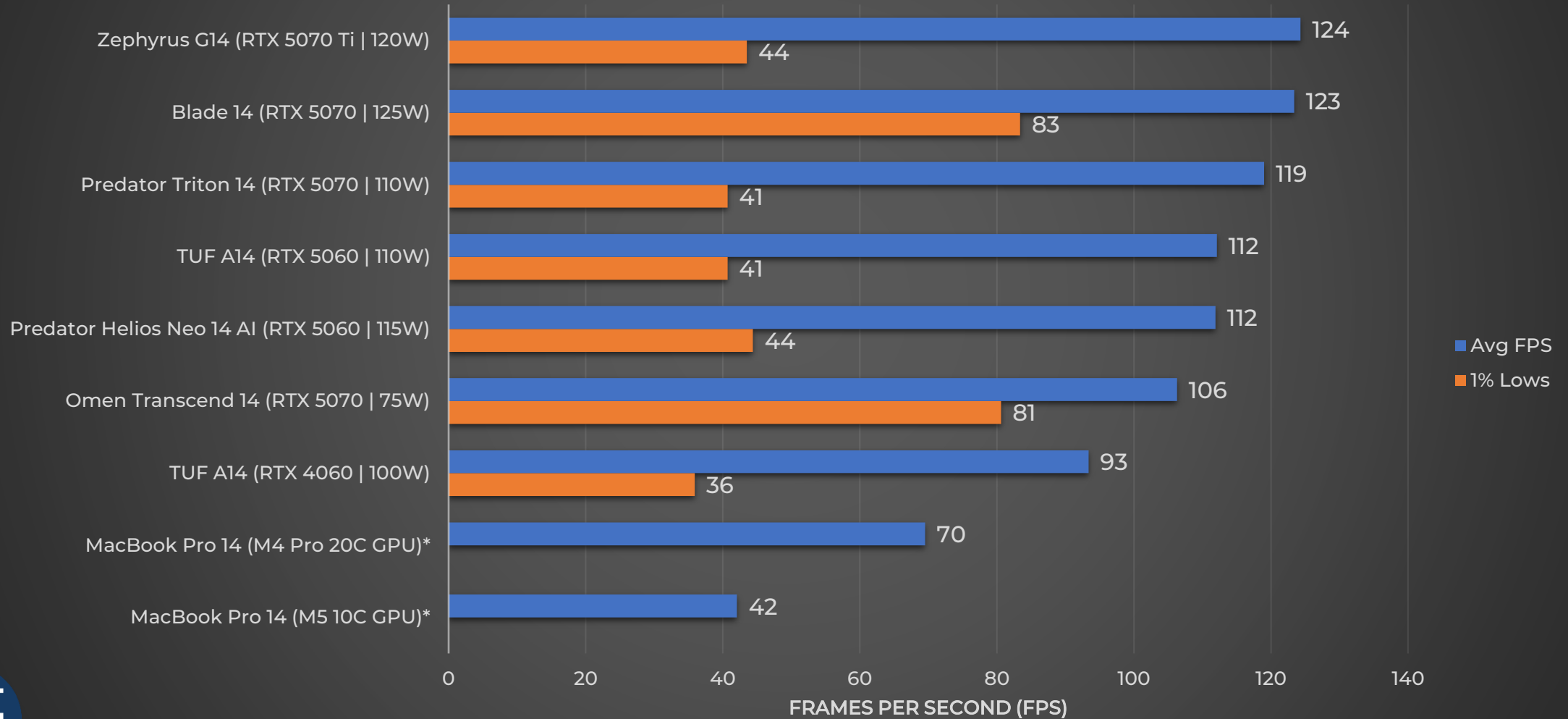
Blender 4.2.3 Splash Screen Render

Highest Performance Modes, Lower is Better



Cyberpunk 2077

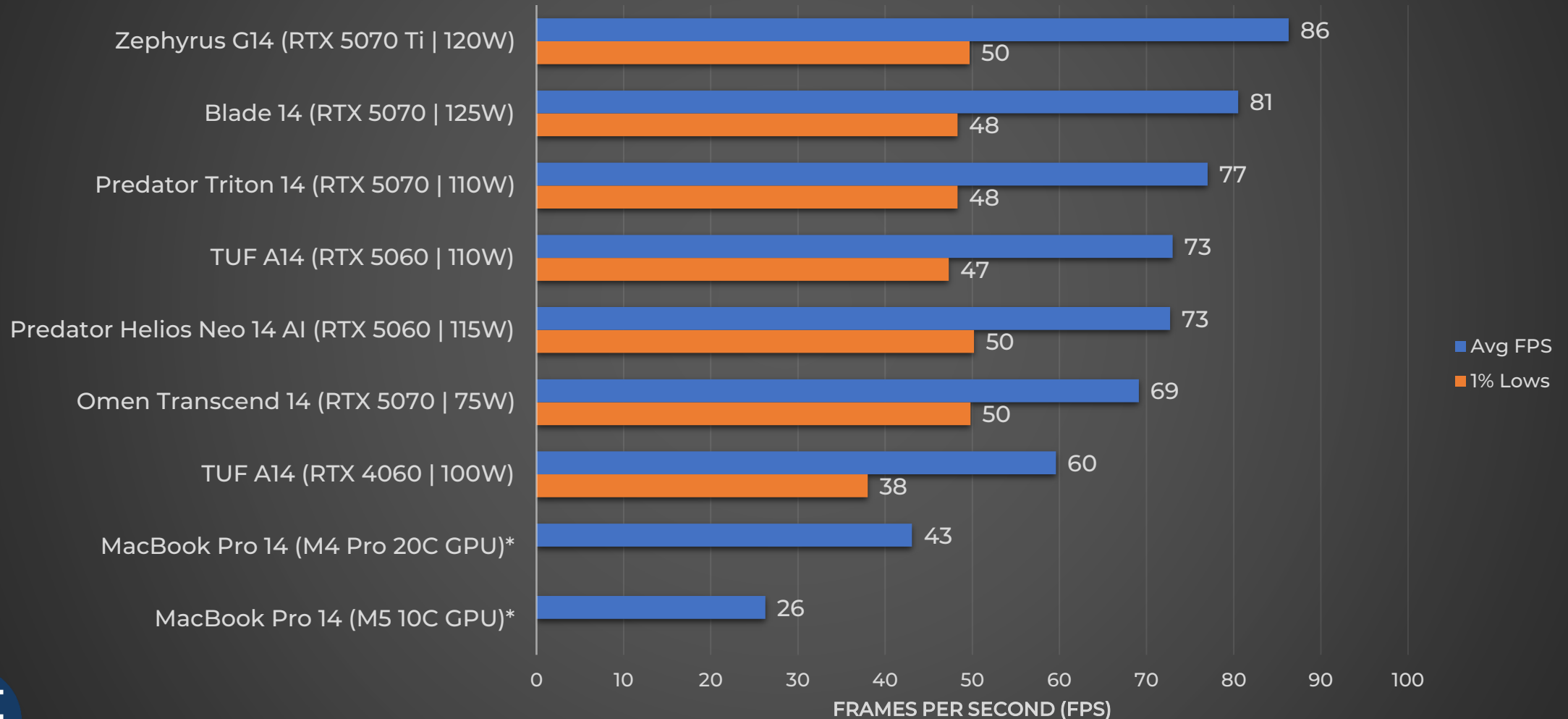
2560x1600, Ultra Settings - DLSS Upscaling & Frame Gen On



*Couldn't Record 1% Lows on MacBooks

Cyberpunk 2077

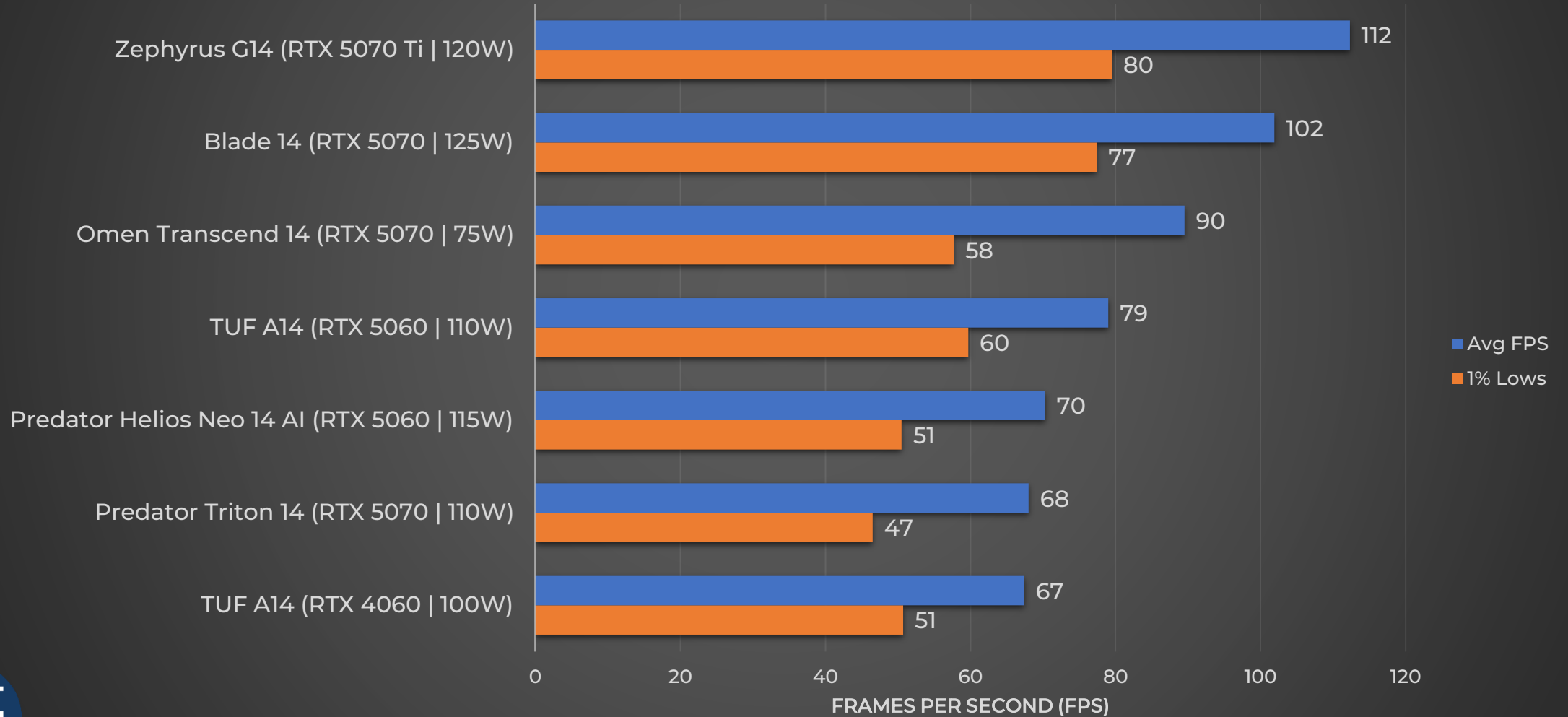
2560x1600, Ultra Settings - DLSS Upscaling On & Frame Gen Off



*Couldn't Record 1% Lows on MacBooks

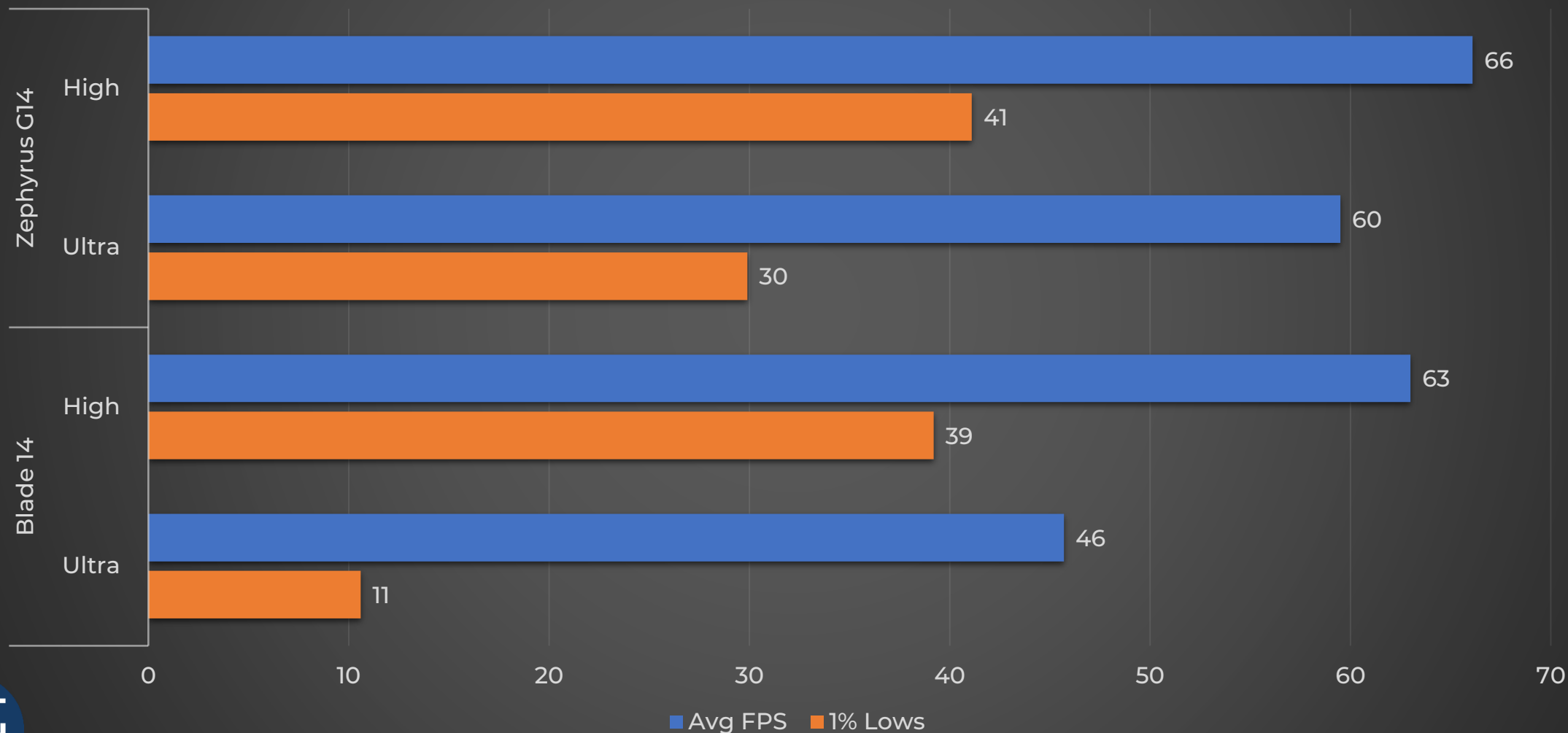
Forza Horizon 5

2560x1600, Extreme Settings - DLSS Off



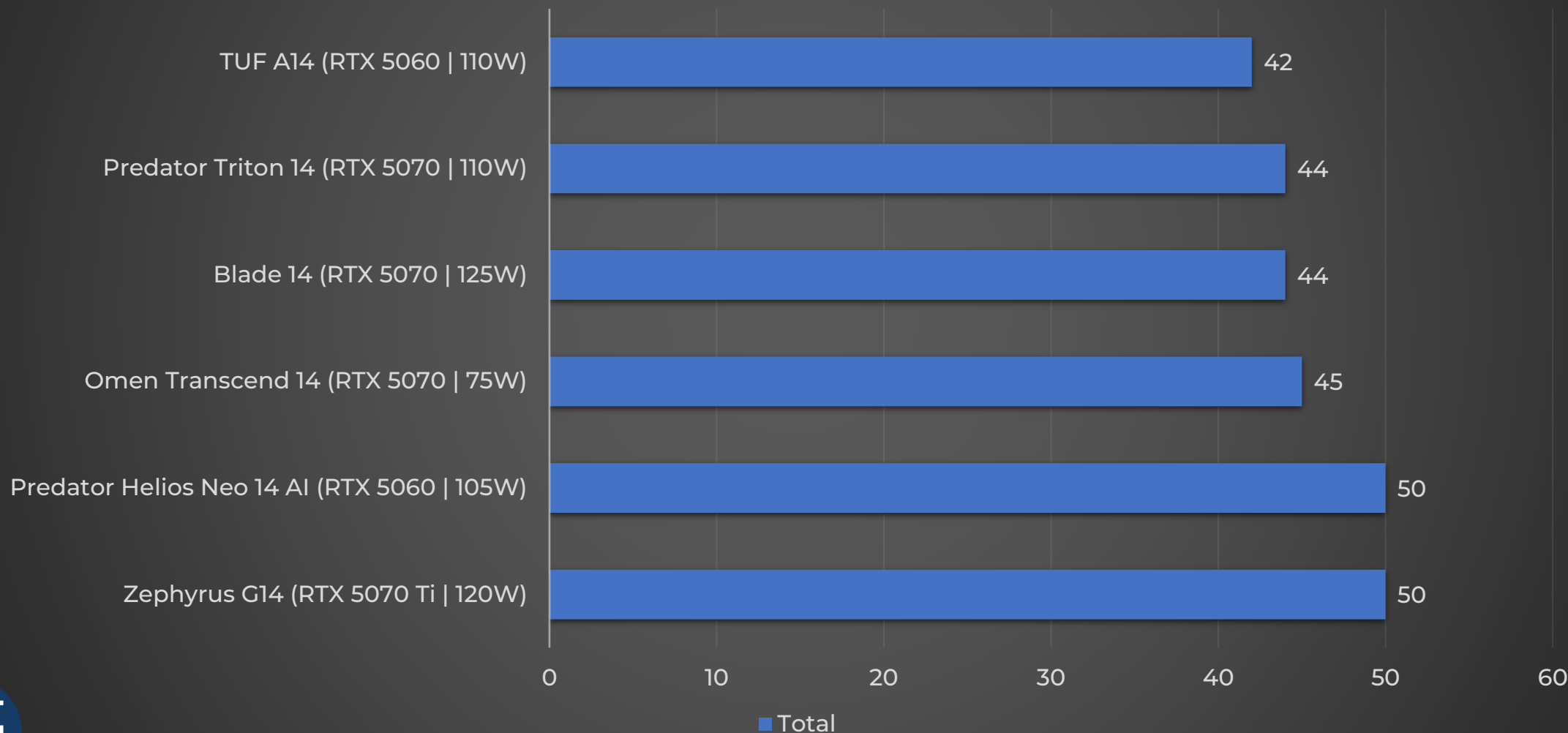
Monster Hunter Wilds at Different Settings

2560 x 1600 - DLSS Upscaling On & Frame Gen Off



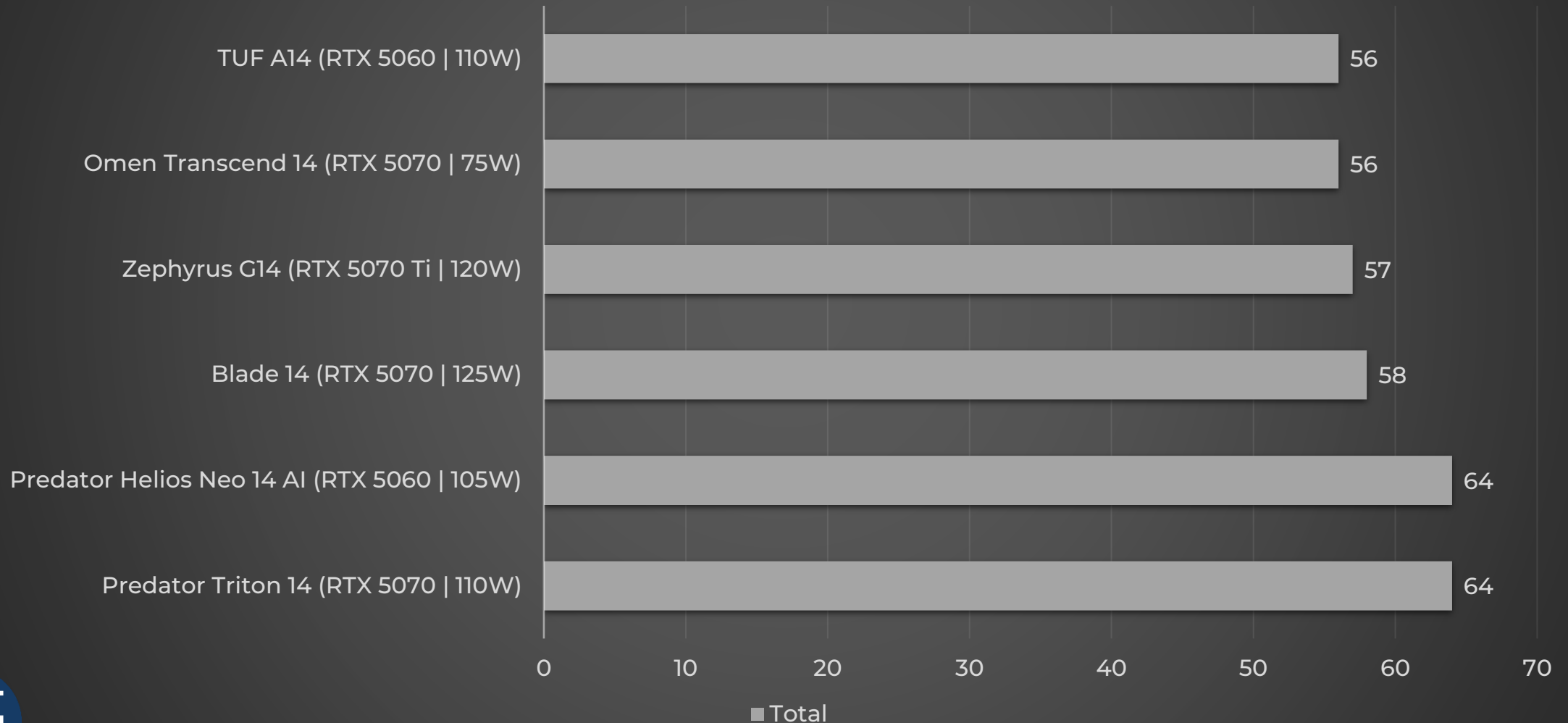
Hottest Surface Temperatures - Forza Horizon 5

Highest Performance Modes, Lower is Better



Fan Noise - Forza Horizon 5

Highest Performance Modes, Lower is Better



Forza Horizon 5 Breakdown

Blade 14 (Ryzen AI 9 365 | RTX 5070)

Performance Mode	Avg FPS	1% Lows	Avg CPU Temp	Avg GPU Temp	Avg CPU Wattage	Avg GPU Wattage	Max Keyboard Temperature	Fan Noise
Silent	75	57	67 °C	71 °C	19 W	56 W	45 °C	45 dB
Balanced	88	66	73 °C	79 °C	25 W	89 W	46 °C	52 dB
Performance	102	77	72 °C	78 °C	28 W	105 W	44 °C	58 dB

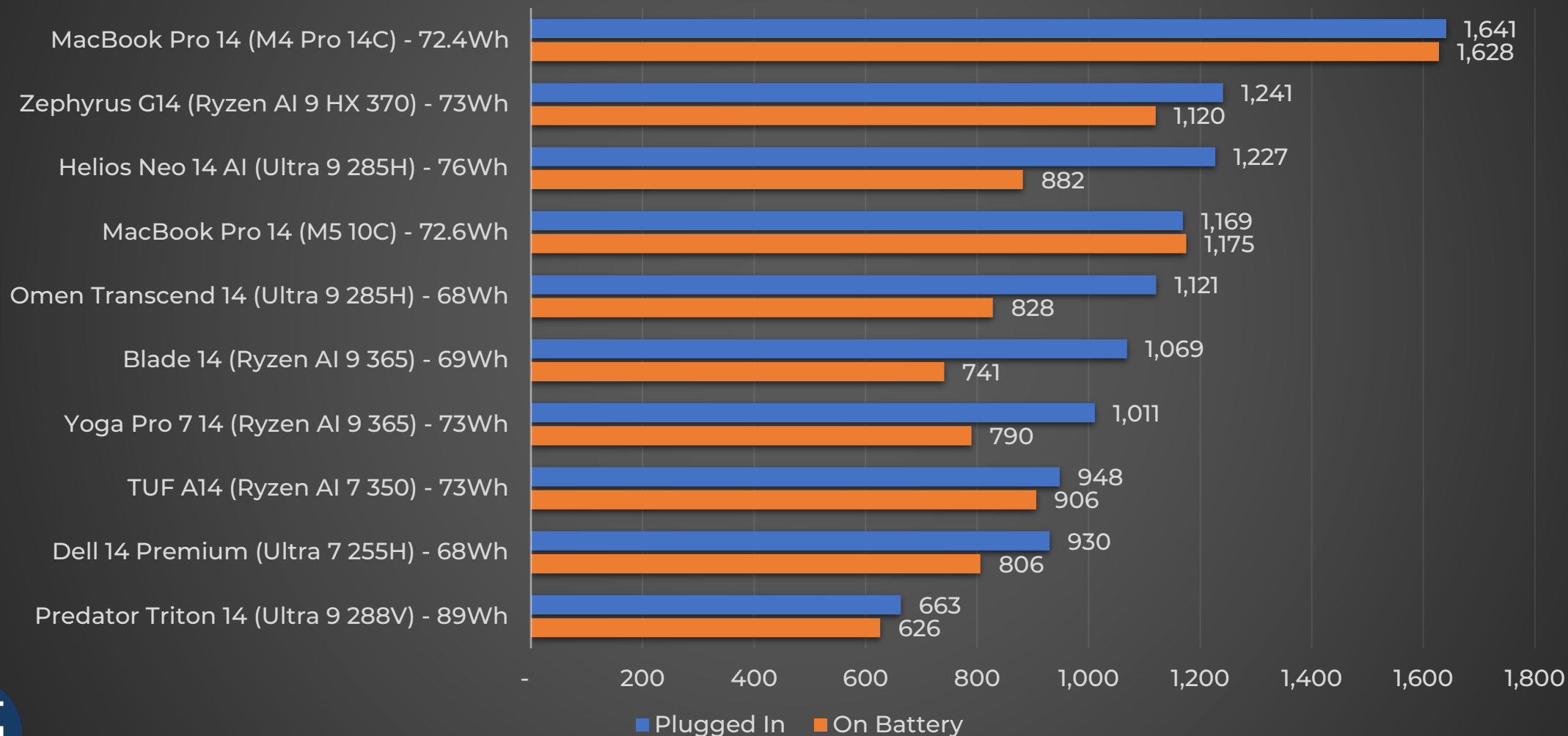
Forza Horizon 5 Breakdown

Zephyrus G14 (Ryzen AI 9 HX 370 | RTX 5070 Ti)

Performance Mode	Avg FPS	1% Lows	Avg CPU Temp	Avg GPU Temp	Avg CPU Wattage	Avg GPU Wattage	Max Keyboard Temperature	Fan Noise
Silent	72	47	73 °C	73 °C	23 W	45 W	48 °C	45 dB
Performance	108	83	76 °C	82 °C	20 W	89 W	50 °C	55 dB
Turbo	113	84	75 °C	81 °C	22 W	94 W	50 °C	57 dB
Manual (Max)	120	88	67 °C	75 °C	22 W	105 W	45 °C	65 dB
G Helper (Ultimate)	113	86	74 °C	84 °C	19 W	99 W	47 °C	57 dB

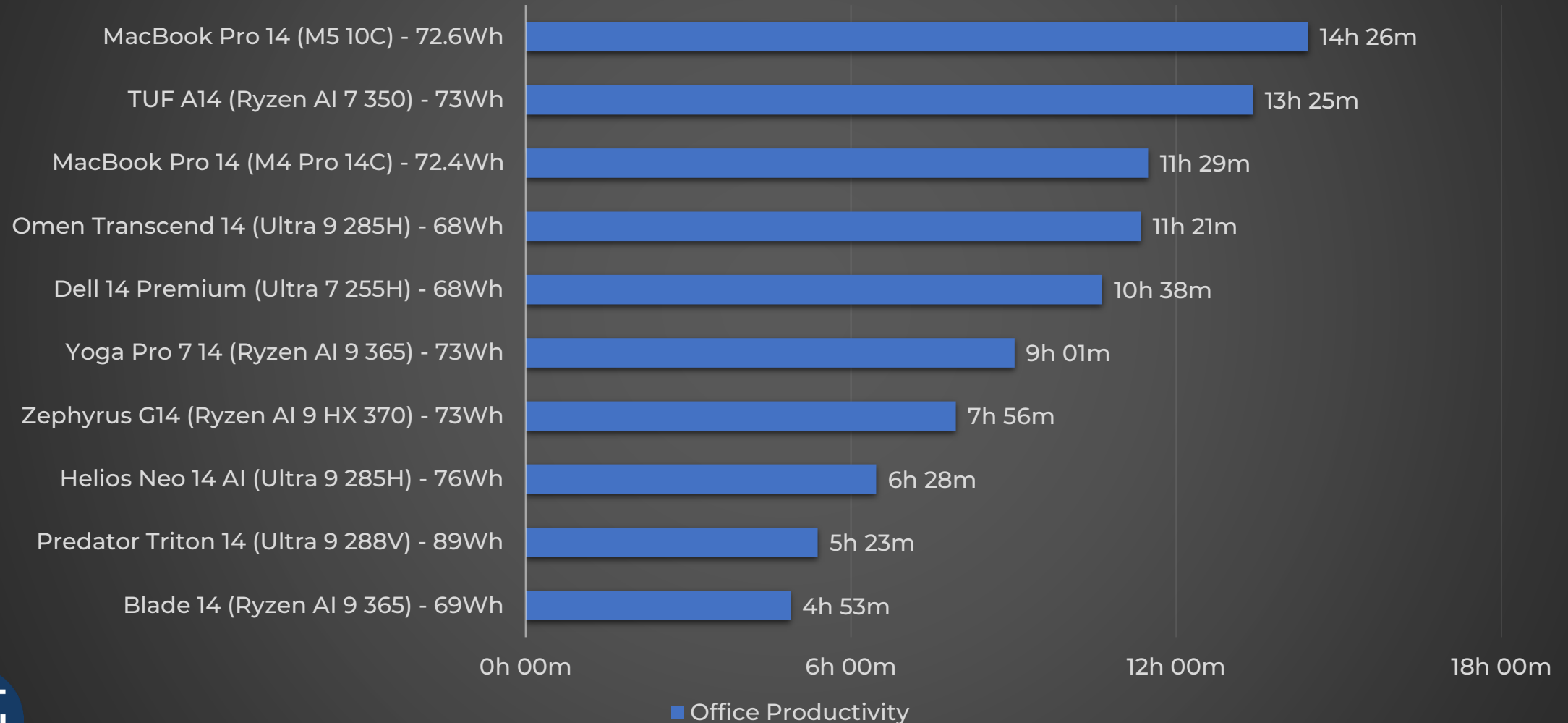
Performance on Battery

Cinebench 2024 Single Run - Higher is Better



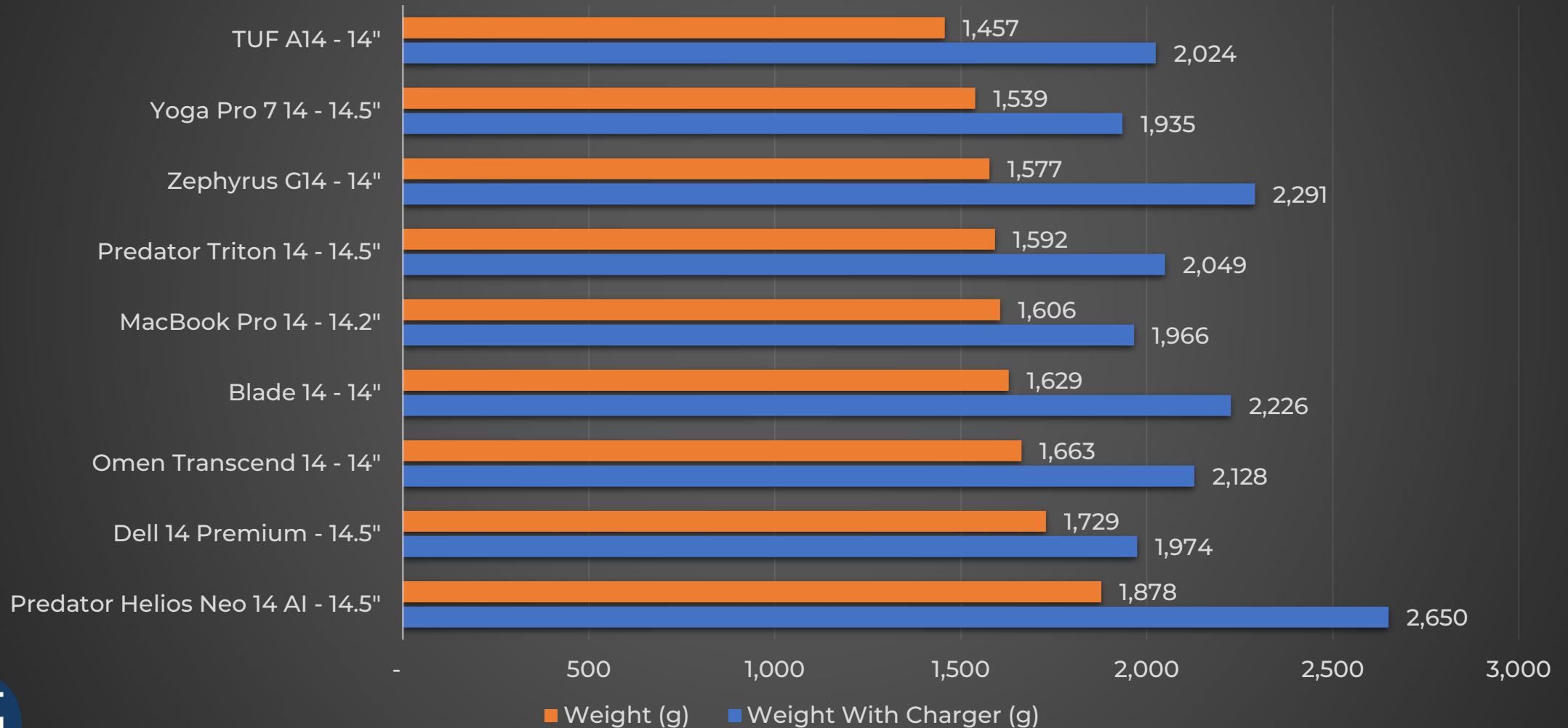
Battery Rundown

200 Nits, Best Battery Settings - Higher is Better



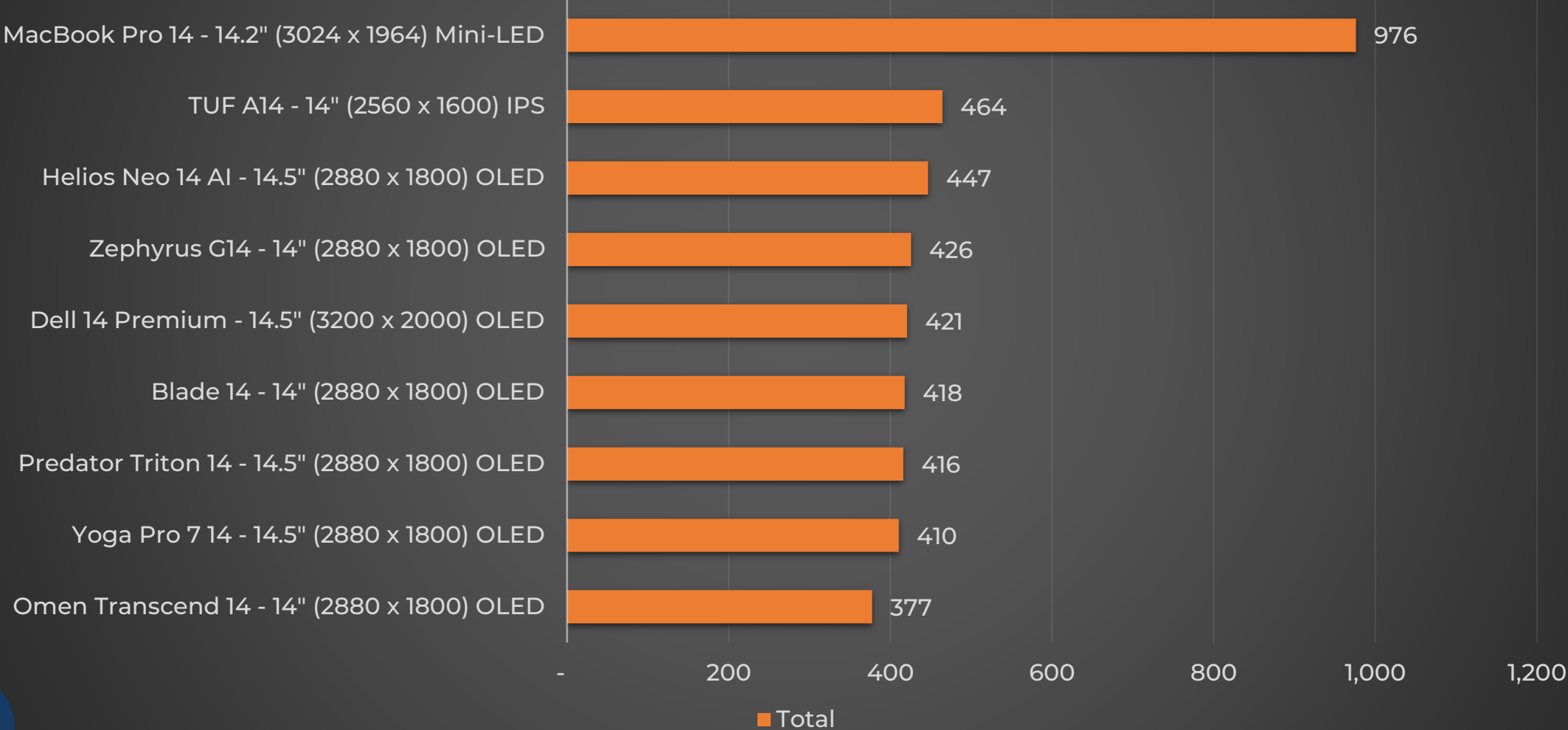
Weight

Lower is Better



Display - Max Brightness

Higher is Better



Scoring Categories

CPU Performance	
Gaming	
Creator Tasks	
Portability	
Heat & Fan Noise	
Battery Life	
Build Quality	
Display	
Keyboard & Trackpad	
Creature Comforts	

Final Scores

MacBook Pro 14	
Zephyrus G14	
Blade 14	
OMEN Transcend 14	
TUF A14	
Dell Premium 14	
Predator Triton 14	
Predator Helios Neo 14	
Yoga Pro 7	