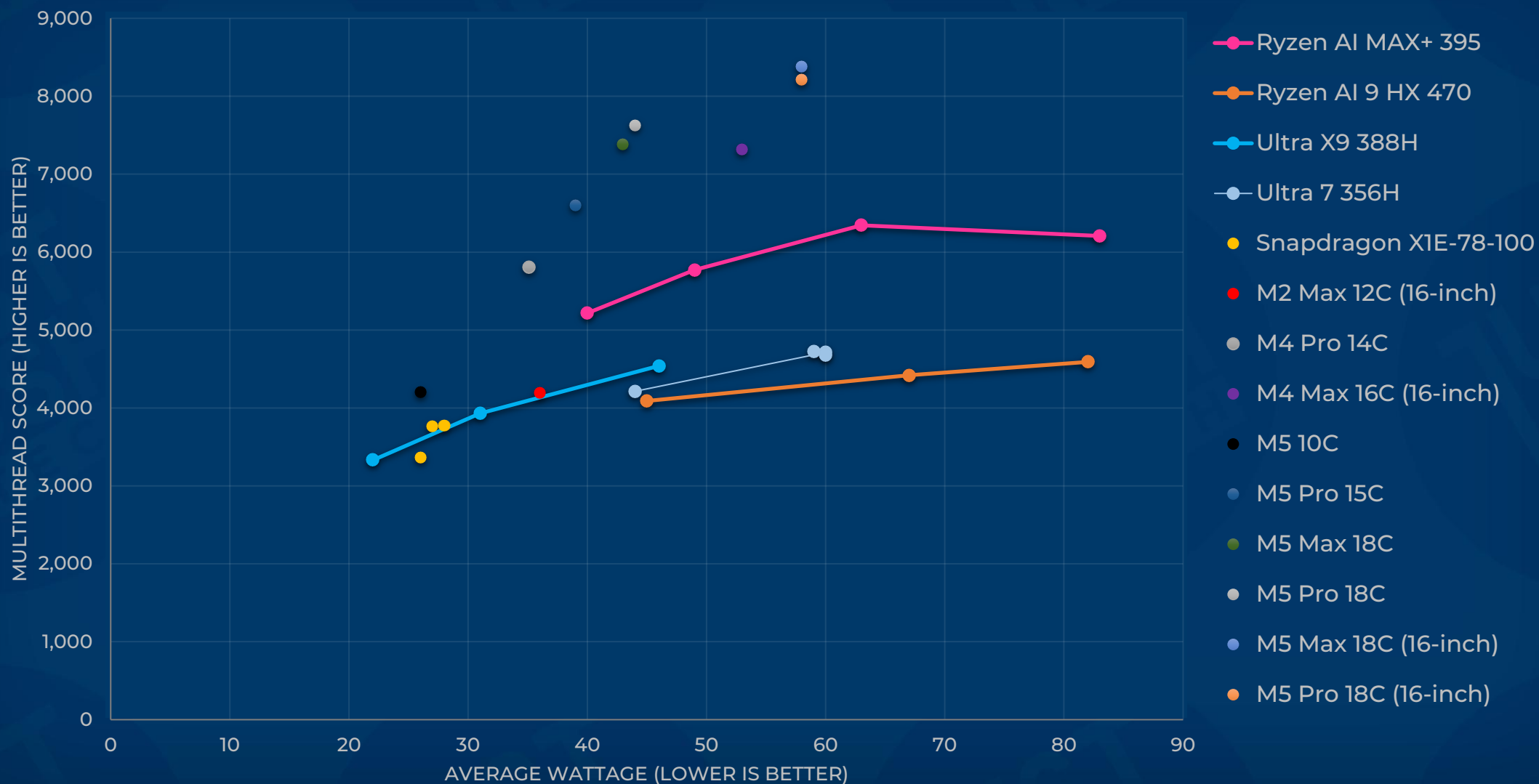
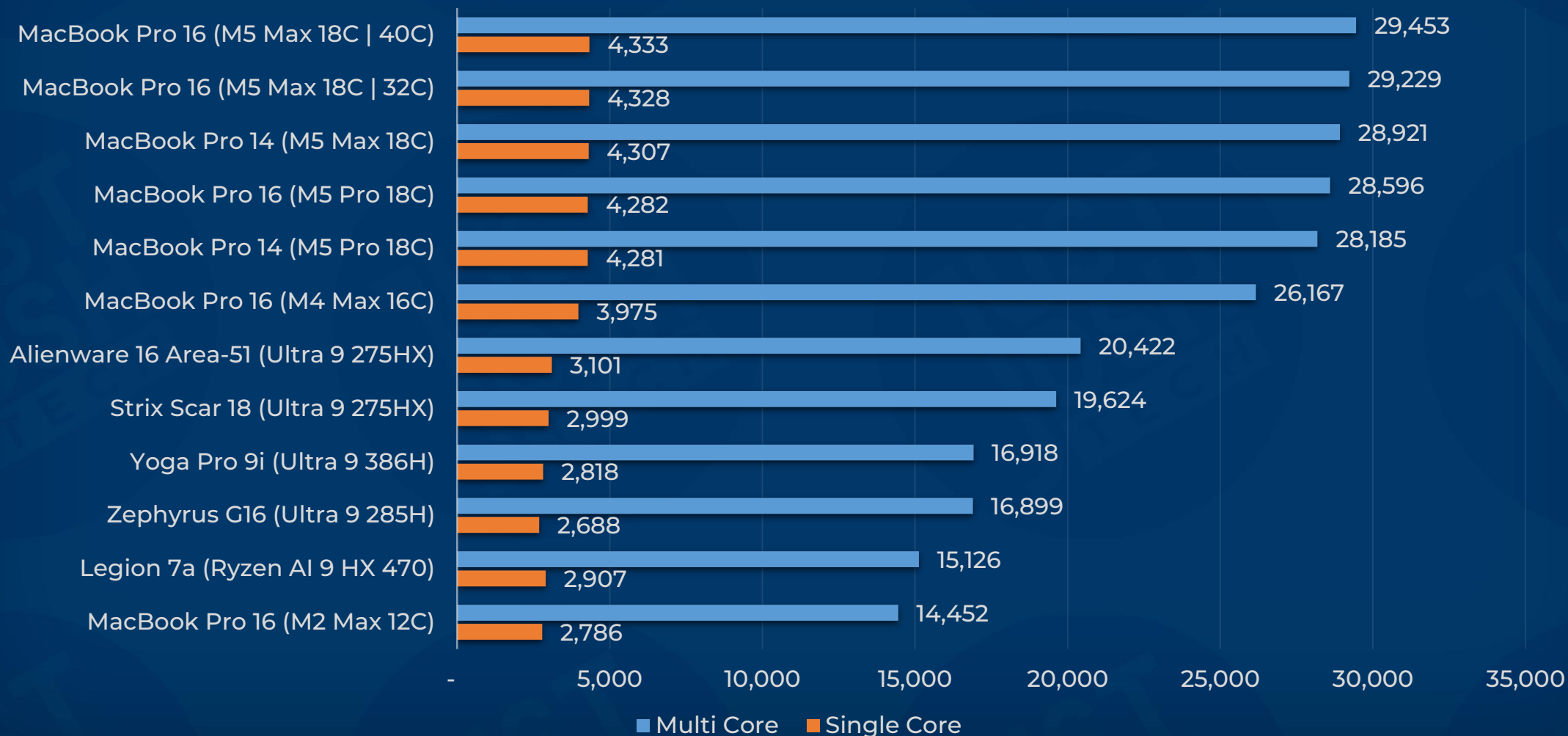


Cinebench 2026 Performance by Power Draw



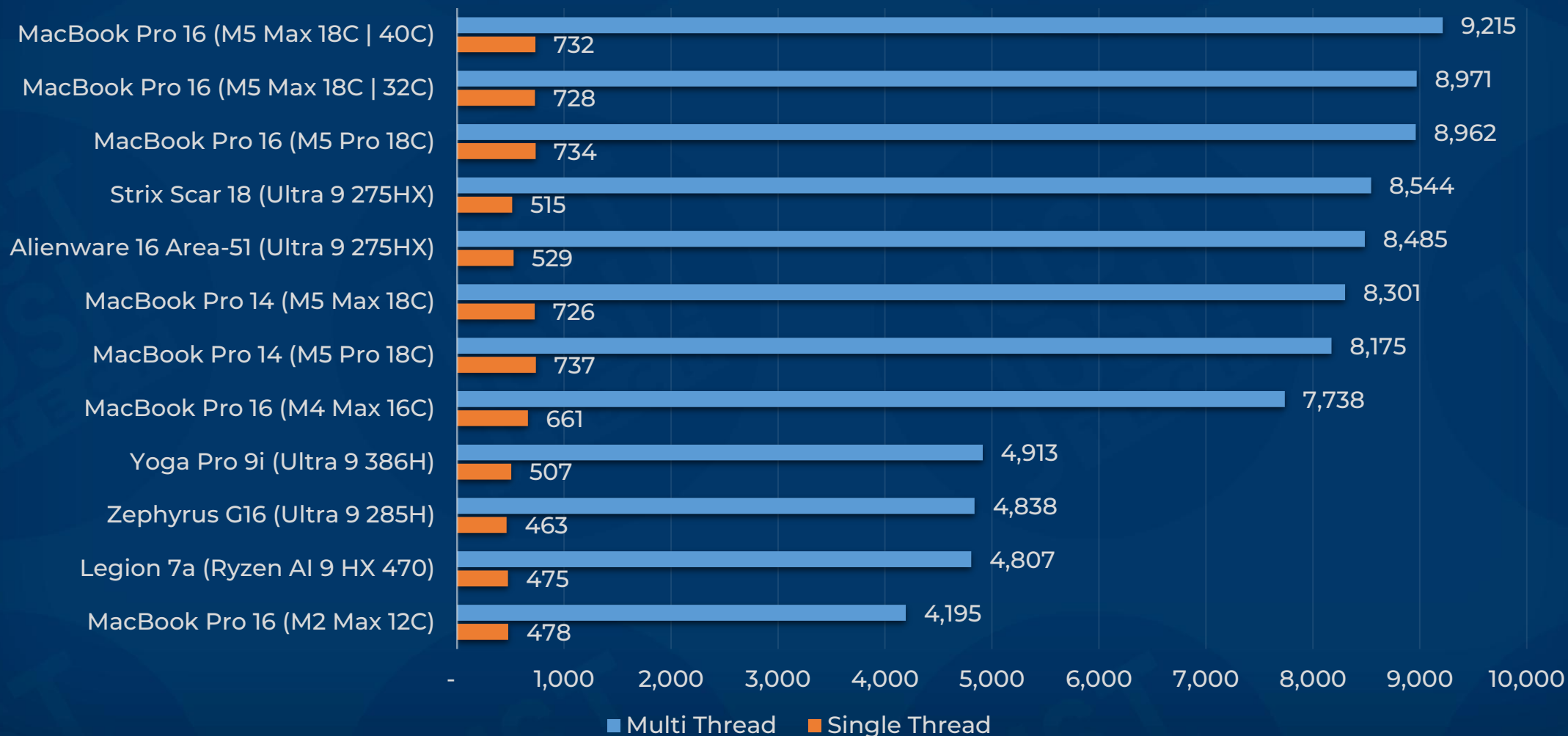
Common Performance Tasks - Geekbench 6

Highest Performance Modes, Higher is Better



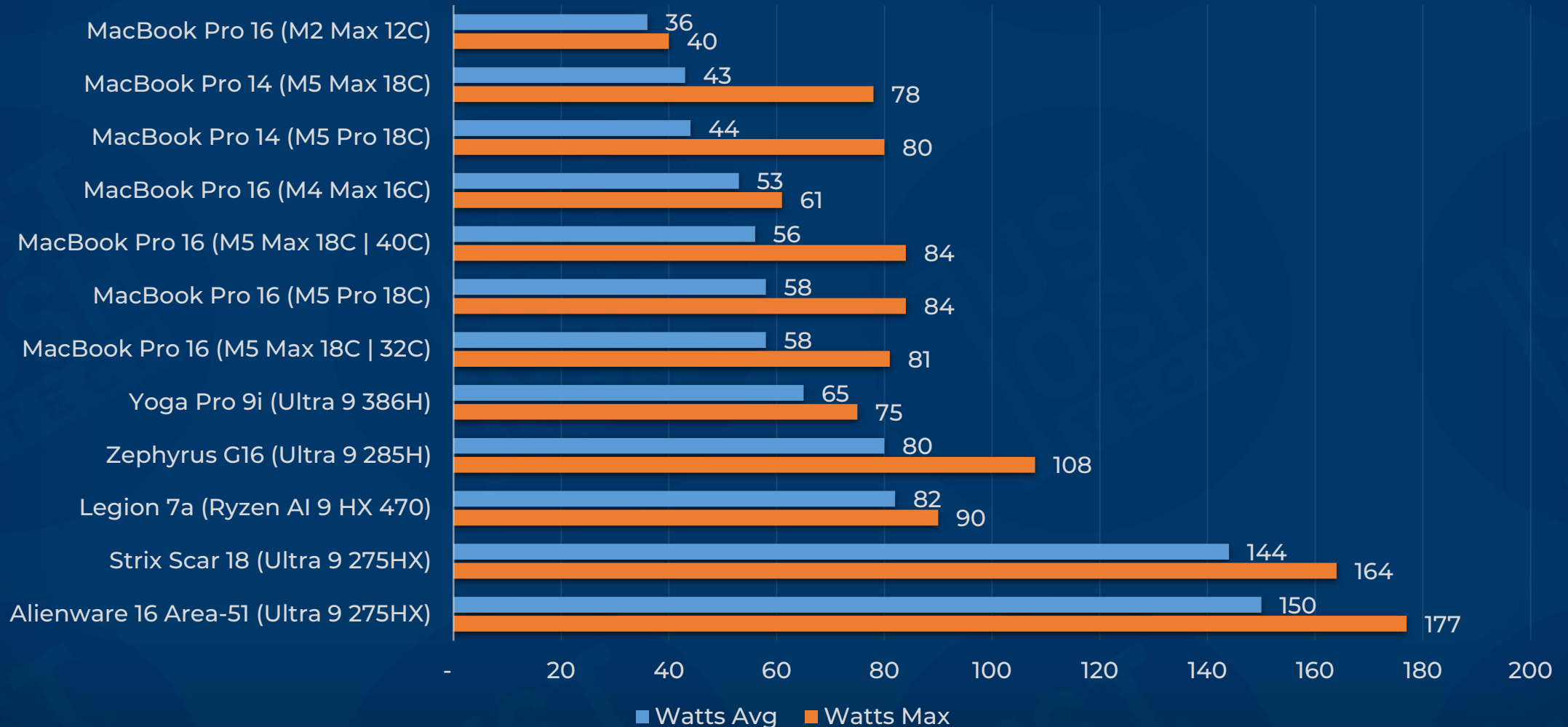
Max CPU Performance - Cinebench 2026 Single Run

Highest Performance Modes, Higher is Better



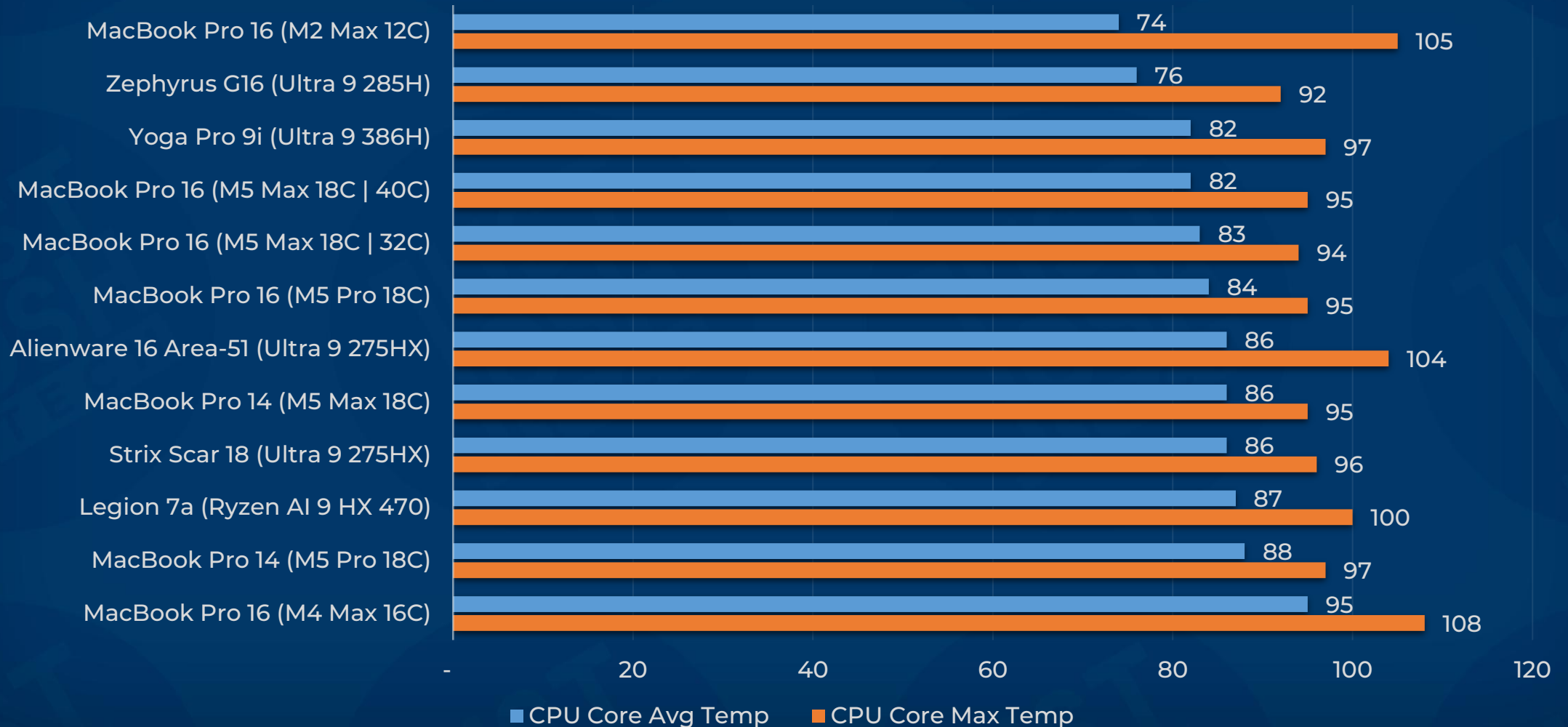
Power Draw - Cinebench 2026

Highest Performance Modes, Lower is Better



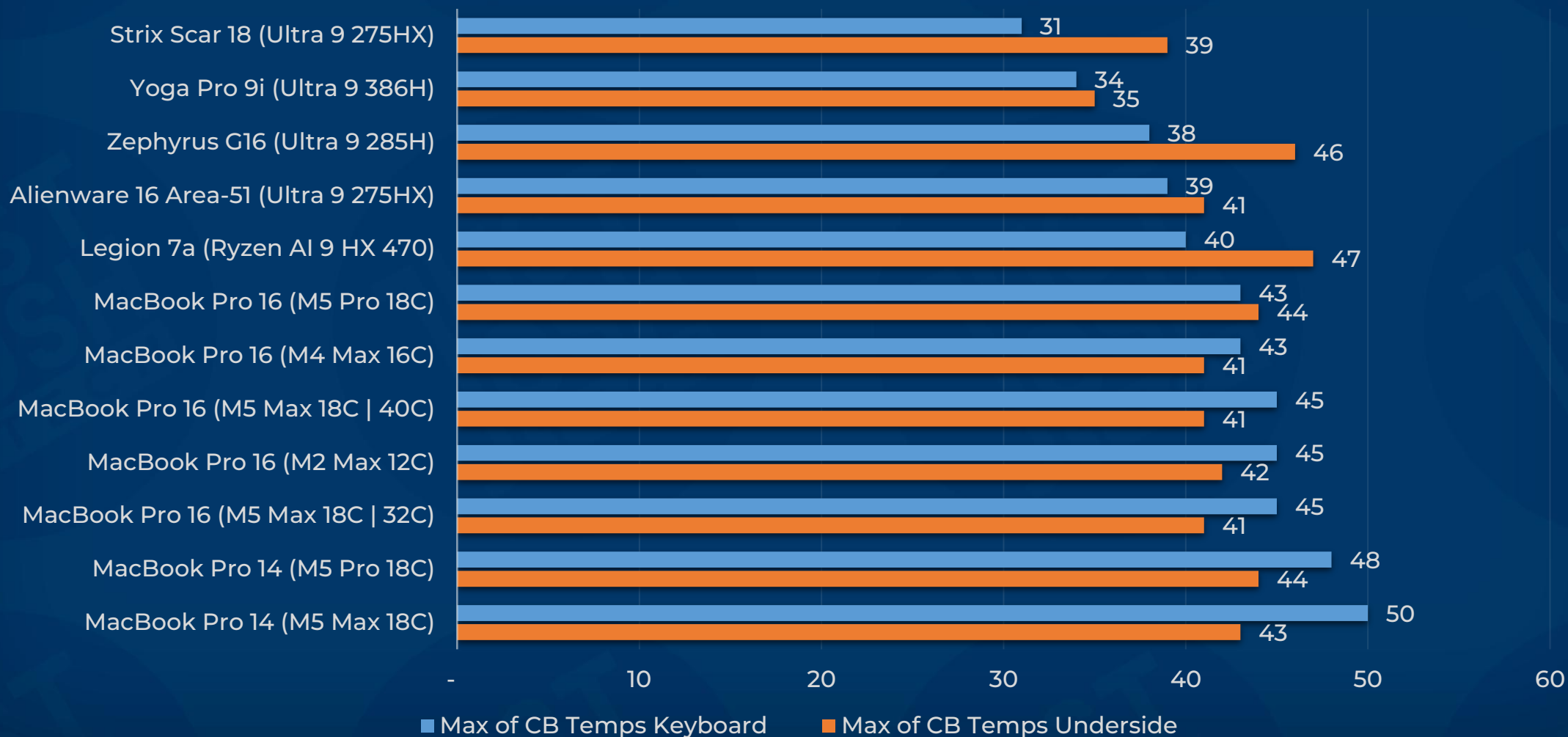
CPU Core Temperatures - Cinebench 2026

Highest Performance Modes, Lower is Better



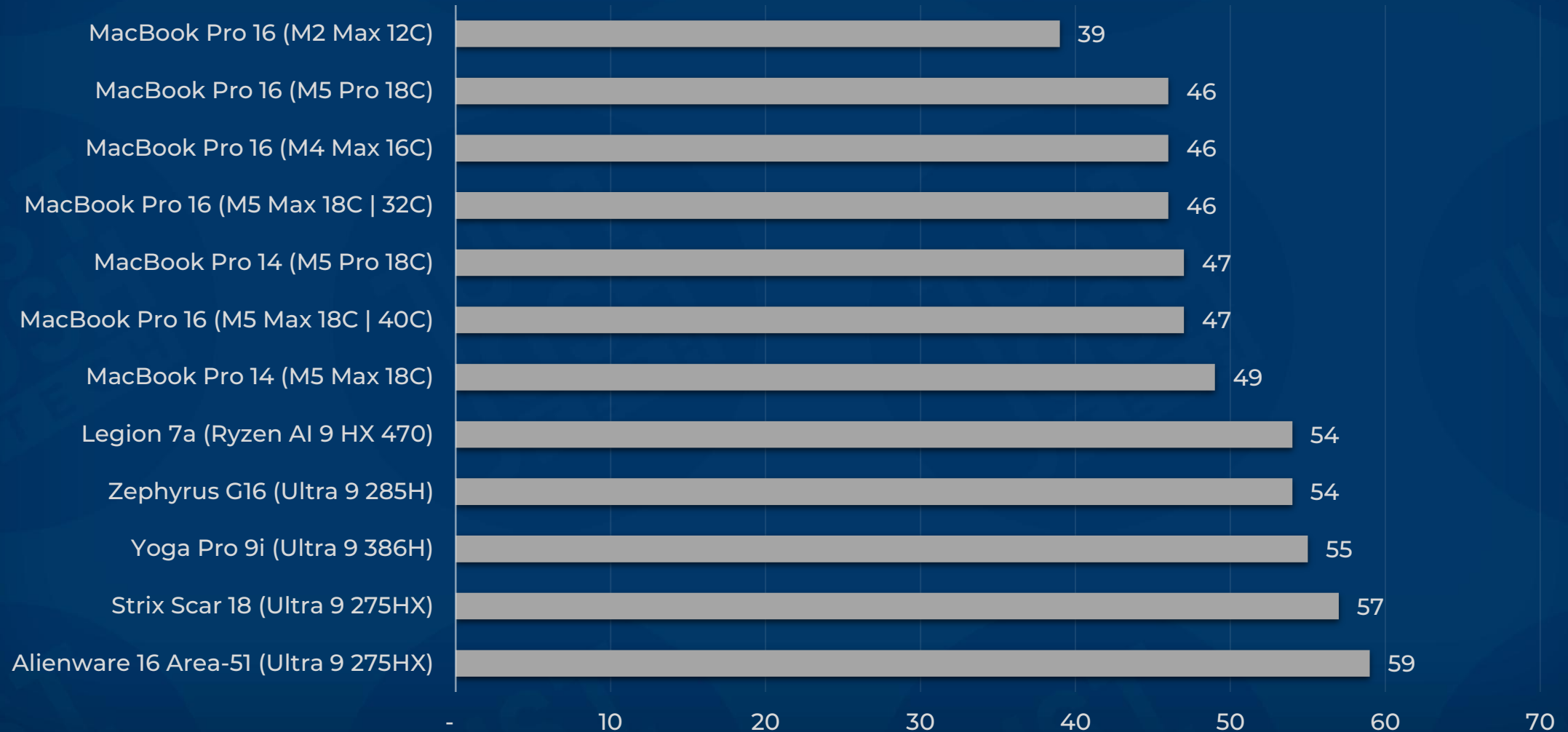
Hottest Surface Temperatures - Cinebench 2026

Highest Performance Modes, Lower is Better



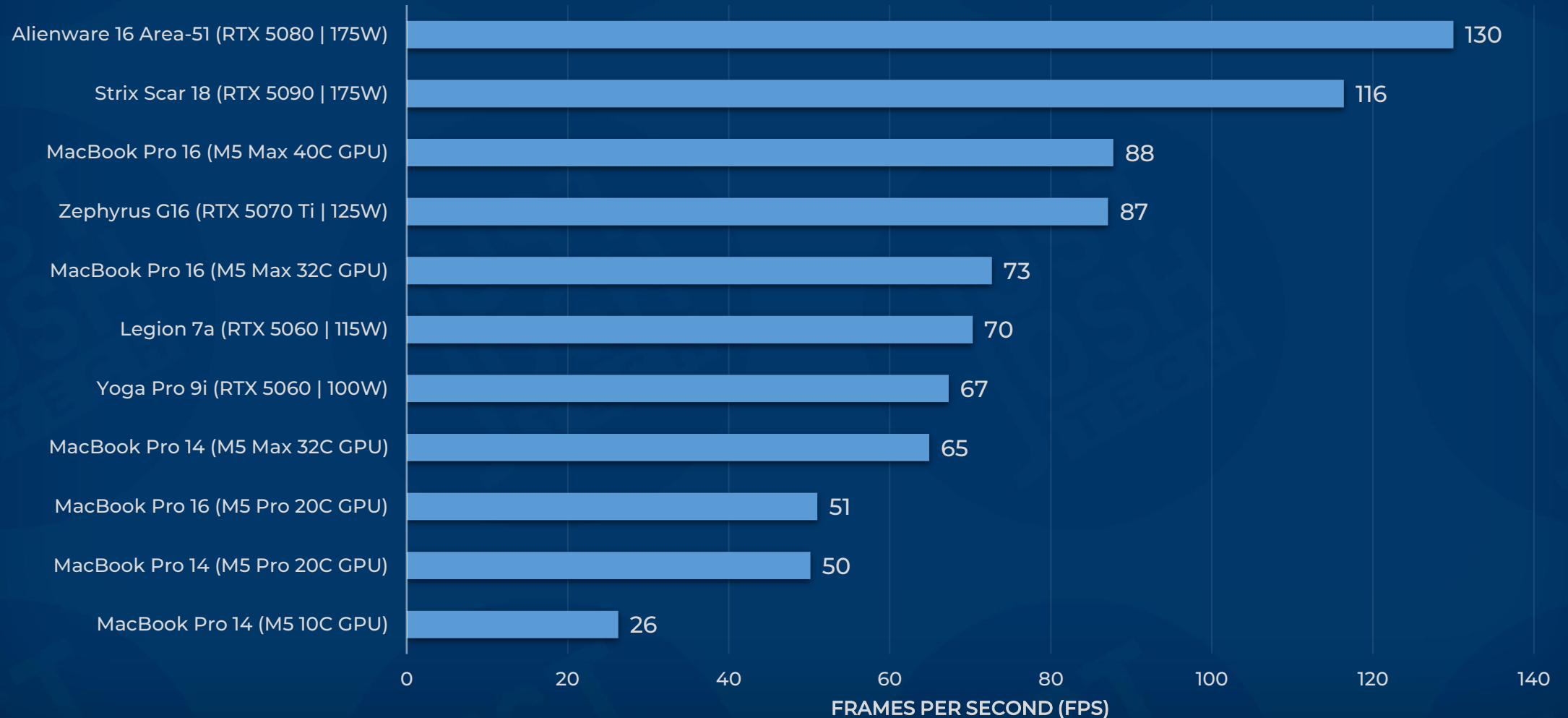
Fan Noise - Cinebench 2026

Highest Performance Modes, Lower is Better



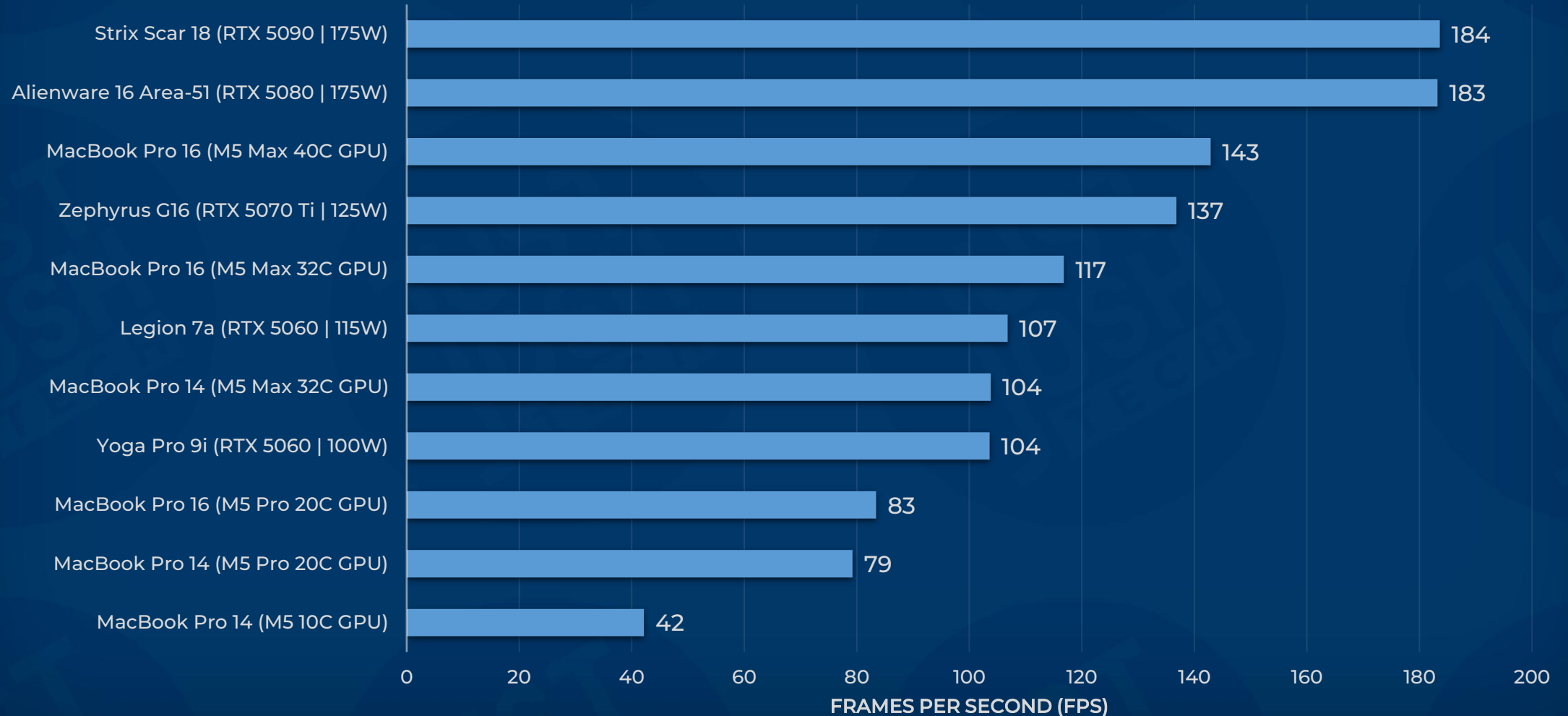
Cyberpunk 2077

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



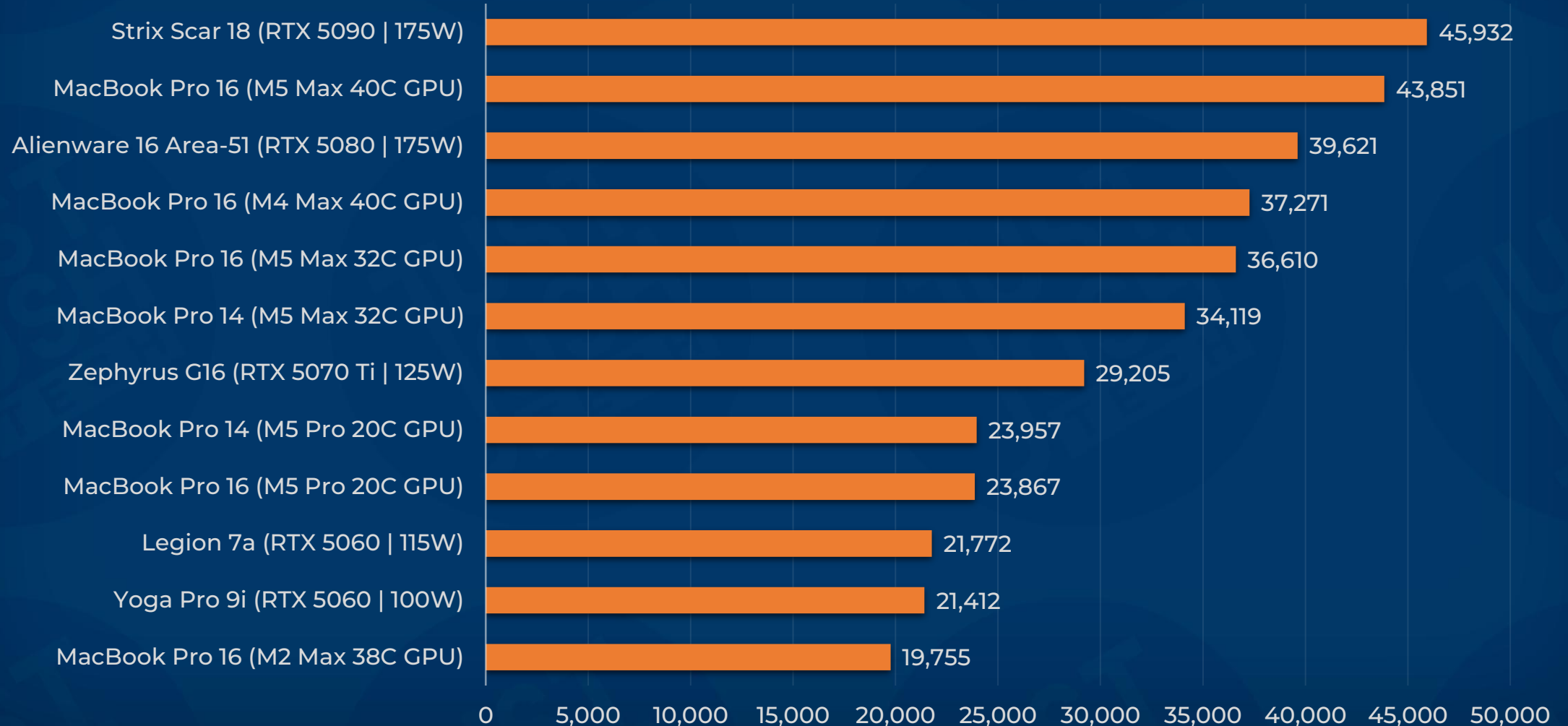
Cyberpunk 2077

2560x1600, Ultra Settings - Upscaling & Frame Gen On



3DMark - Wildlife Extreme

Highest Performance Modes, Higher is Better



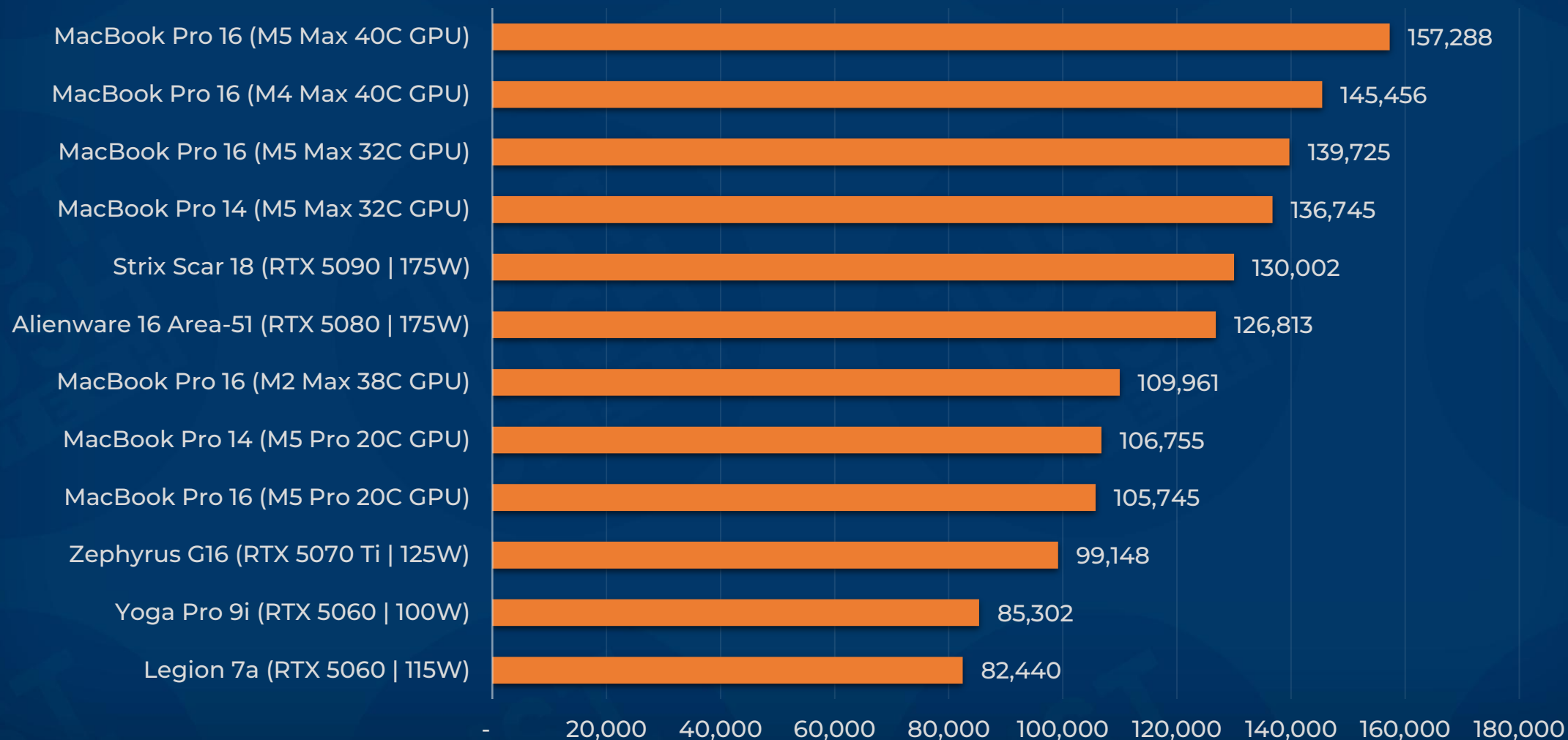
3DMark - Steel Nomad Light (1440p)

Highest Performance Modes, Higher is Better



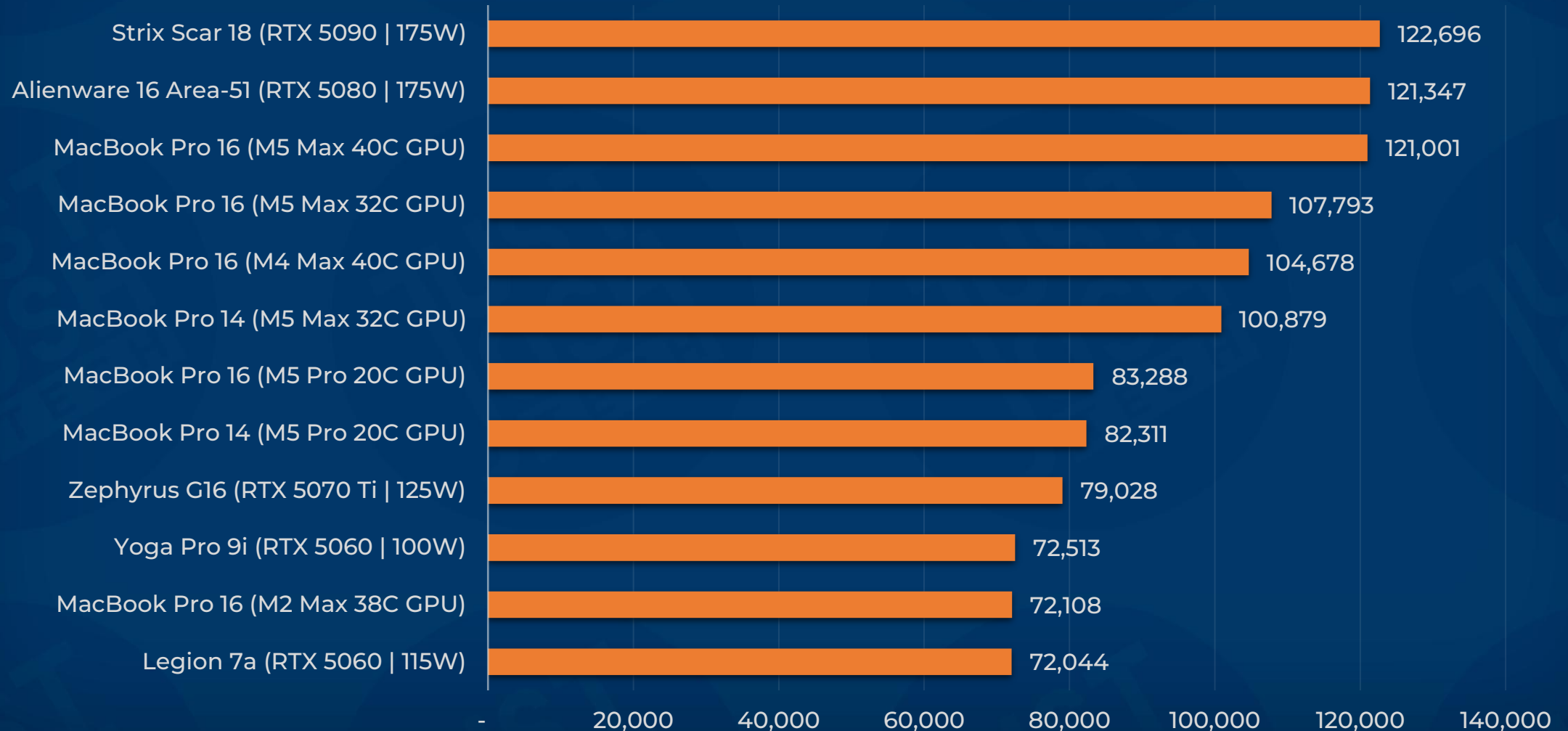
Puget Benchmark Premiere Pro 2.0

Highest Performance Modes, Higher is Better



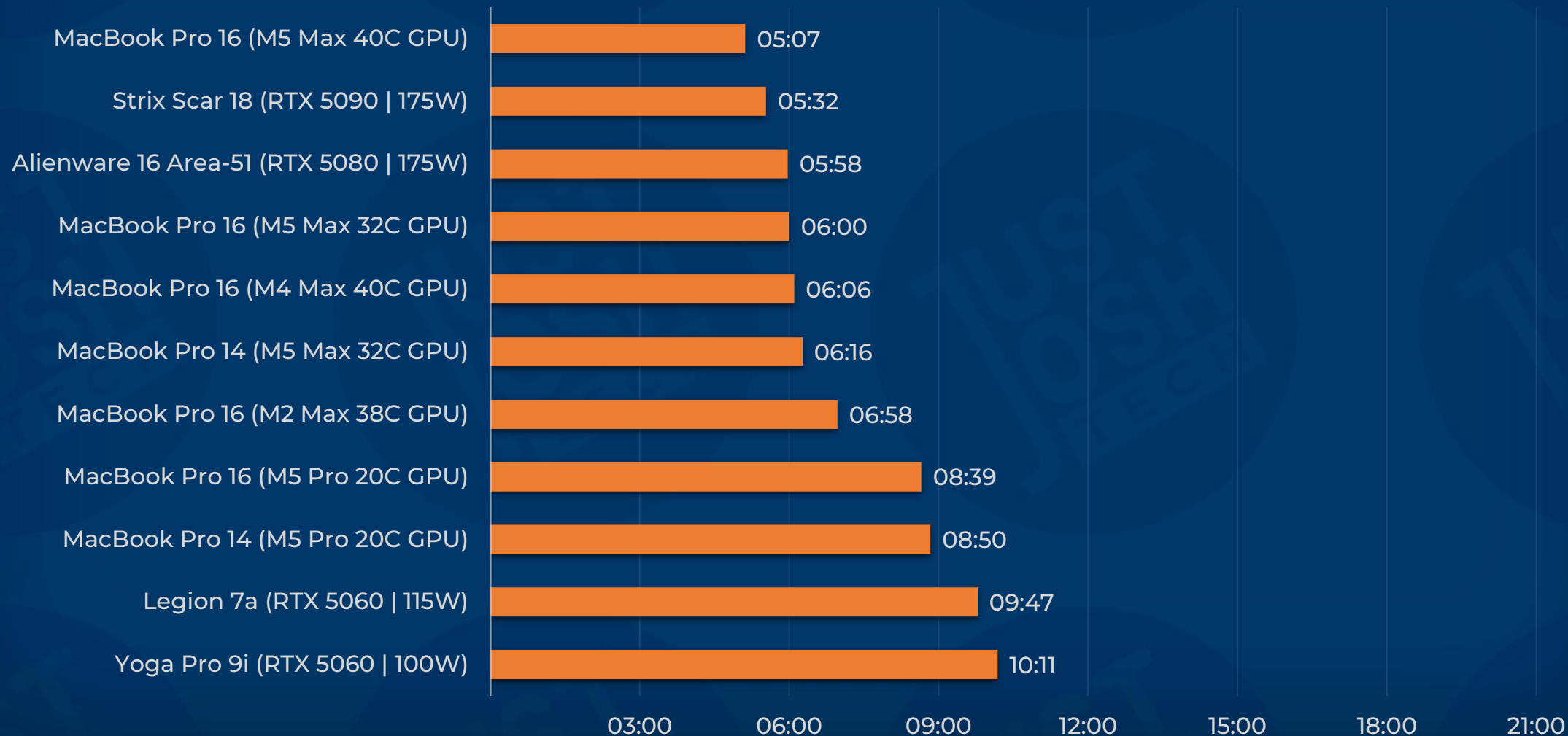
Puget Benchmark Davinci Resolve Studio 2.0

Highest Performance Modes, Higher is Better



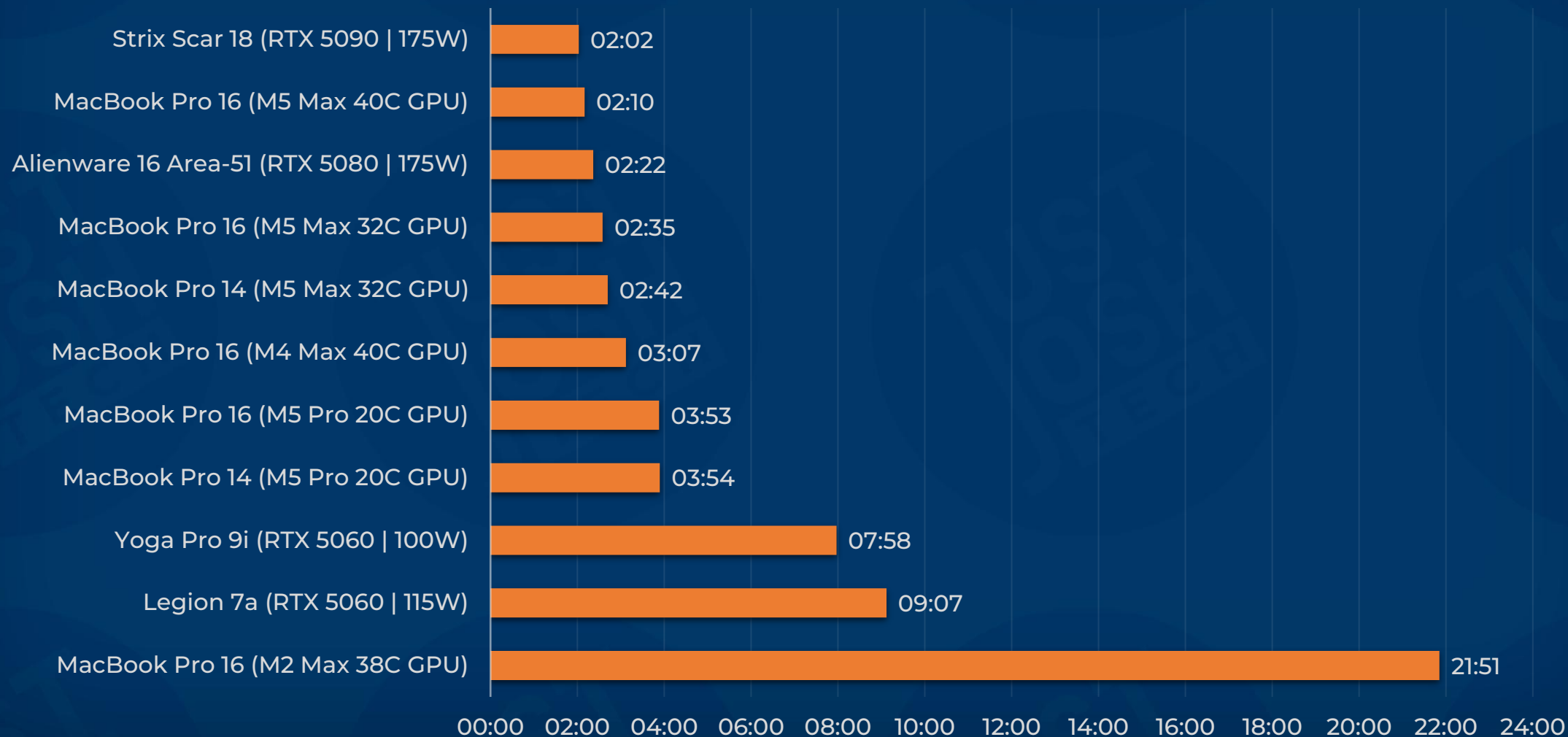
Premiere Pro Export Time - 4K H.264 8-Bit Video (14 Min)

Highest Performance Modes, Lower is Better



Blender 4.2.3 Splash Screen Render

Highest Performance Modes, Lower is Better



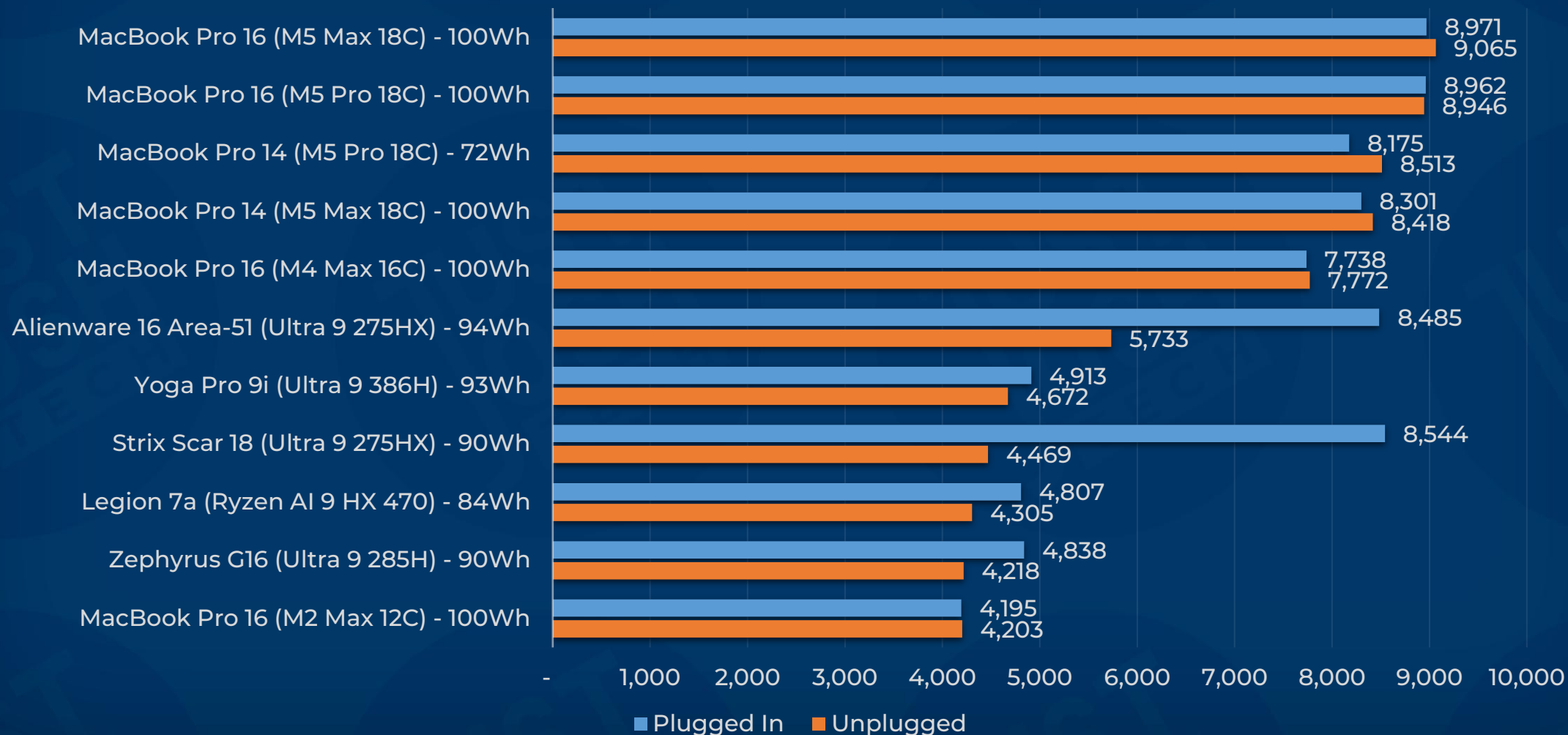
Wolf Goat Cabbage Test - LM Studio DeepSeek 14B Model

Tokens per Second, Higher is Better



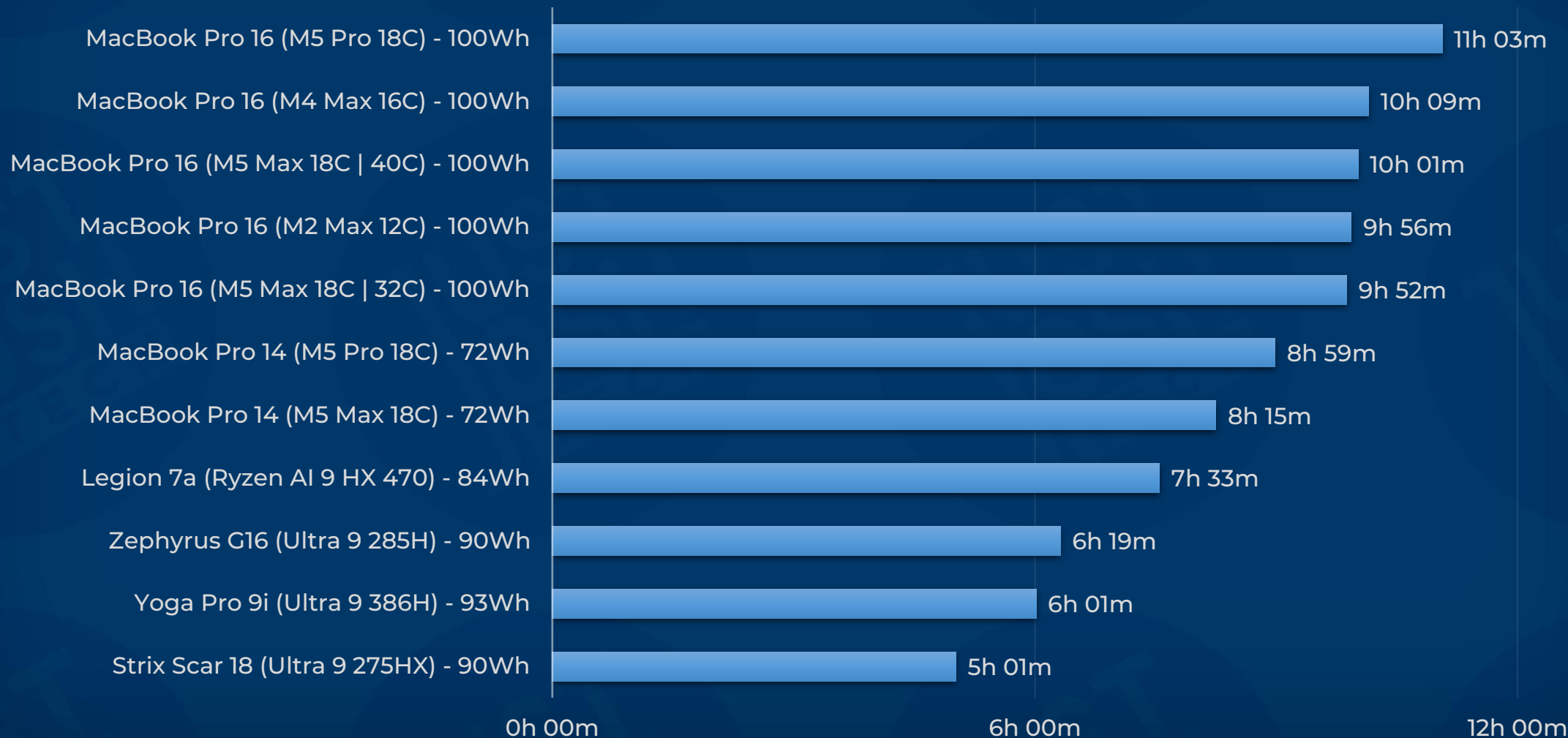
Performance on Battery

Cinebench 2026 Single Run - Higher is Better



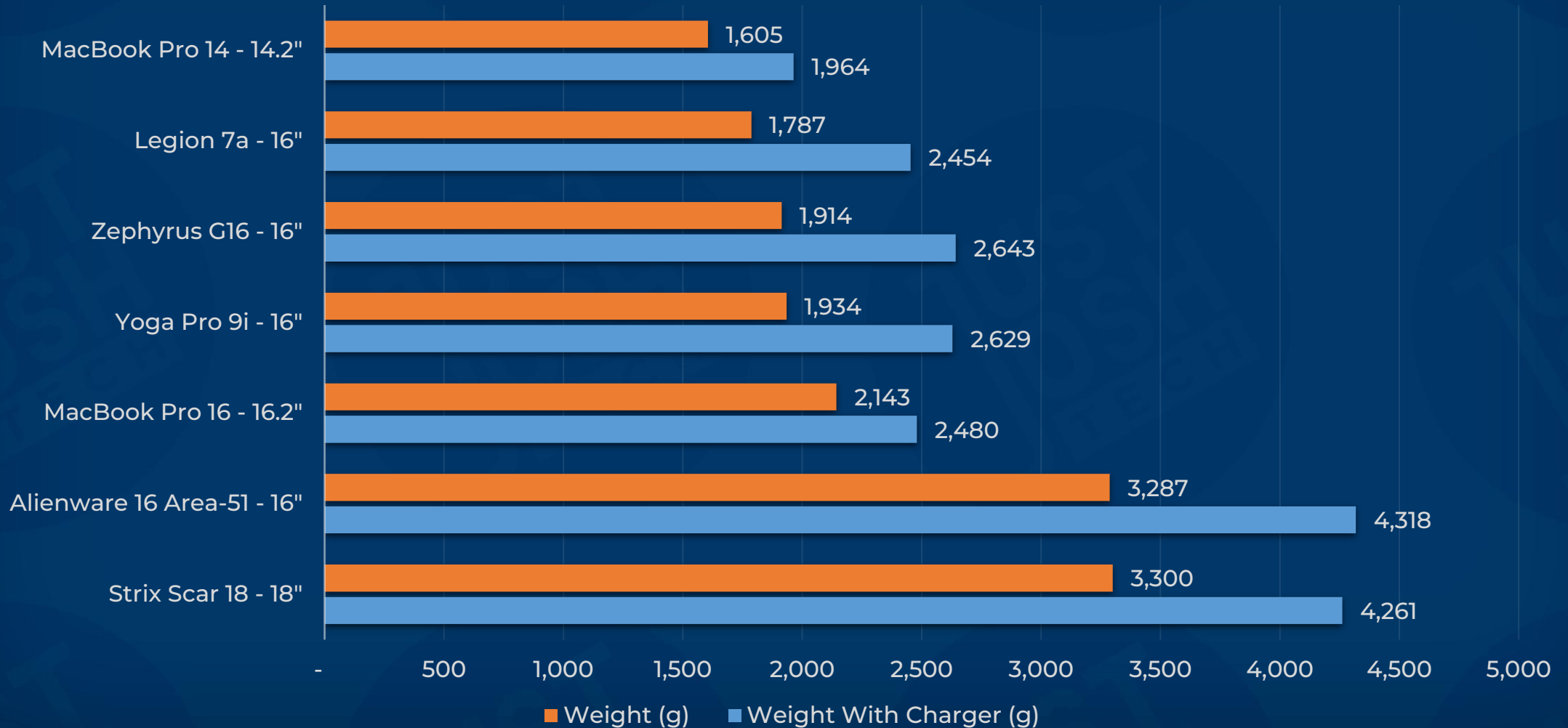
Battery Rundown - Office Tasks

300 Nits, WiFi & Bluetooth On - Higher is Better



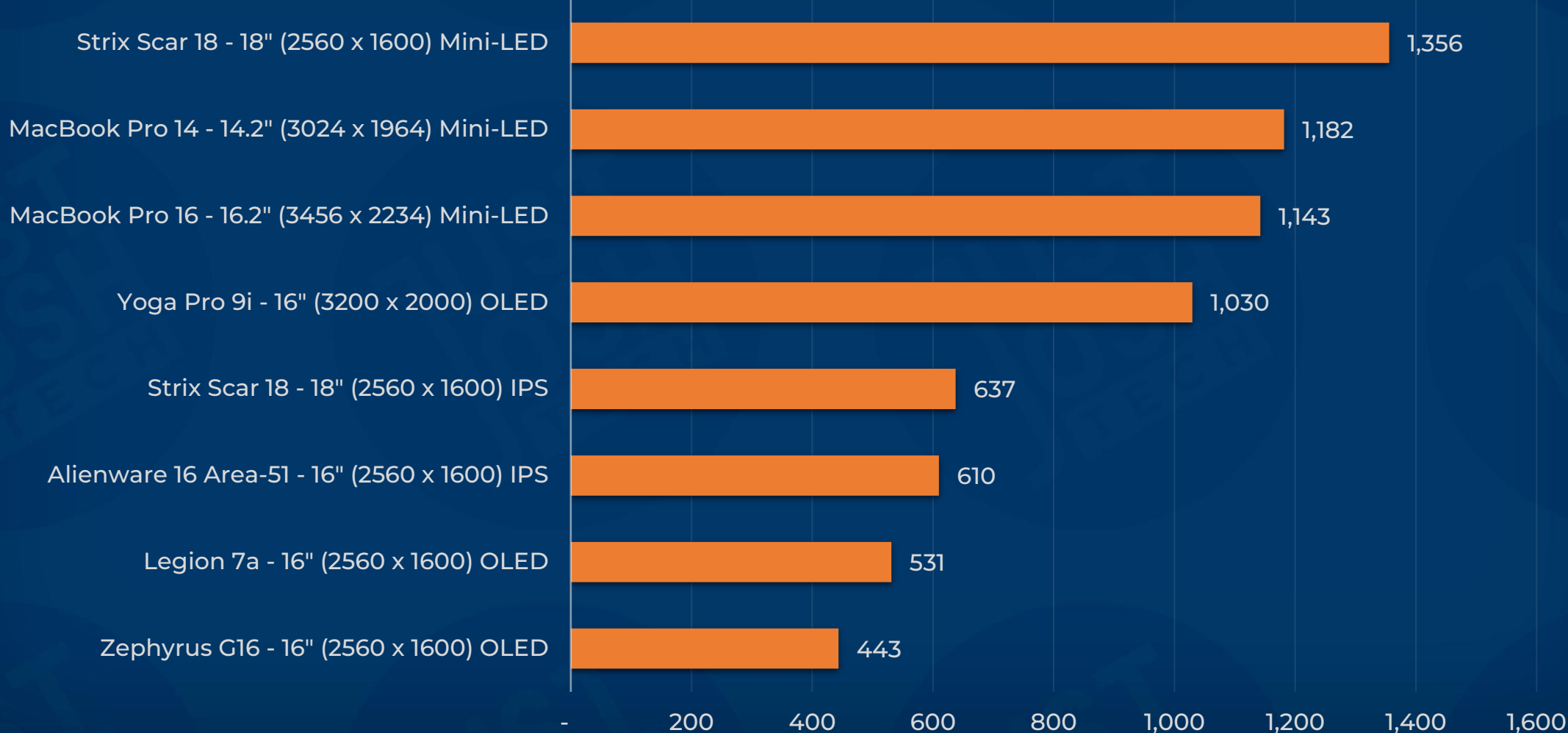
Weight

Lower is Better



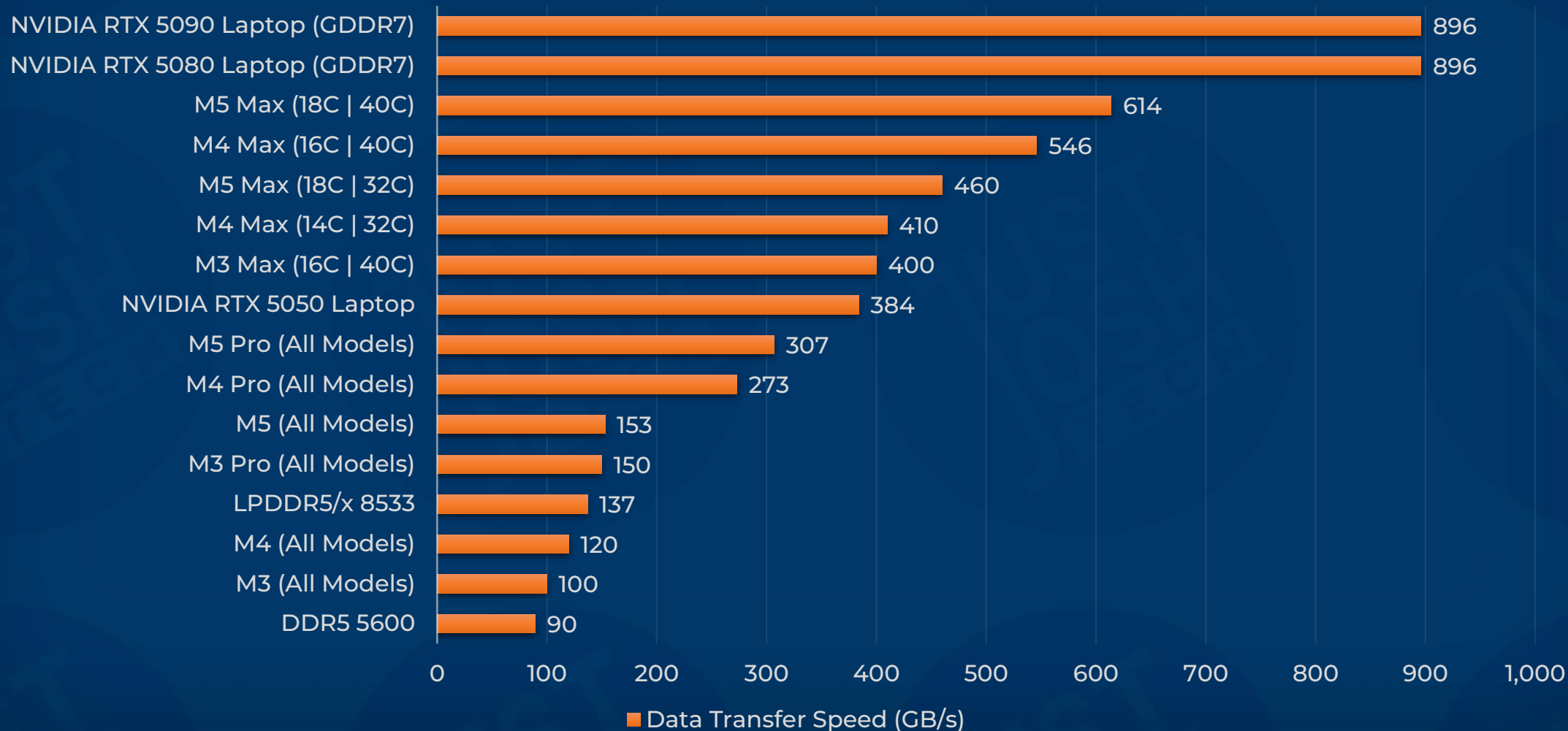
Display - Max Brightness

Higher is Better



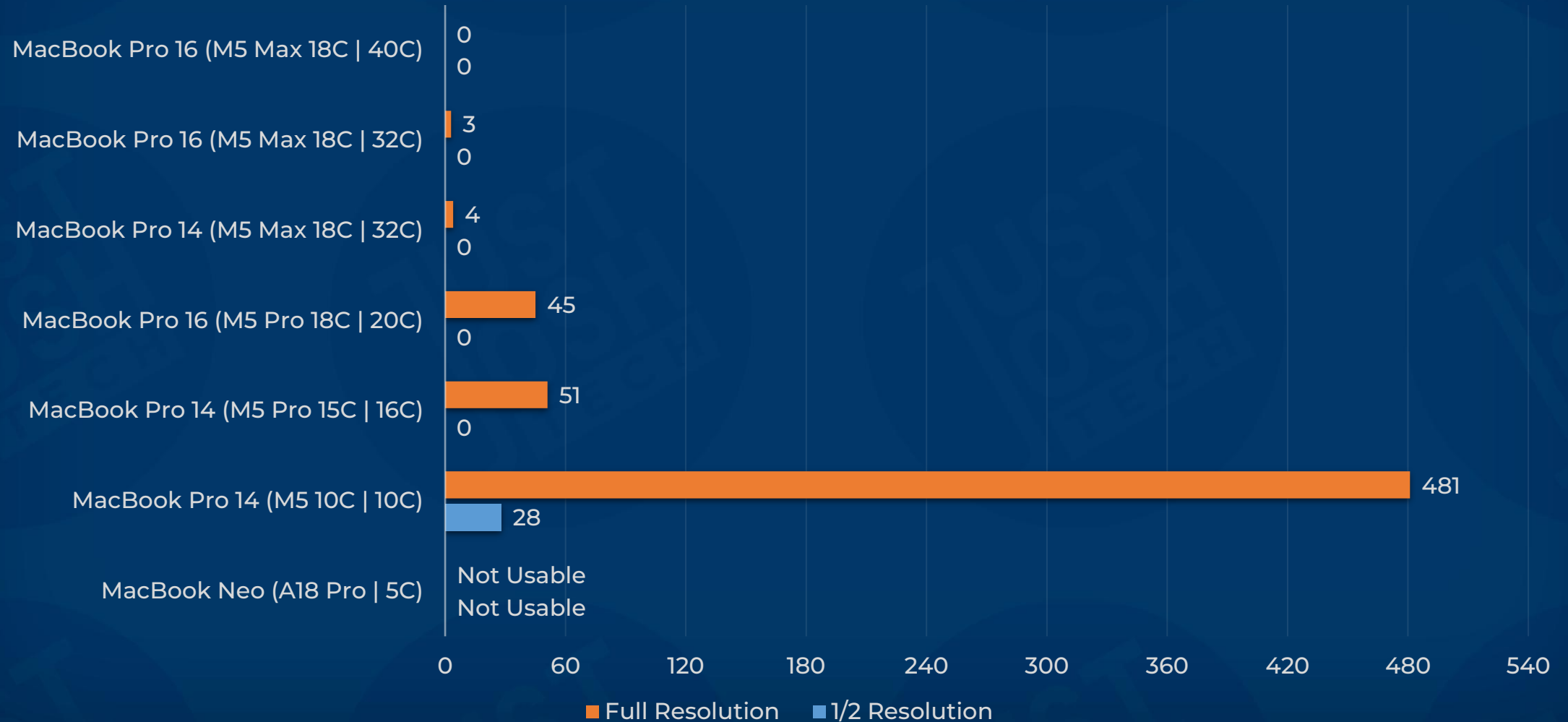
Memory Bandwidth

Higher is Better



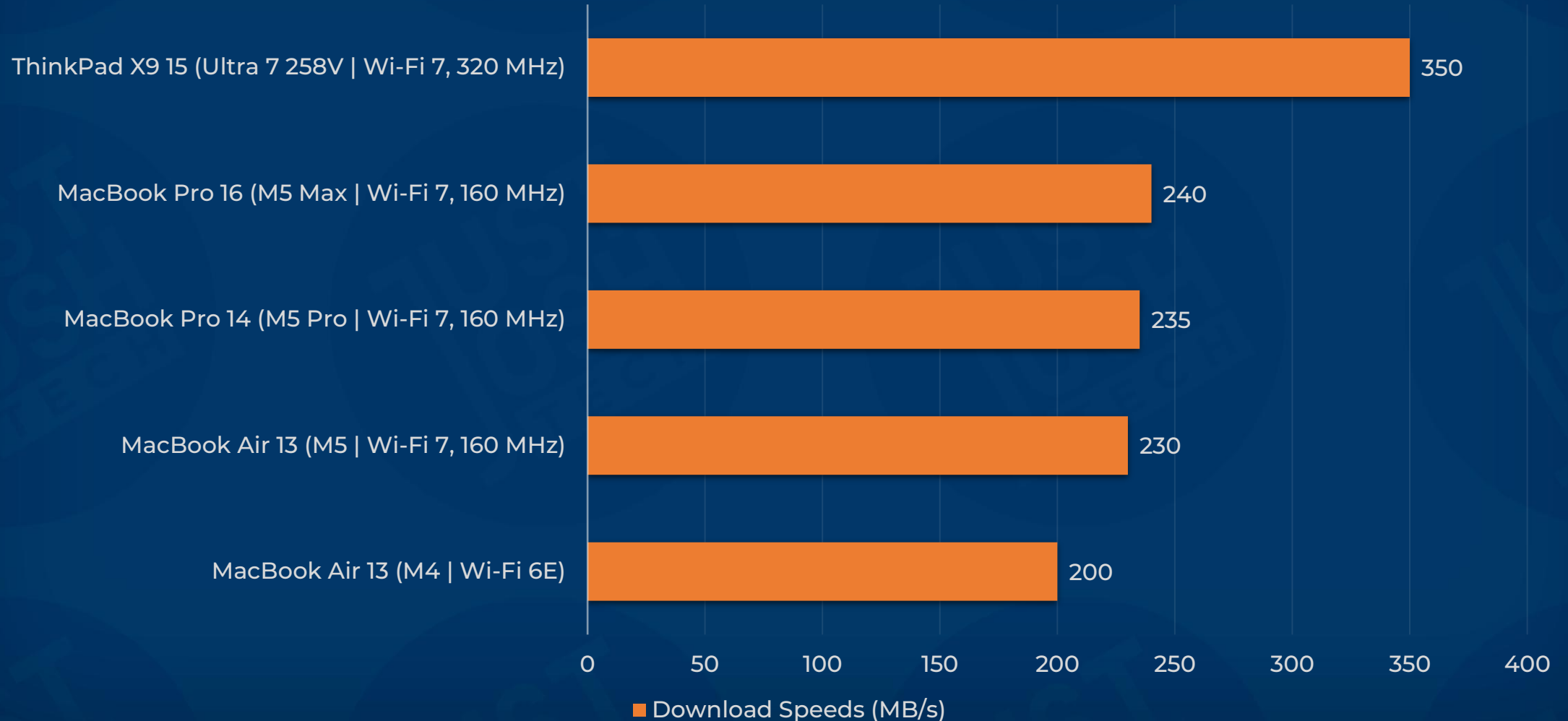
Dropped Frames in Premiere Pro

4K 8-Bit Video Playback, Lower is Better



Wi-Fi Download Speeds

Local Network File Transfer, Higher is Better



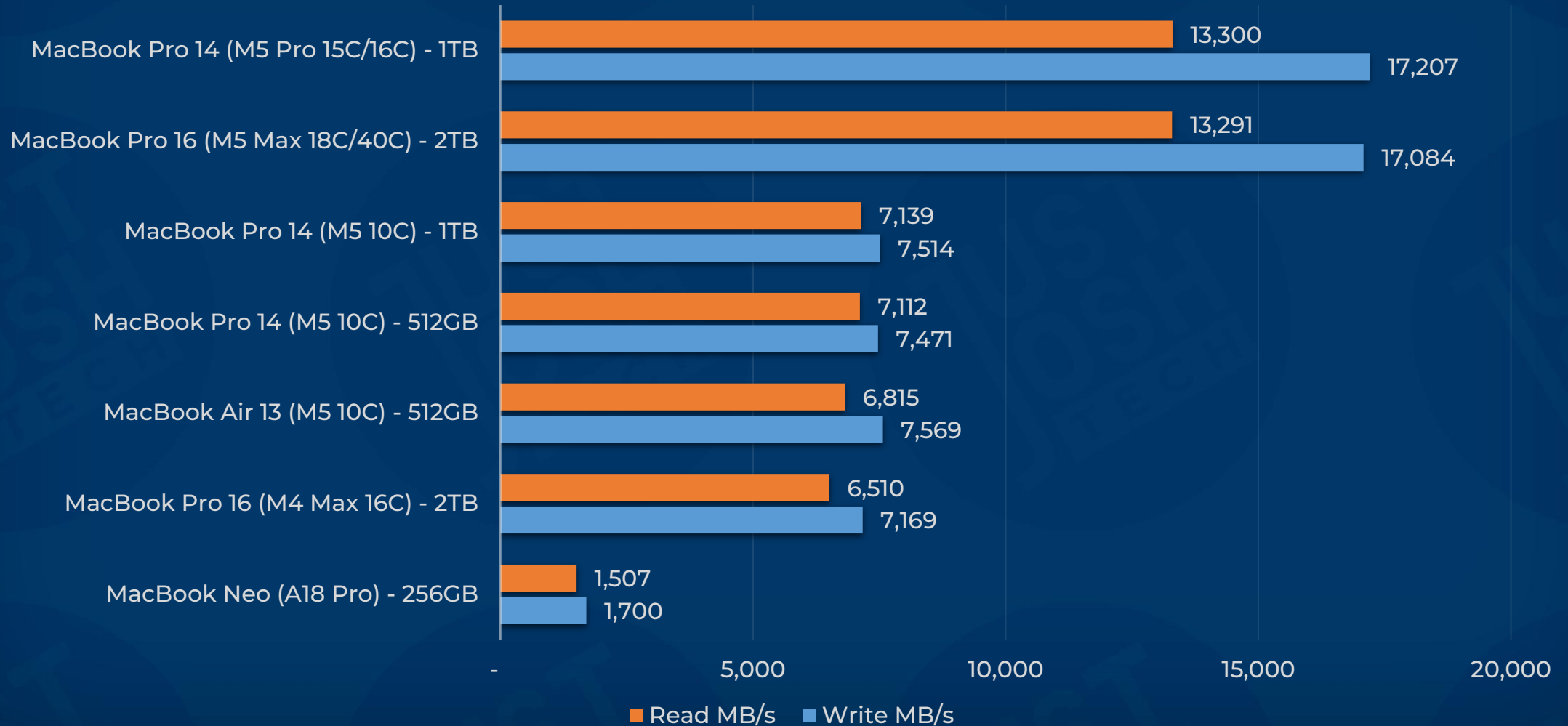
MacBook Pro 16 (18C CPU / 40C GPU)

Performance Modes

Benchmark	Automatic	High Power
Puget Bench	155,137	154,341
Blender	02:10.0	02:07.5
Cinebench 2026		
Score	8,286	8,704
Watts Avg	56 W	69 W
Keyboard Temperature	45°C	42°C
Fan Noise	47 dB	58 dB

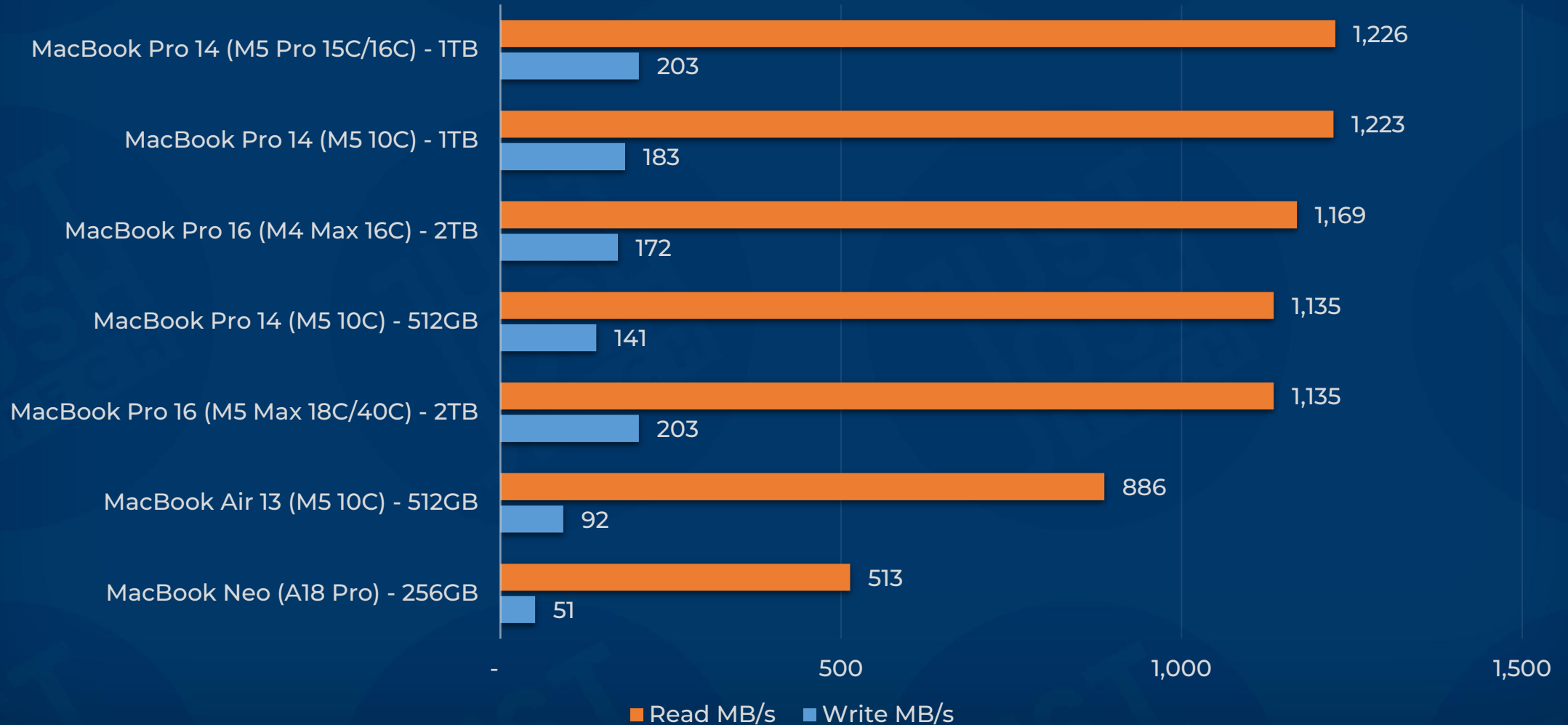
SSD Storage Speeds

Sequential Read/Write 1MiB Q8T1, Higher is Better



SSD Storage Speeds

Random Read/Write 1MiB Q32T1, Higher is Better

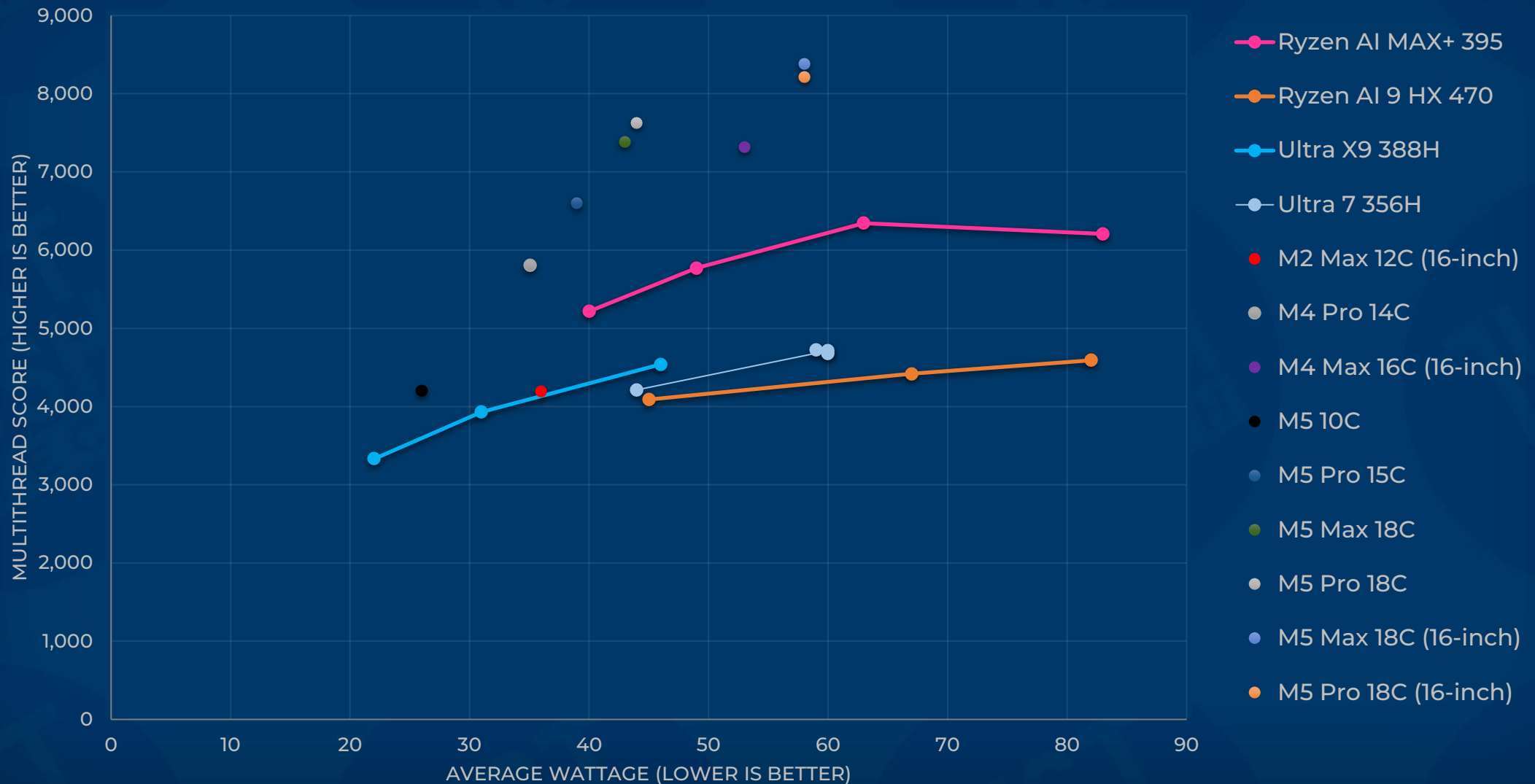


MacBook Pro 16 (18C CPU / 40C GPU)

Performance Modes

Benchmark		Automatic	High Power
Puget Bench	Higher is Better	155,137	154,341
Blender	Lower is Faster	02:10	02:07
Cinebench 2026			
Score	Higher is Better	8,286	8,704
Watts Avg	Lower is Better	56 W	69 W
Keyboard Temperature	Lower is Better	45°C	42°C
Fan Noise	Less is Better	47 dB	58 dB

Cinebench 2026 Performance by Power Draw



LM Studio - Wolf Goat Cabbage Test

Tokens per Second, Higher is Better

