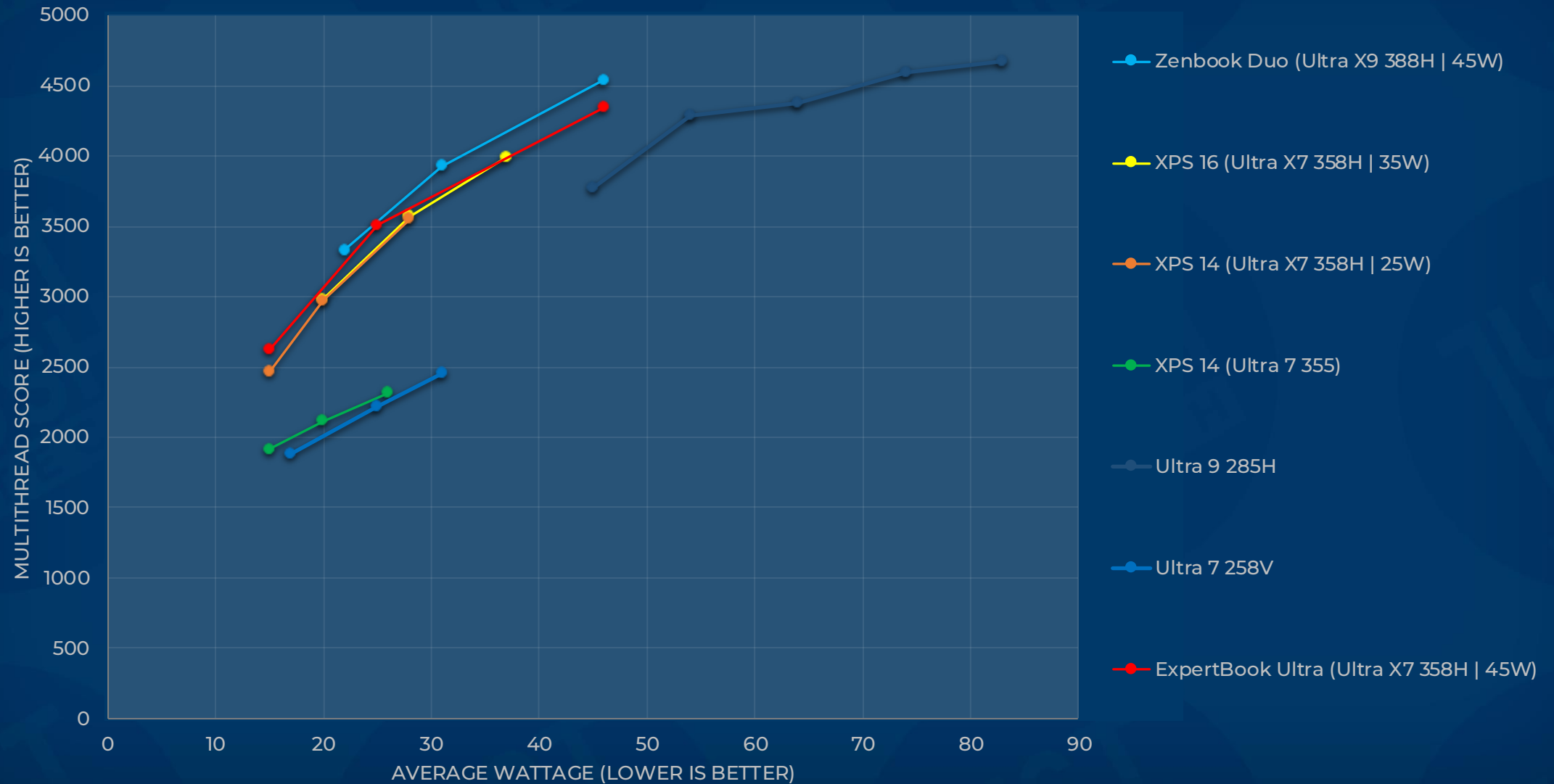


Cinebench 2026 Performance by Power Draw



Cinebench 2026 10-Minute Run in Each Mode

XPS 14 (Ultra 7 355 | Intel Graphics)

Performance Mode	Score	Avg Power Draw	Max Recorded Power Draw	Avg CPU Temp	Max Keyboard Temperature	Fan Noise
Quiet	1,912	15 W	30 W	63 °C	33 °C	42 dB
Optimized	2,116	20 W	44 W	69 °C	34 °C	44 dB
Ultra Performance	2,314	26 W	43 W	78 °C	35 °C	50 dB

Cinebench 2026 10-Minute Run in Each Mode

XPS 14 (Ultra X7 358H | Intel Arc B390)

Performance Mode	Score	Avg Power Draw	Max Recorded Power Draw	Avg CPU Temp	Max Keyboard Temperature	Fan Noise
Quiet	2,464	15 W	48 W	57 °C	37 °C	40 dB
Optimized	2,973	20 W	65 W	62 °C	39 °C	42 dB
Ultra Performance	3,553	28 W	66 W	69 °C	40 °C	49 dB

Cinebench 2026 10-Minute Run in Each Mode

XPS 16 (Ultra X7 358H | Intel Arc B390)

Performance Mode	Score	Avg Power Draw	Max Recorded Power Draw	Avg CPU Temp	Max Keyboard Temperature	Fan Noise
Quiet	2,982	20 W	48 W	59 °C	38 °C	42 dB
Optimized	3,575	28 W	64 W	69 °C	41 °C	48 dB
Ultra Performance	3,993	37 W	66 W	75 °C	41 °C	49 dB

Forza Horizon 5 in Each Mode

XPS 14 (Ultra X7 358H | Intel Arc B390)

Performance Mode	Avg FPS	1% Lows	Avg CPU Temp	Avg GPU Temp	Avg CPU Wattage	Avg GPU Wattage	Max Keyboard Temperature	Fan Noise
Quiet	90	62	64 °C	68 °C	11 W	16 W	41 °C	49 dB
Optimized	86	60	61 °C	64 °C	11 W	14 W	42 °C	49 dB
Ultra Performance	88	63	61 °C	64 °C	11 W	14 W	42 °C	49 dB

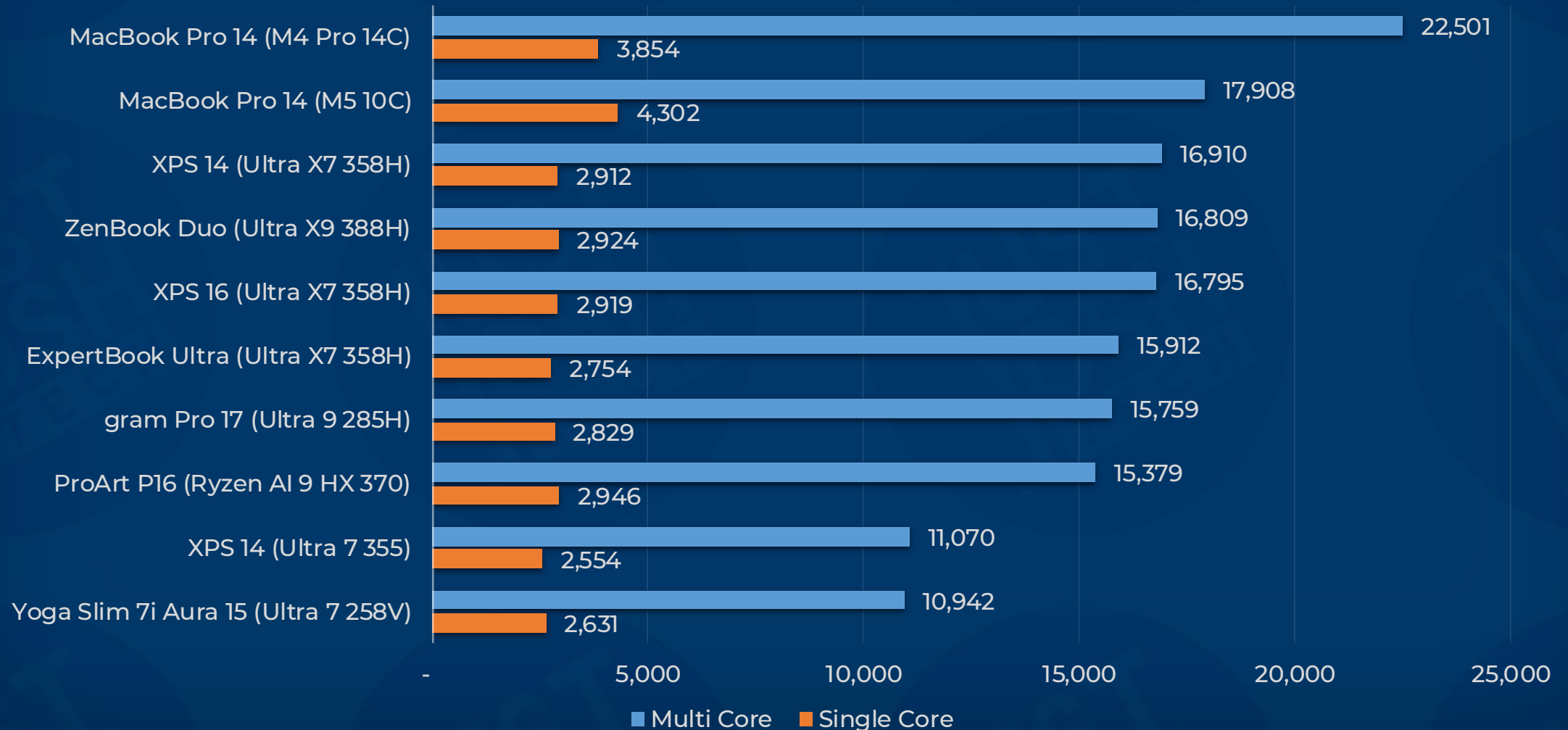
Forza Horizon 5 in Each Mode

XPS 16 (Ultra X7 358H | Intel Arc B390)

Performance Mode	Avg FPS	1% Lows	Avg CPU Temp	Avg GPU Temp	Avg CPU Wattage	Avg GPU Wattage	Max Keyboard Temperature	Fan Noise
Quiet	99	77	64 °C	70 °C	13 W	24 W	41 °C	47 dB
Optimized	95	70	62 °C	68 °C	12 W	20 W	41 °C	47 dB
Ultra Performance	90	49	64 °C	69 °C	13 W	21 W	42 °C	47 dB

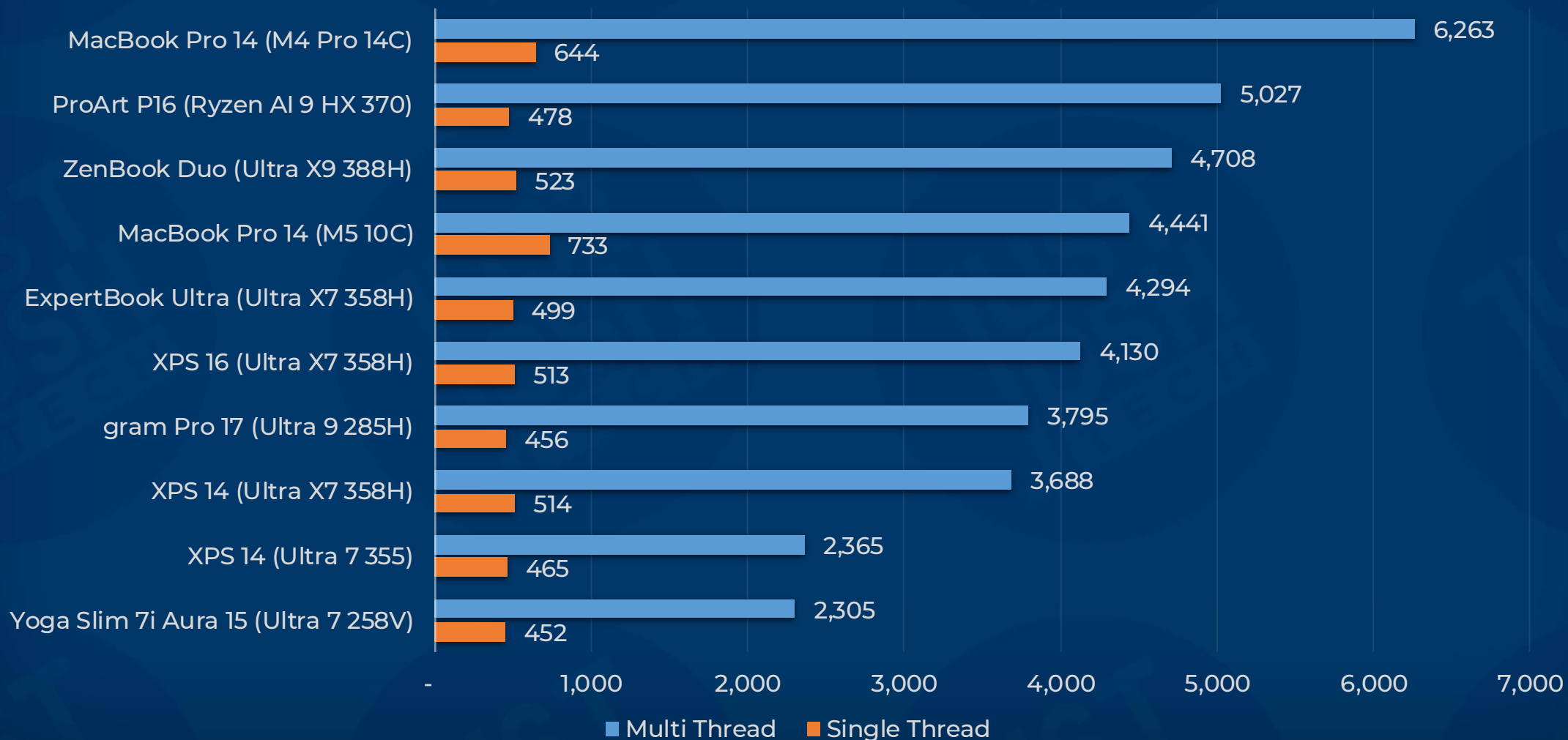
Common Performance Tasks - Geekbench 6

Highest Performance Modes, Higher is Better



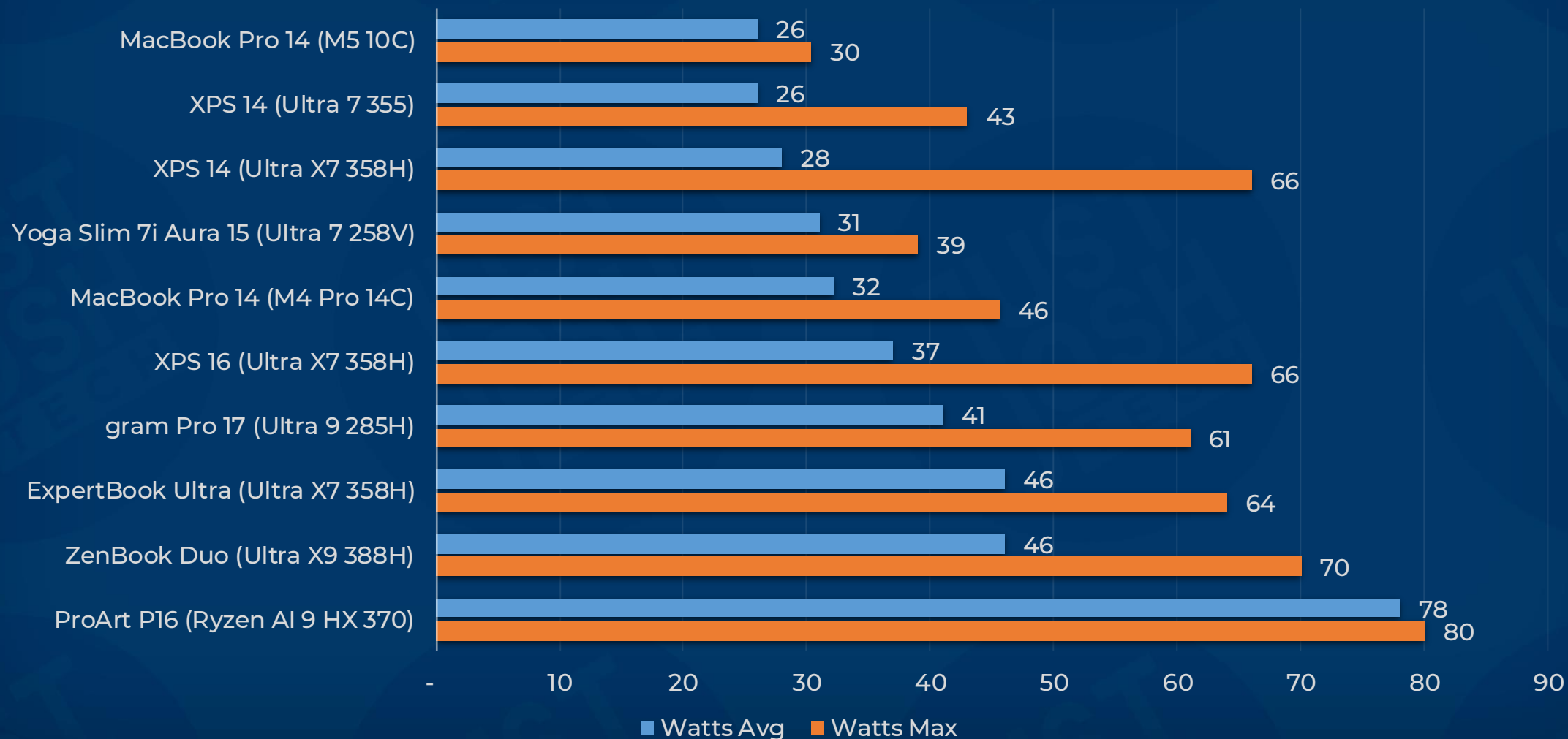
Max CPU Performance - Cinebench 2026 Single Run

Highest Performance Modes, Higher is Better



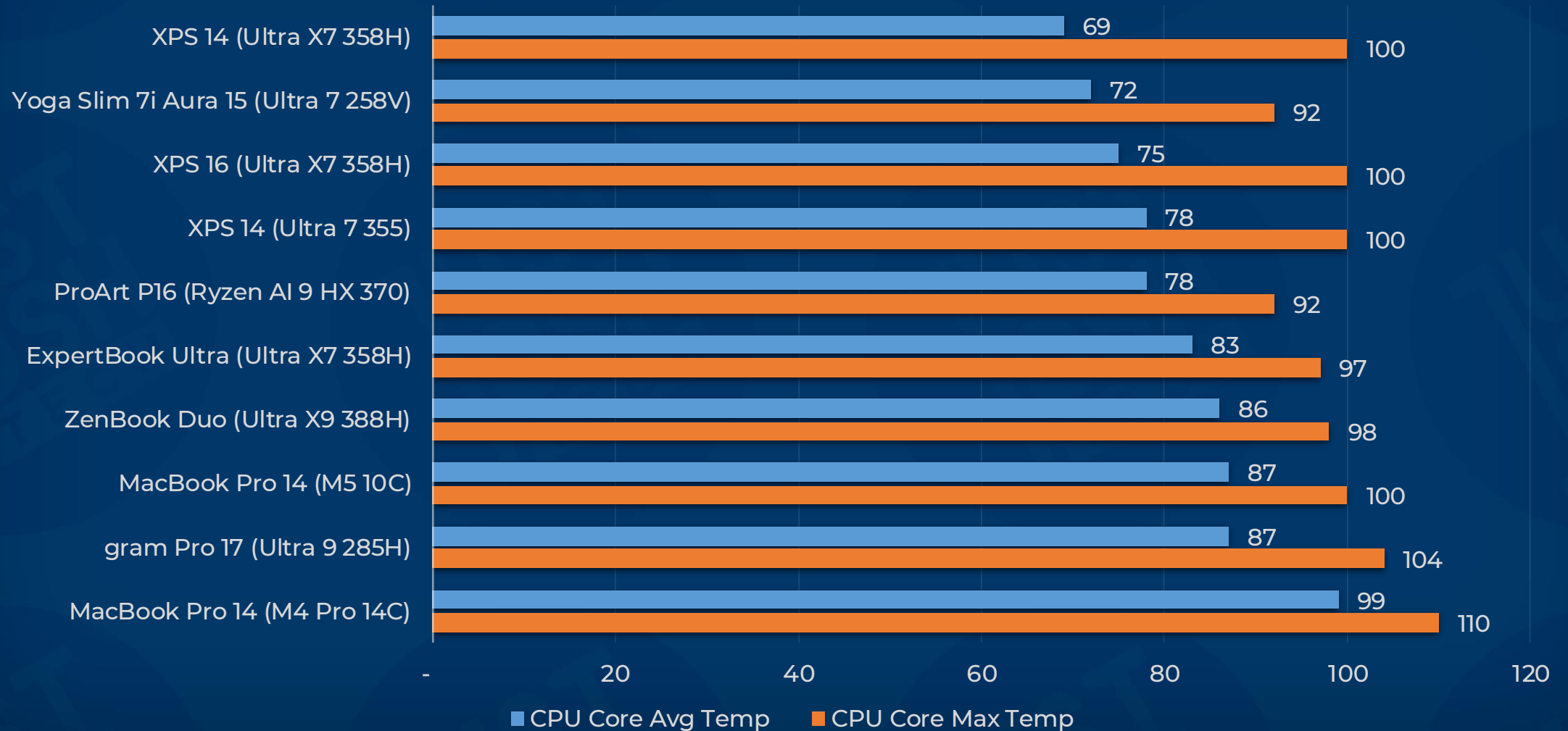
Power Draw - Cinebench 2026

Highest Performance Modes, Lower is Better



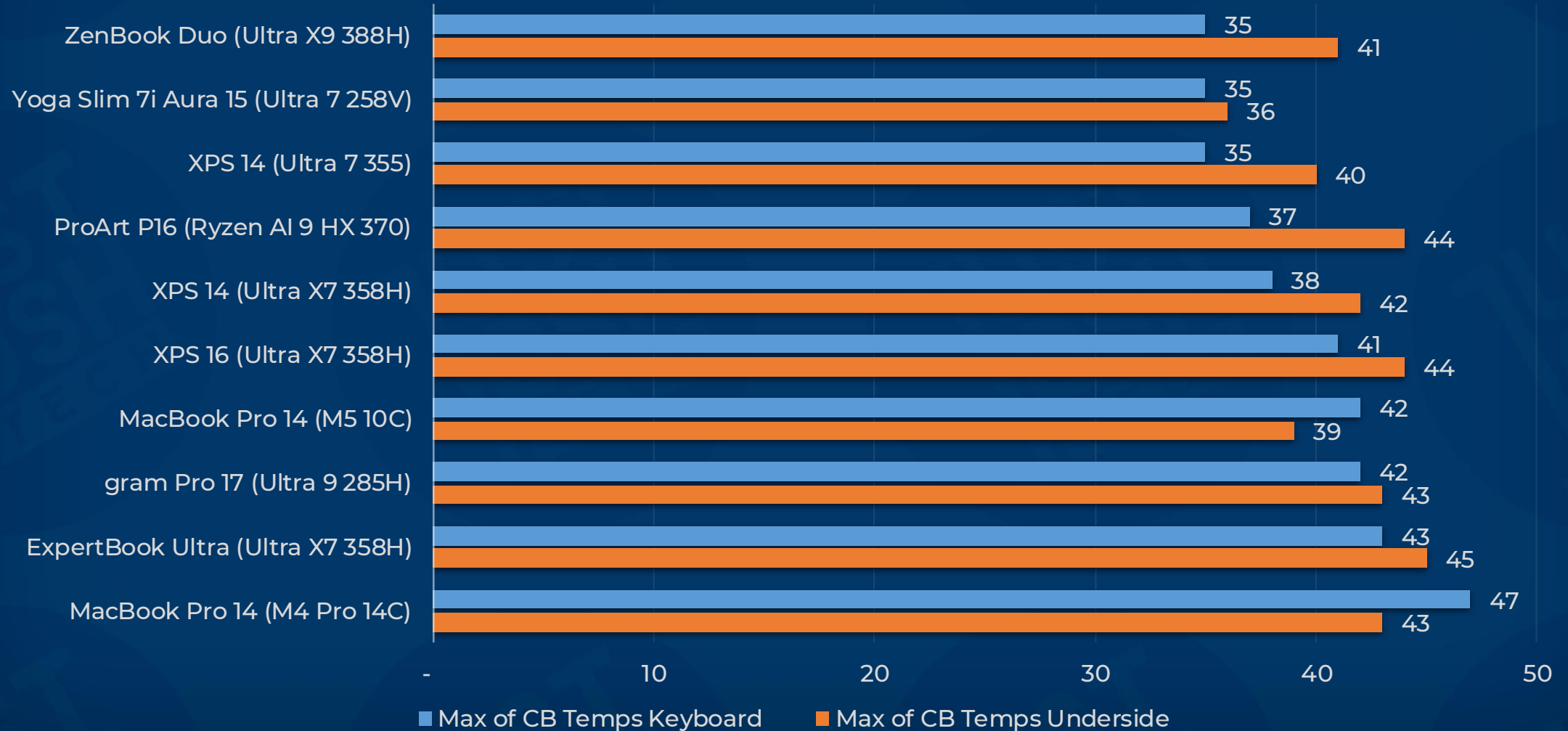
CPU Core Temperatures - Cinebench 2026

Highest Performance Modes, Lower is Better



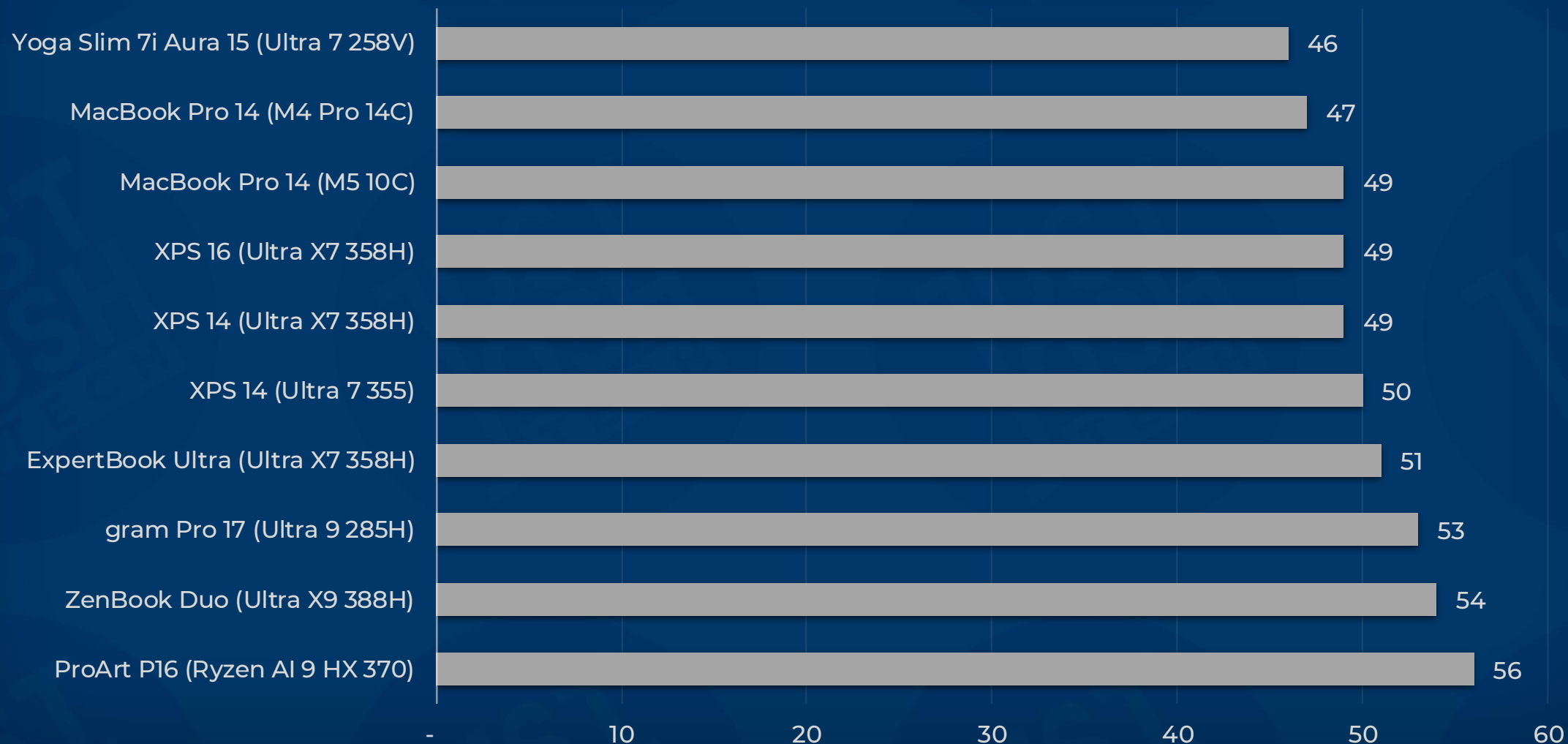
Hottest Surface Temperatures - Cinebench 2026

Highest Performance Modes, Lower is Better



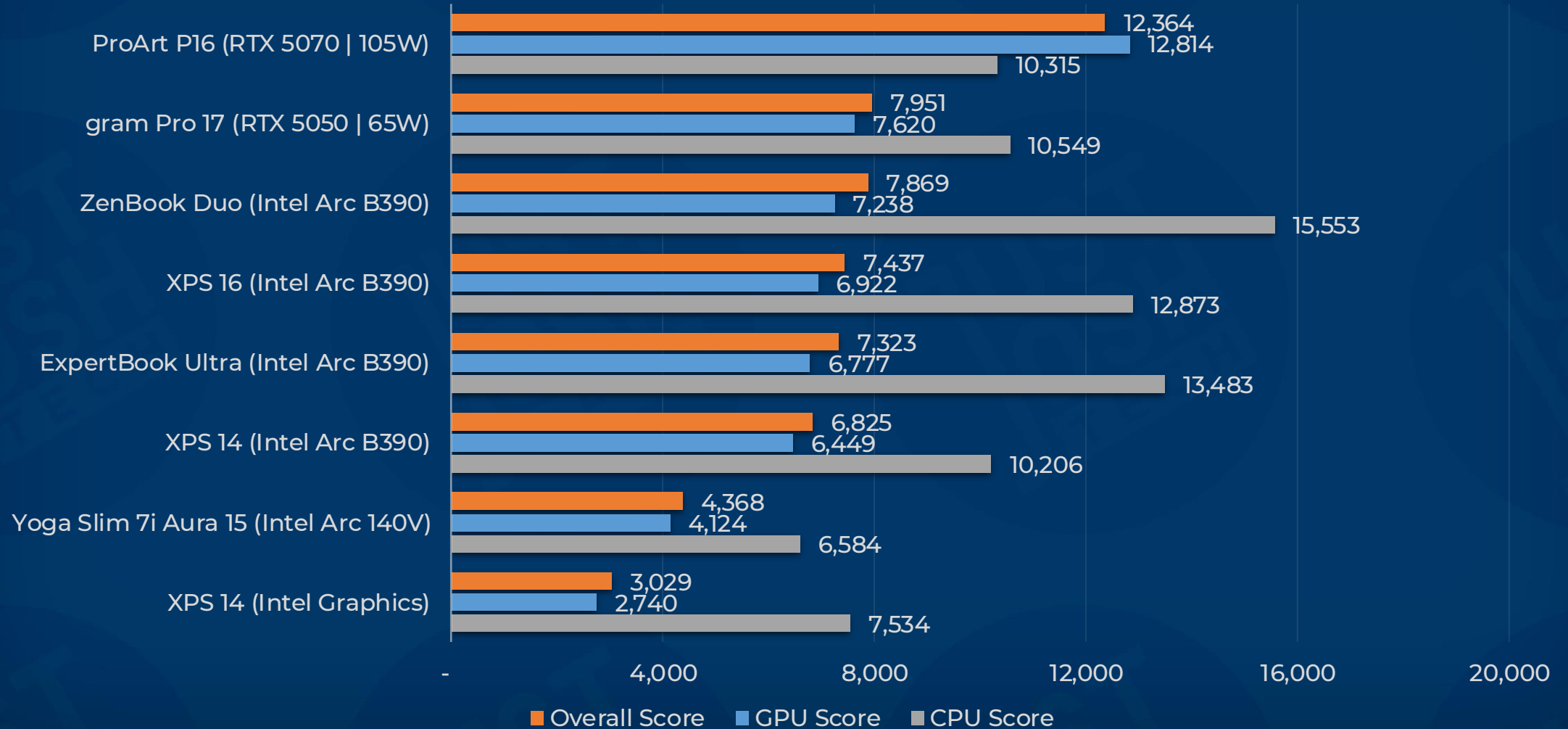
Fan Noise (dB) - Cinebench 2026

Highest Performance Modes, Lower is Better



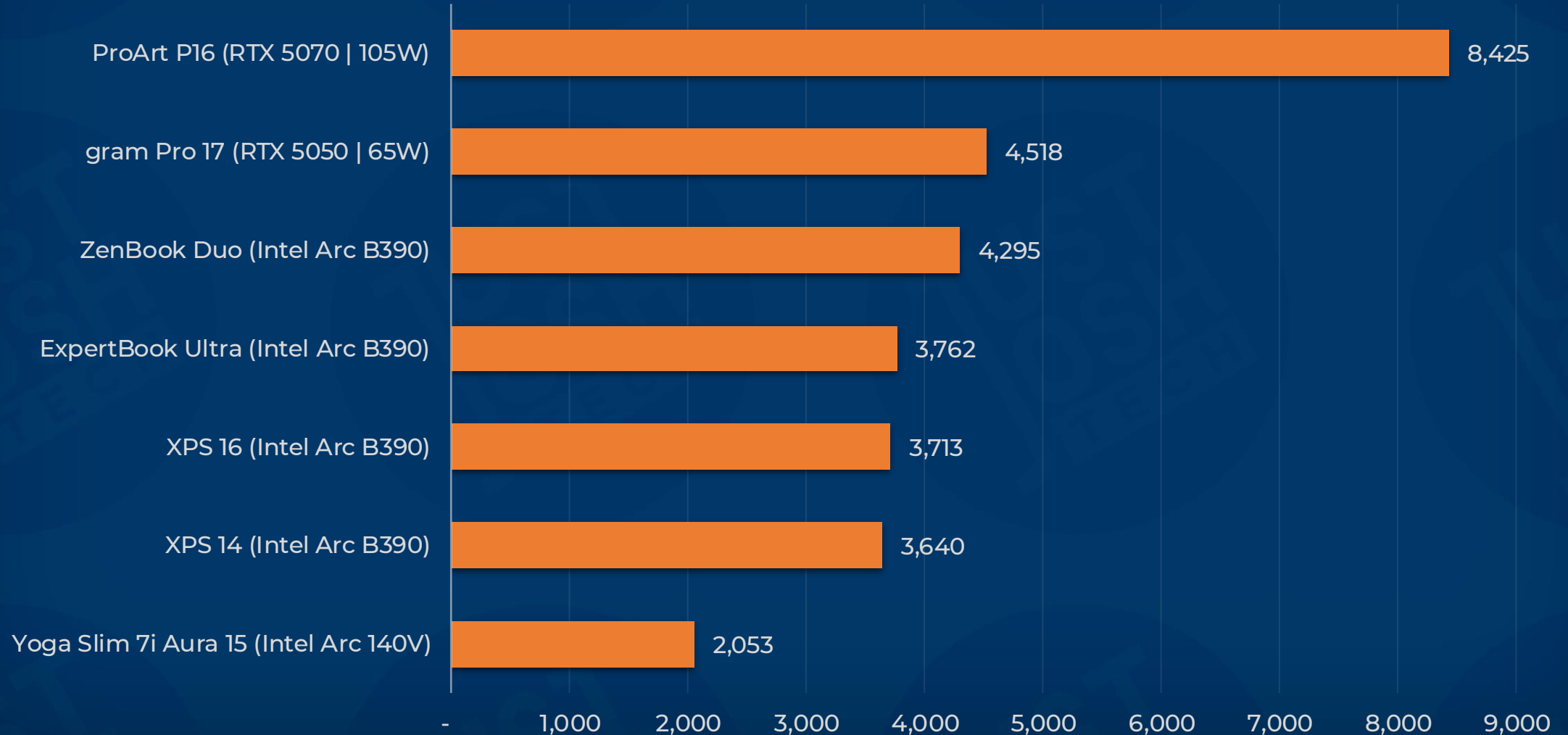
Timespy

Highest Performance Modes, Higher is Better



3DMark - Port Royal Ray Tracing

Highest Performance Modes, Higher is Better



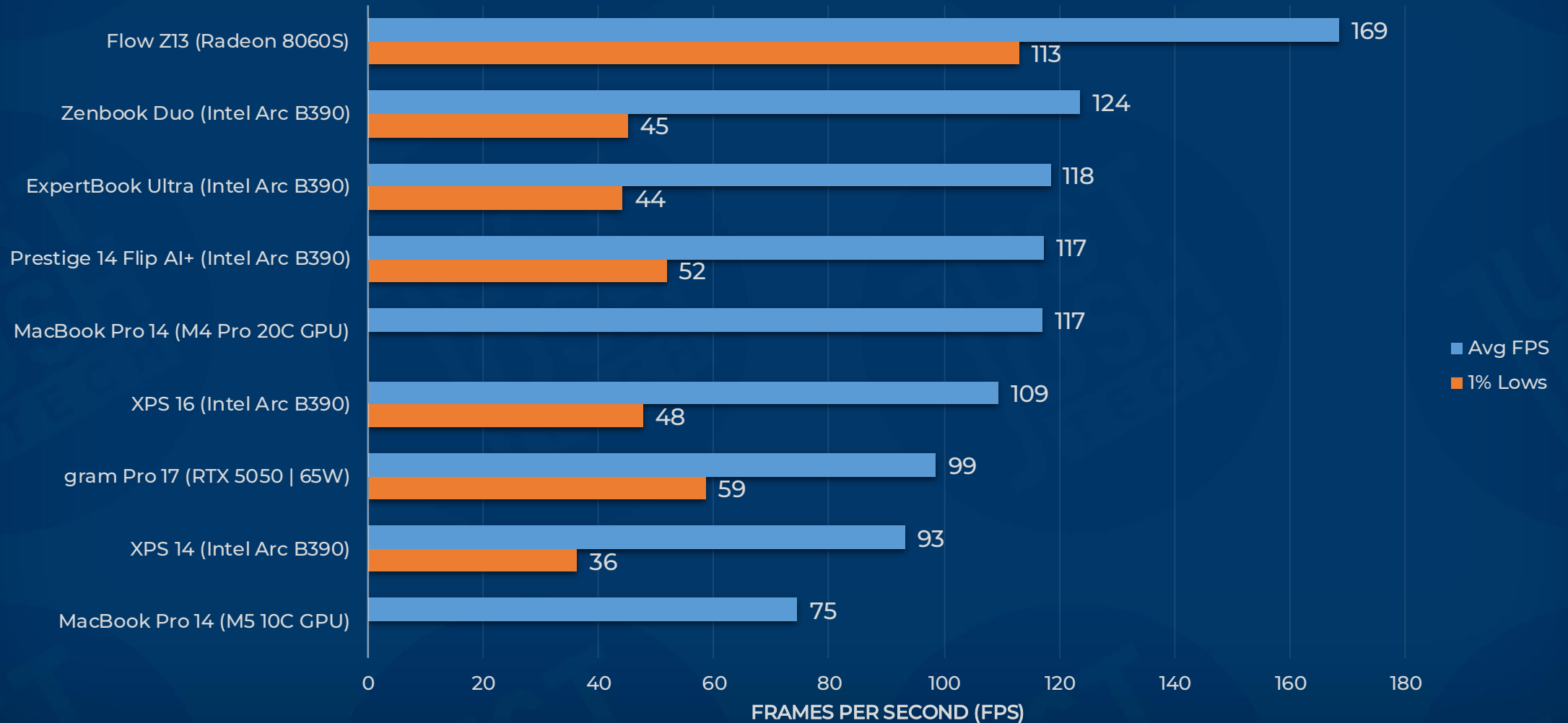
3DMark - Steel Nomad Light (1440p)

Highest Performance Modes, Higher is Better



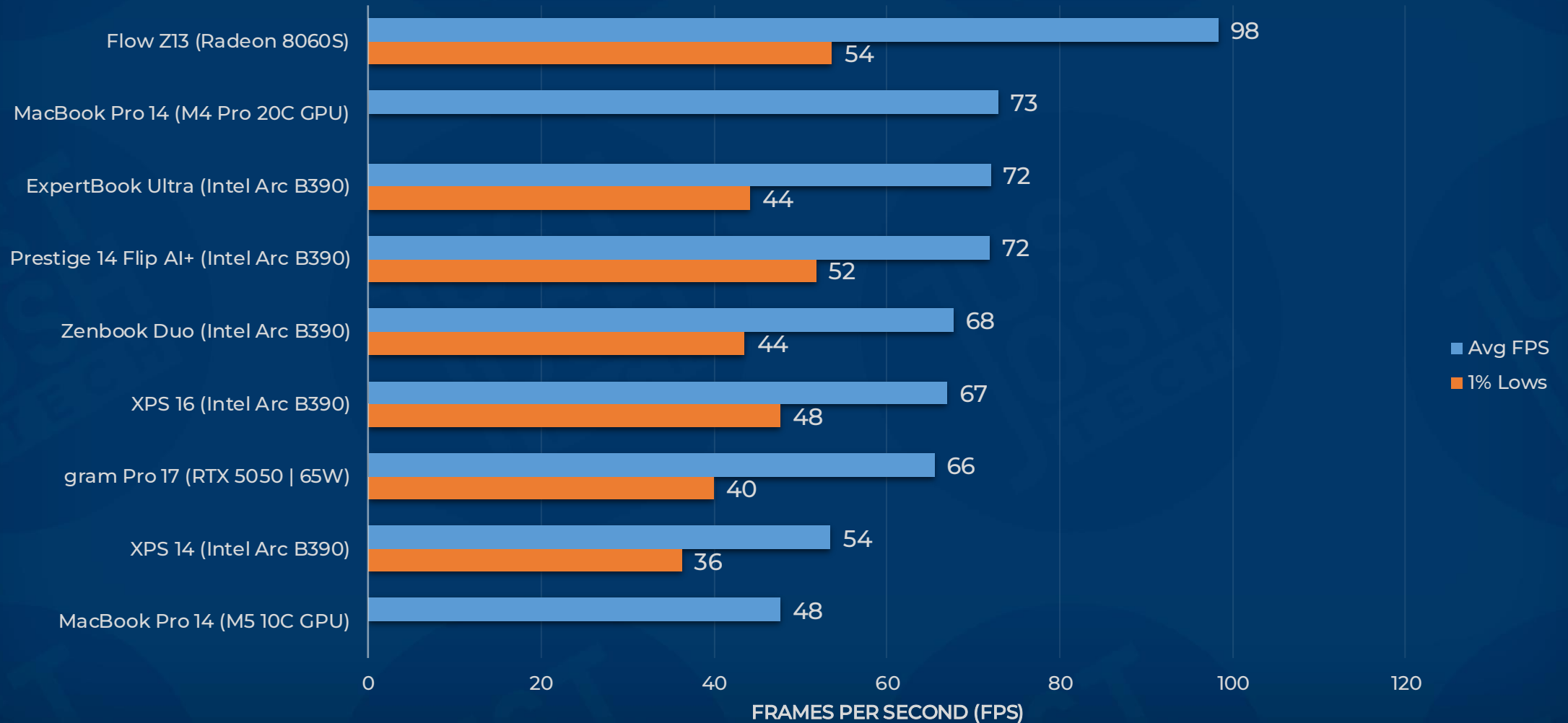
Cyberpunk 2077

1920x1200, High Settings - Frame Gen On & Upscaling: Balanced



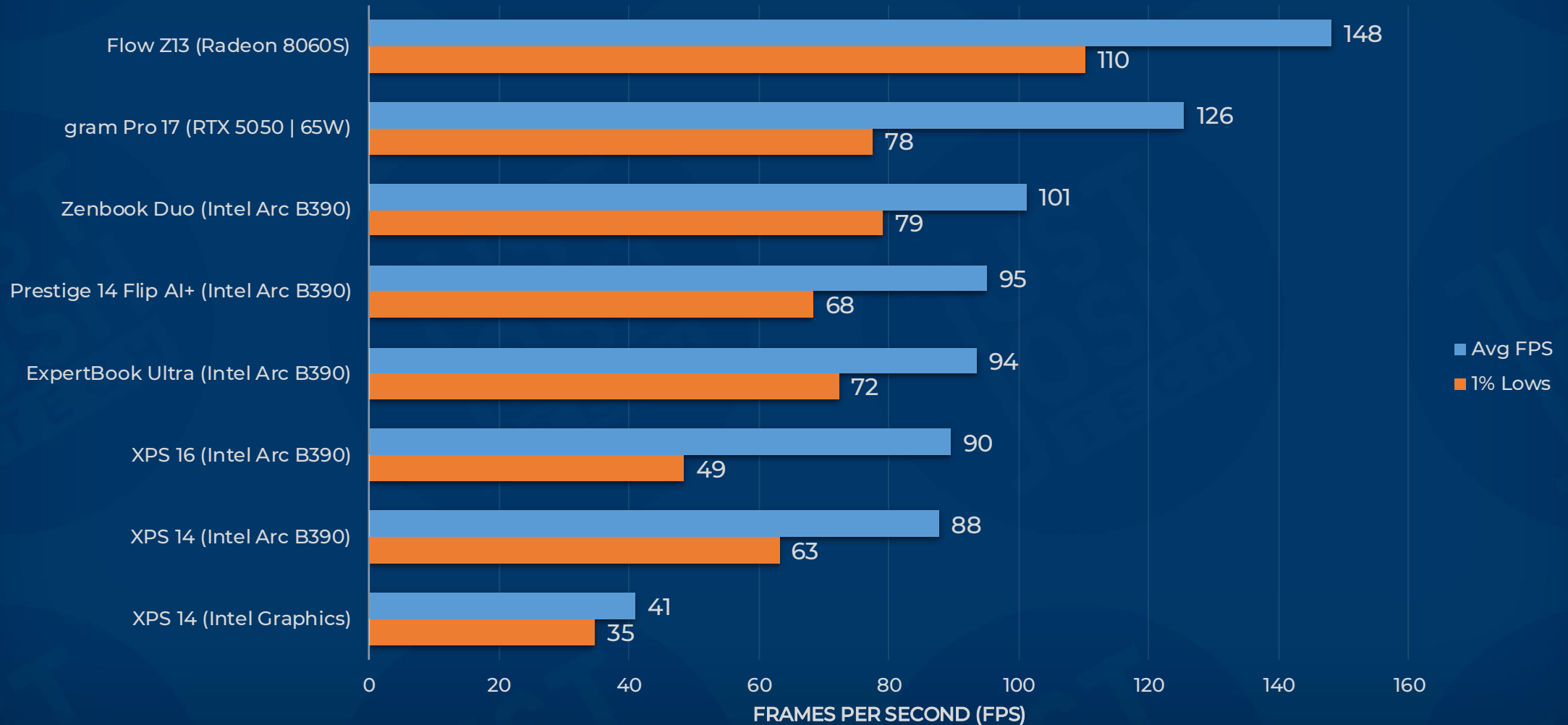
Cyberpunk 2077 2

1920x1200, High Settings - Frame Gen Off & Upscaling: Balanced



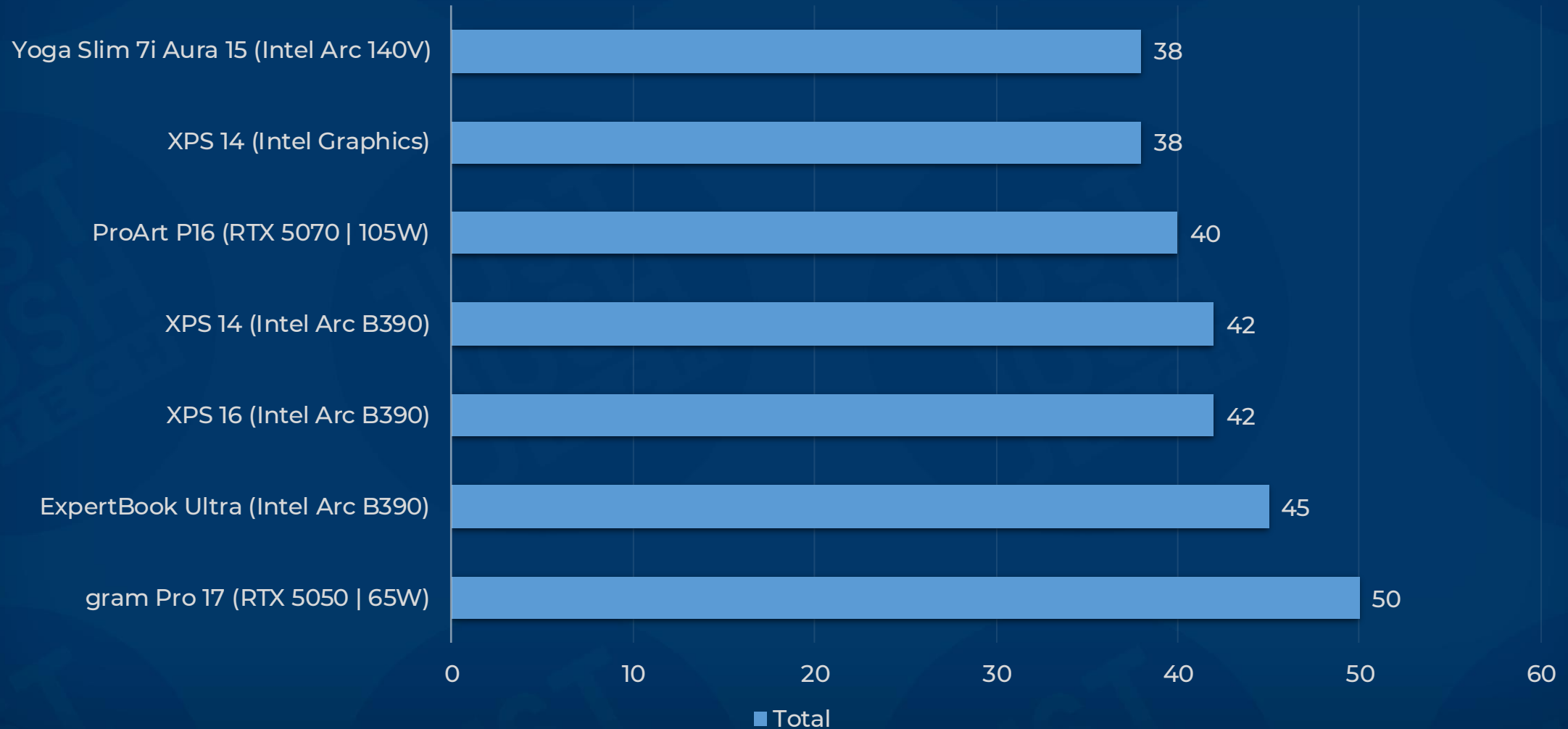
Forza Horizon 5

1920x1200, High Settings – Frame Gen & Upscaling Off



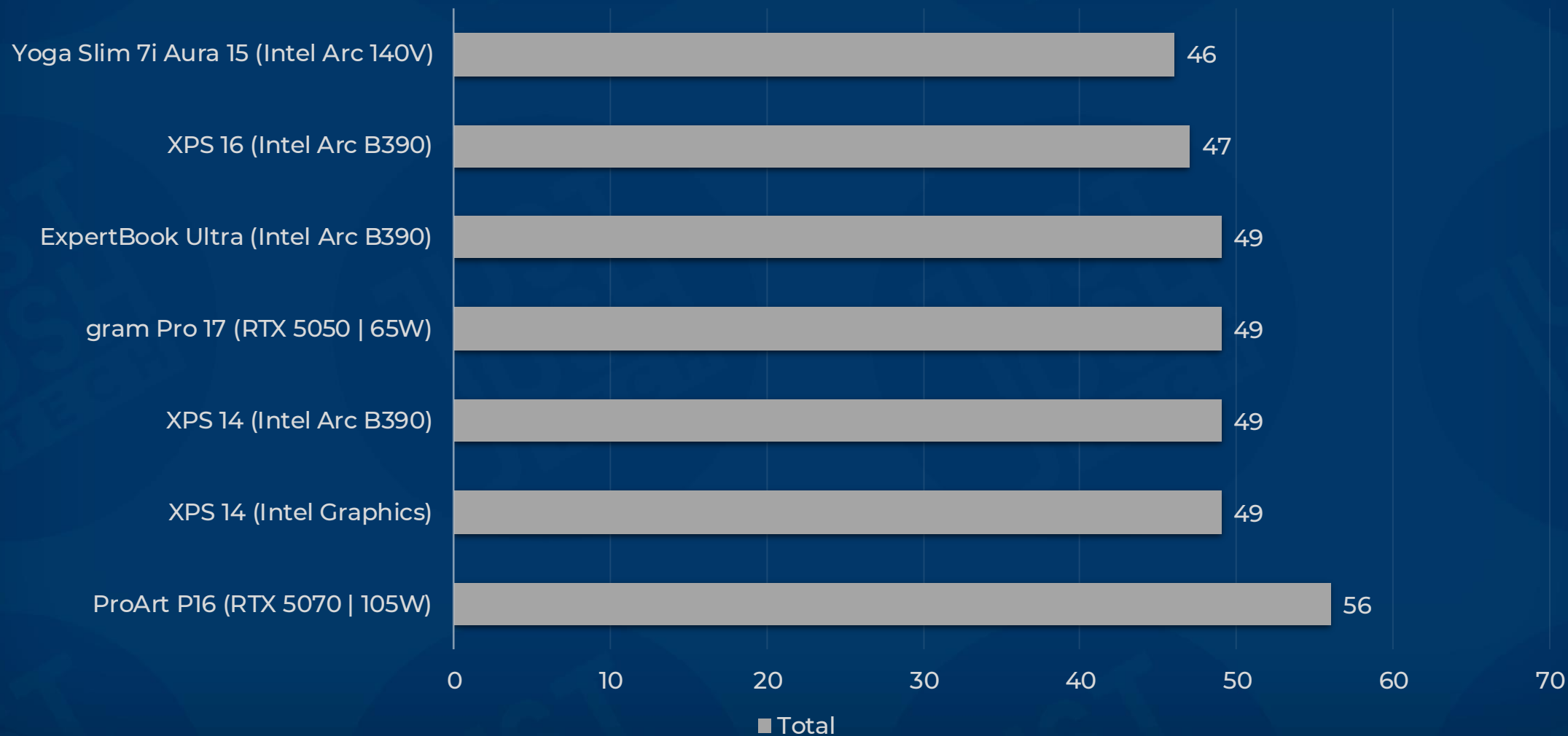
Hottest Surface Temperatures – Forza Horizon 5

Highest Performance Modes, Lower is Better



Fan Noise – Forza Horizon 5

Highest Performance Modes, Lower is Better



Puget Benchmark Premiere Pro

Highest Performance Modes, Higher is Better



Premiere Pro Export Time - ProArt P16 8-bit Video

Highest Performance Modes, Lower is Better



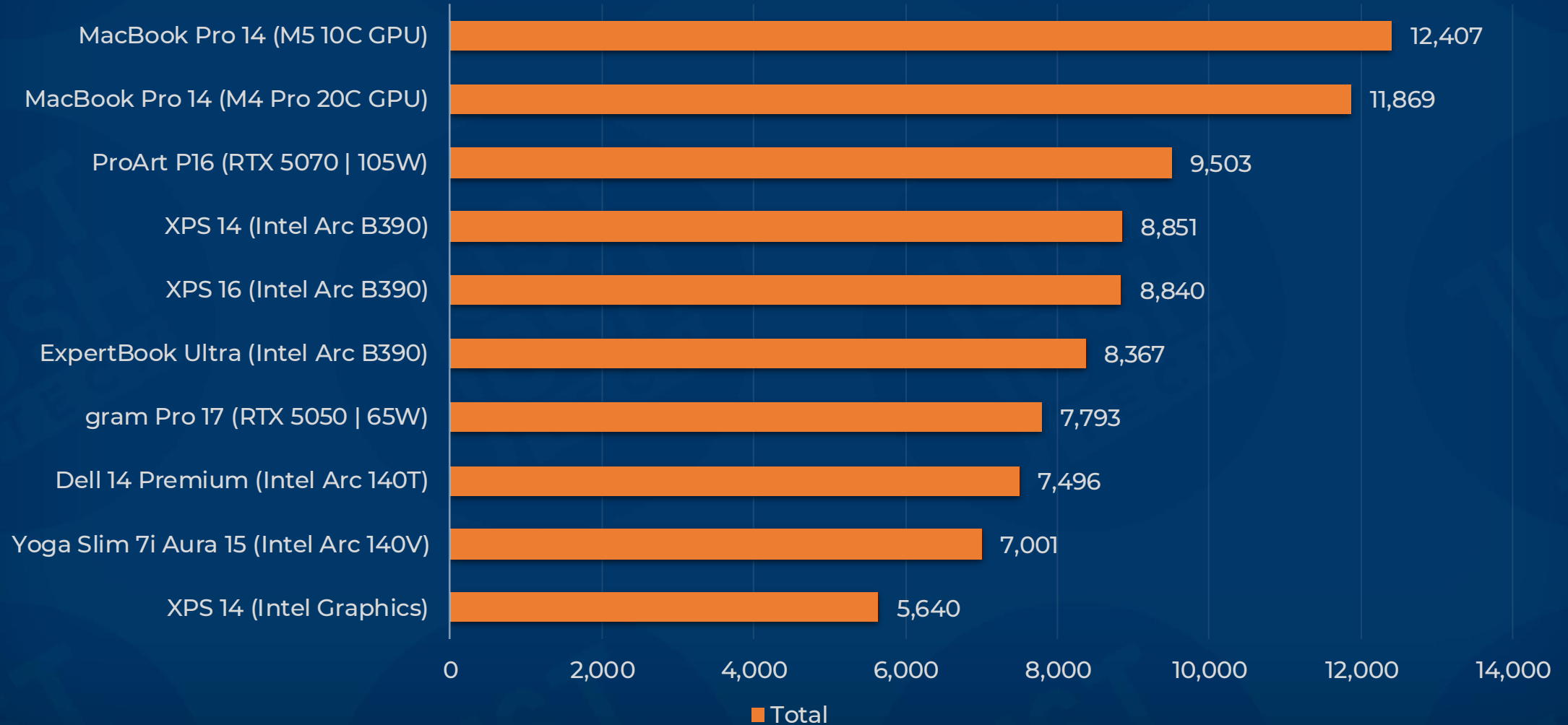
Puget Benchmark Davinci Resolve Studio

Highest Performance Modes, Higher is Better



Puget Benchmark - Photoshop

Highest Performance Modes, Higher is Better



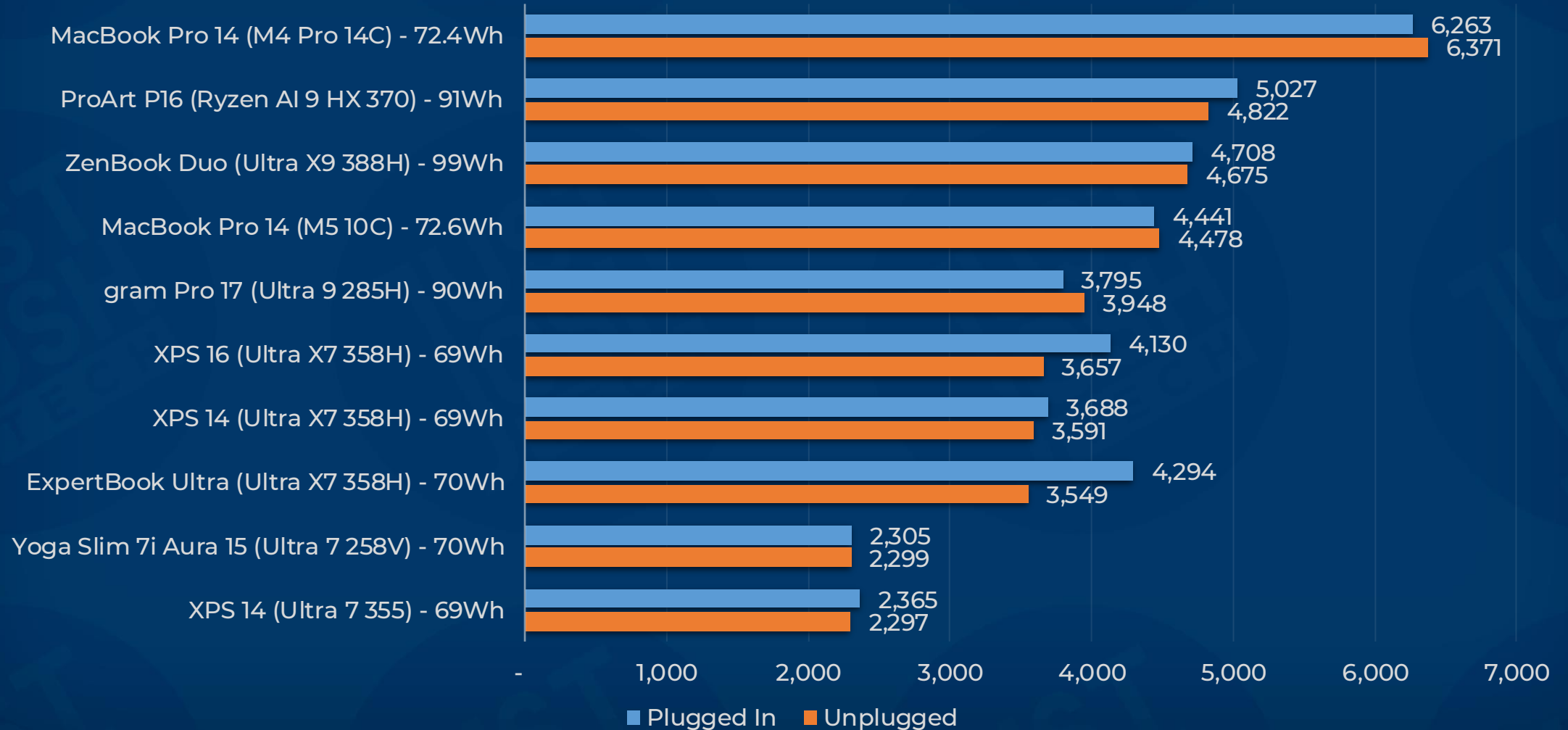
Blender 4.2.3 Splash Screen Render

Highest Performance Modes, Lower is Better



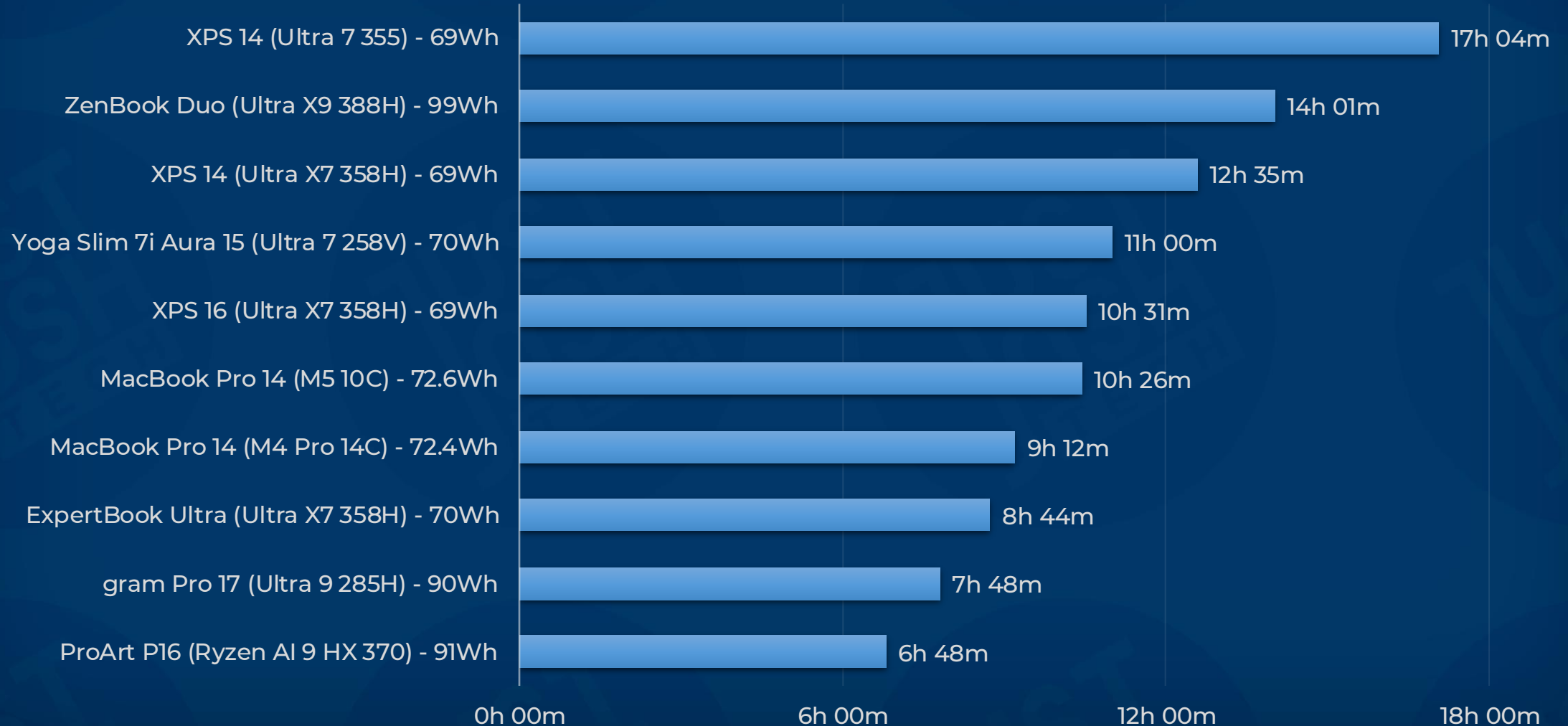
Performance on Battery

Cinebench 2026 Single Run - Higher is Better



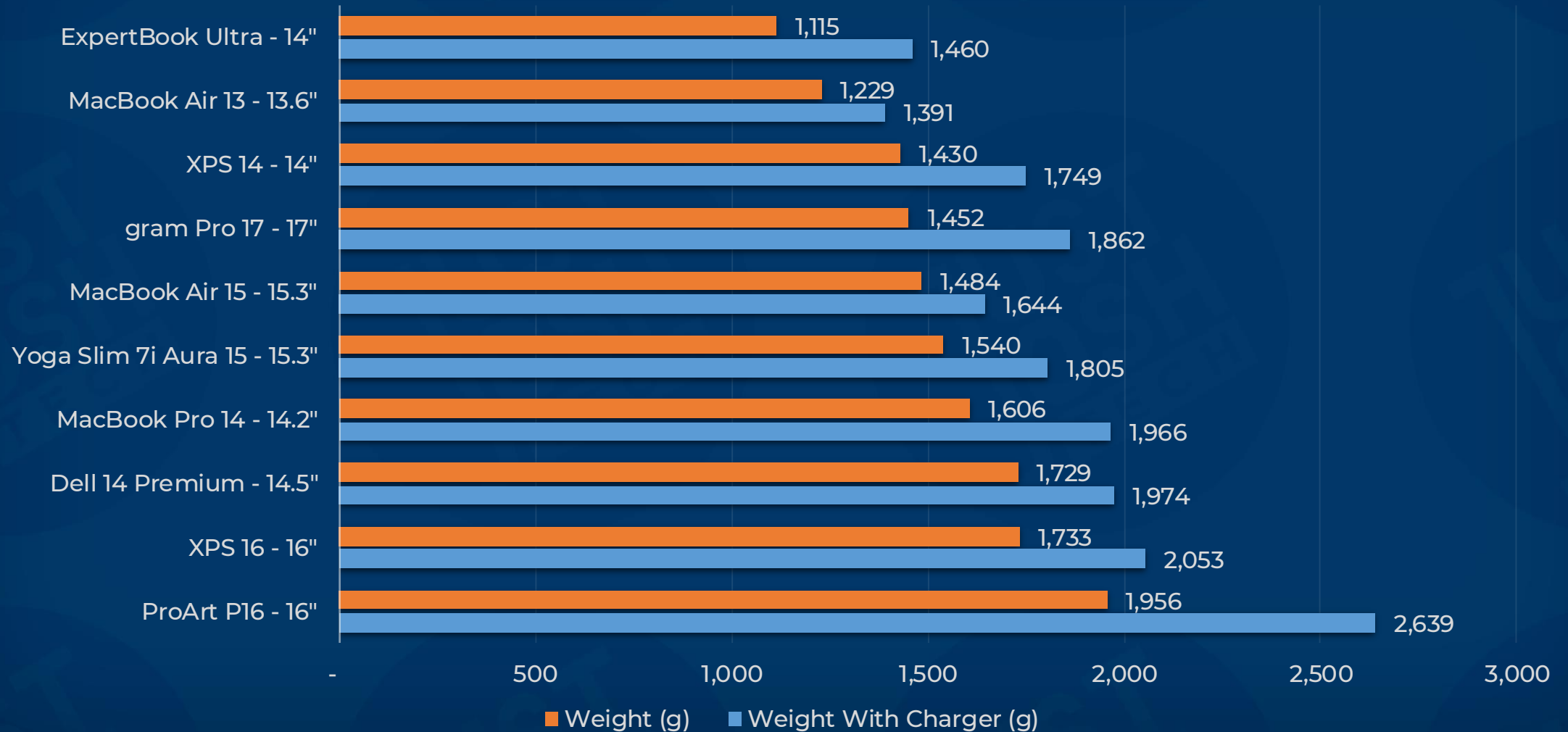
Battery Rundown - Office Tasks

300 Nits, Wi-Fi & Bluetooth On - Higher is Better



Weight

Lower is Better



Display - Max Brightness

Higher is Better



Forza Horizon 5 in Each Mode

XPS 14 (Ultra X7 358H | Intel Arc B390)

Performance Mode	Avg FPS	1% Lows	Avg CPU Temp	Avg GPU Temp	Avg CPU Wattage	Avg GPU Wattage	Max Keyboard Temperature	Fan Noise
Quiet	90	62	64 °C	68 °C	11 W	16 W	41 °C	49 dB
Optimized	86	60	61 °C	64 °C	11 W	14 W	42 °C	49 dB
Ultra Performance	88	63	61 °C	64 °C	11 W	14 W	42 °C	49 dB

XPS 16 (Ultra X7 358H | Intel Arc B390)

Performance Mode	Avg FPS	1% Lows	Avg CPU Temp	Avg GPU Temp	Avg CPU Wattage	Avg GPU Wattage	Max Keyboard Temperature	Fan Noise
Quiet	99	77	64 °C	70 °C	13 W	24 W	41 °C	47 dB
Optimized	95	70	62 °C	68 °C	12 W	20 W	41 °C	47 dB
Ultra Performance	90	49	64 °C	69 °C	13 W	21 W	42 °C	47 dB