

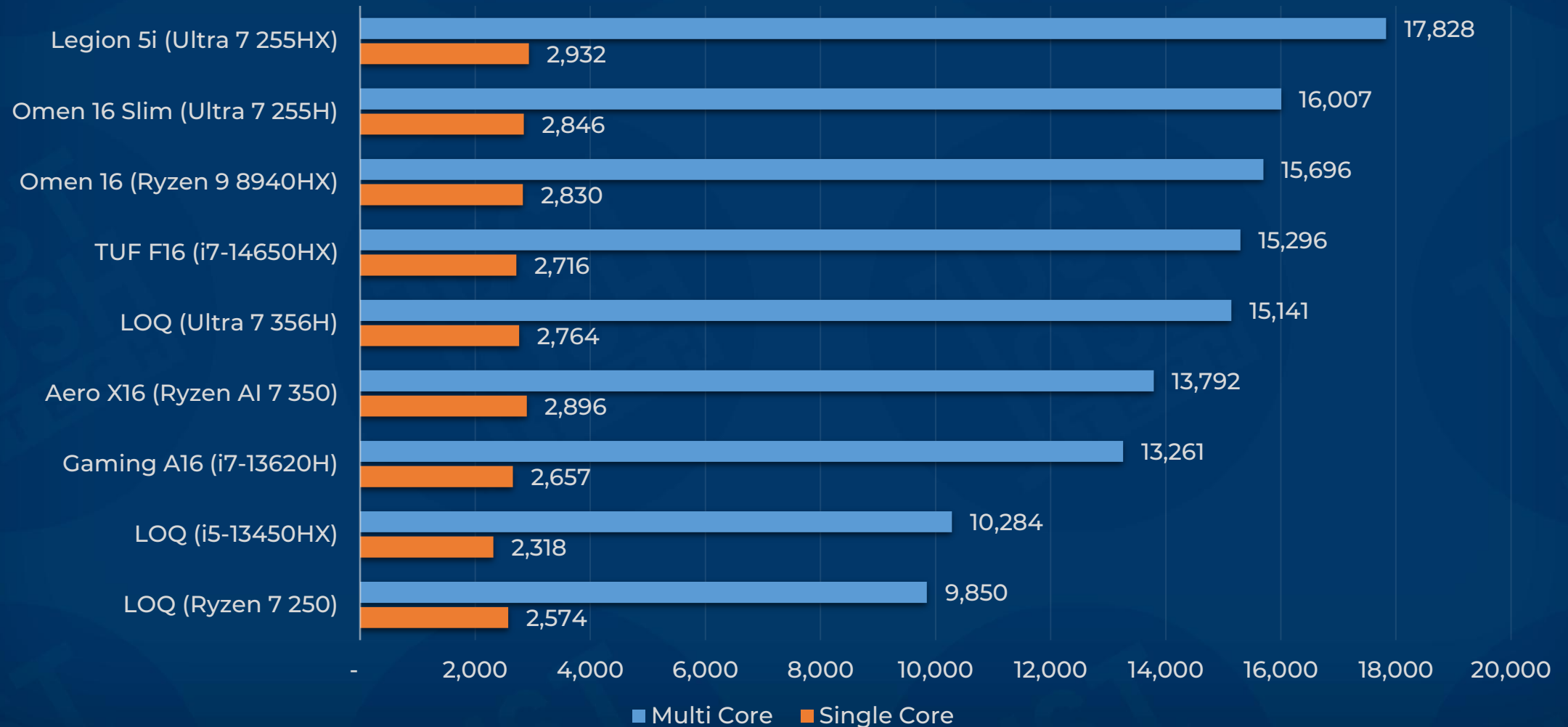
Performance on Battery

Cinebench 2026 Single Run - Higher is Better



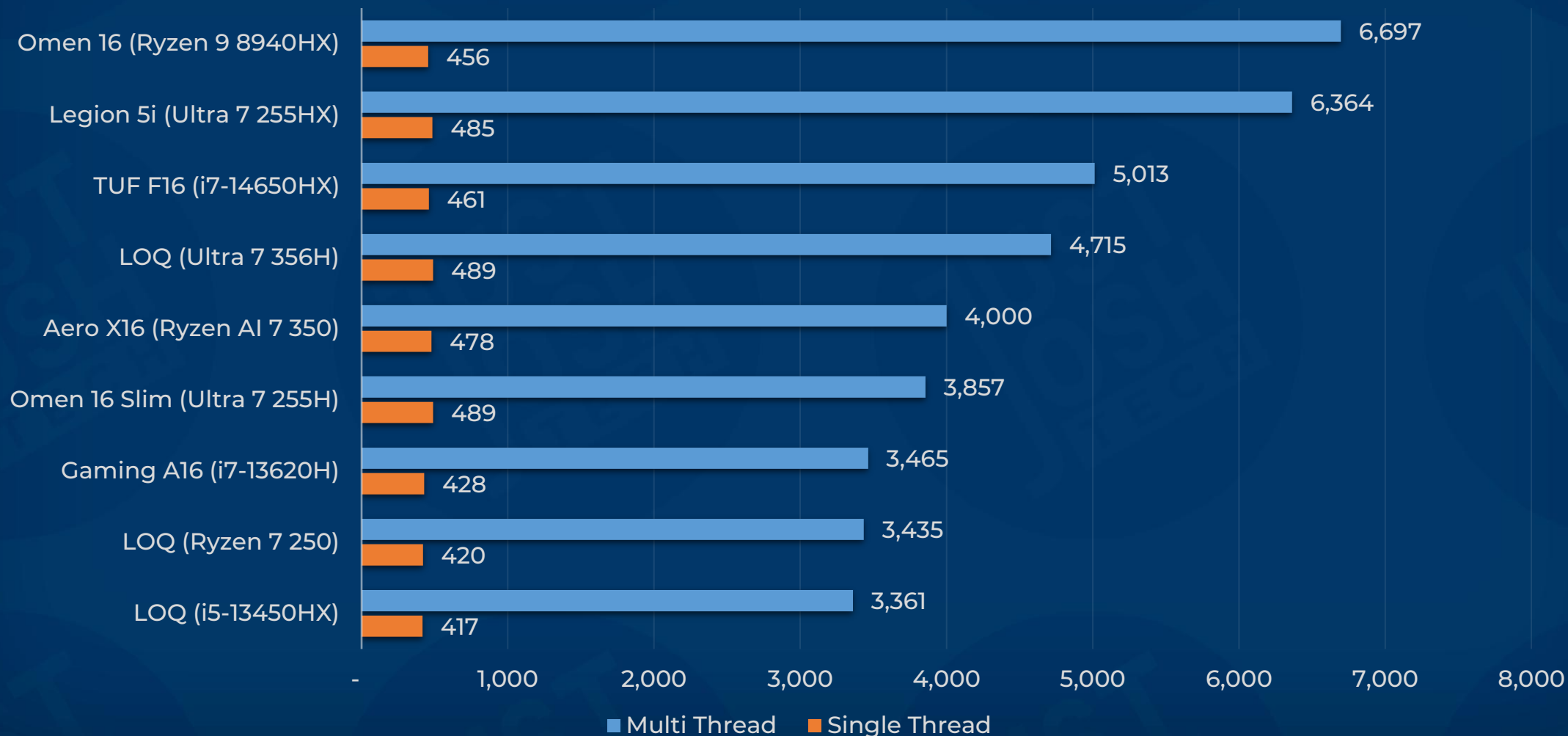
Common Performance Tasks - Geekbench 6

Highest Performance Modes, Higher is Better



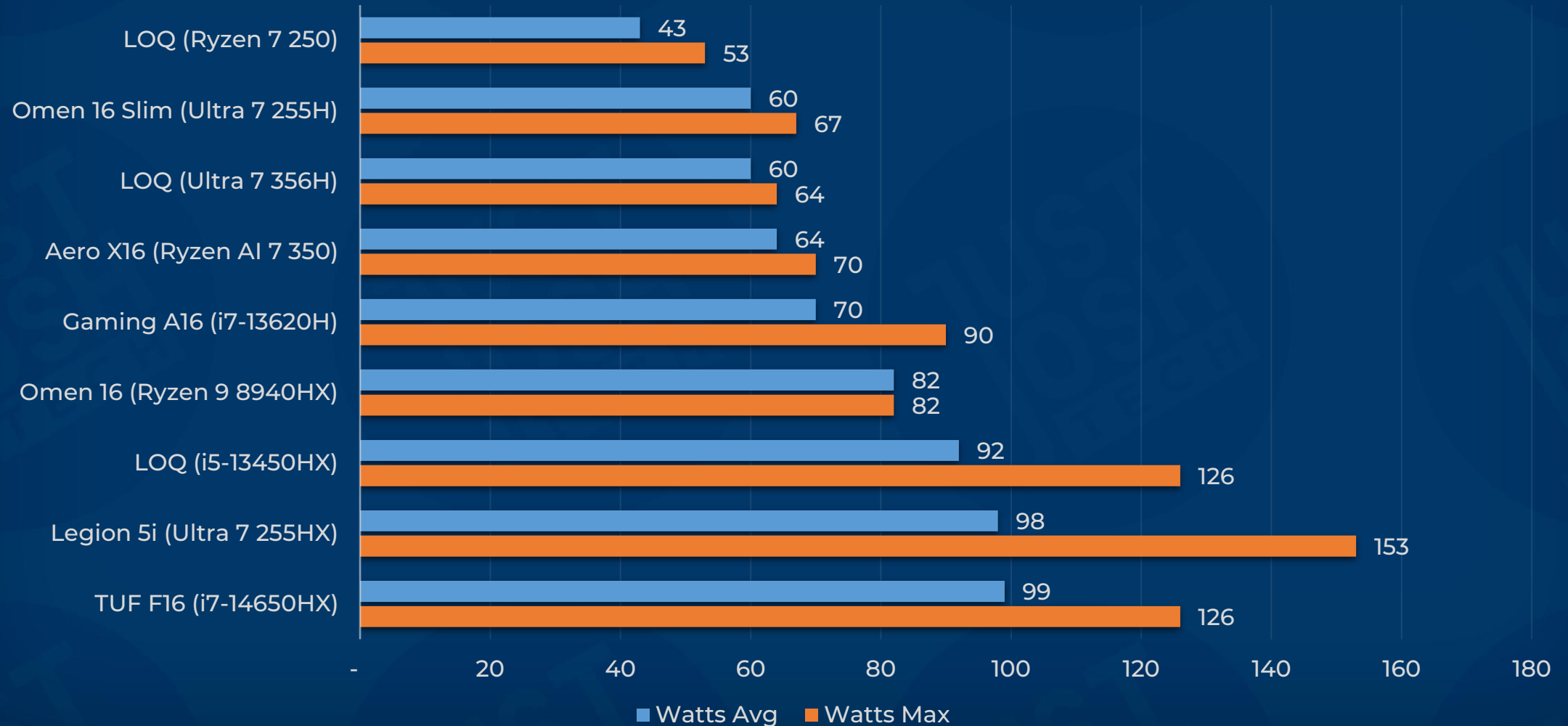
Max CPU Performance - Cinebench 2026 Single Run

Highest Performance Modes, Higher is Better



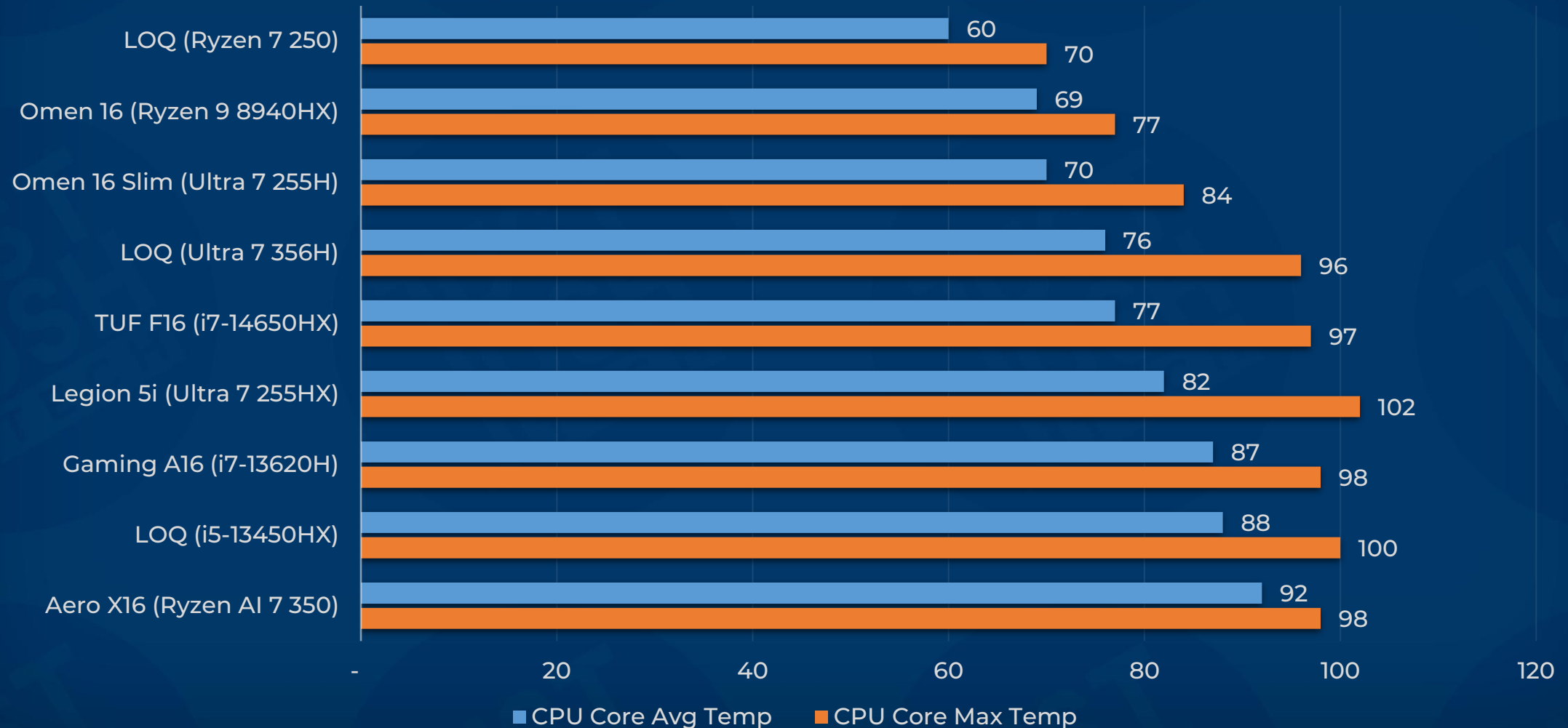
Power Draw - Cinebench 2026

Highest Performance Modes, Lower is Better



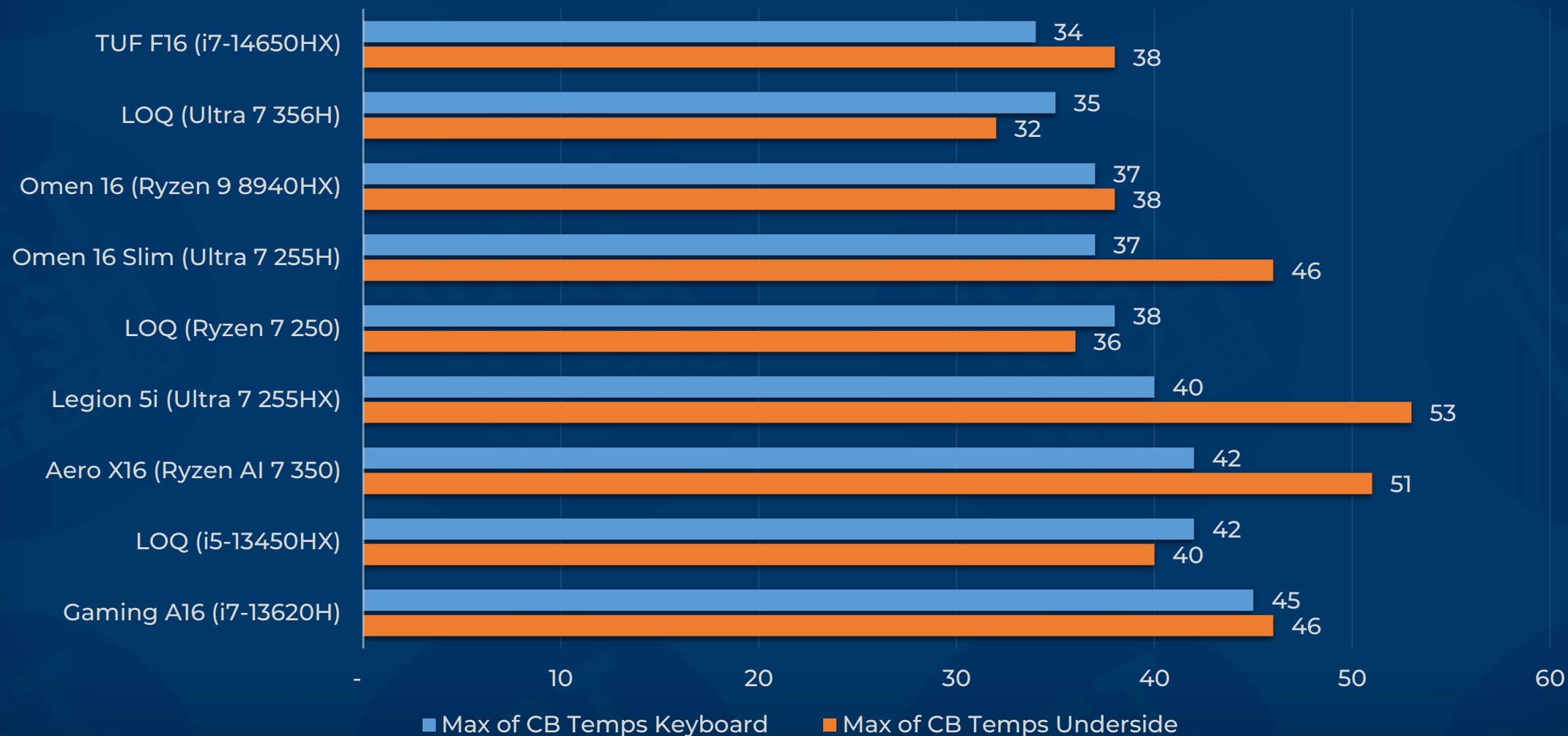
CPU Core Temperatures - Cinebench 2026

Highest Performance Modes, Lower is Better



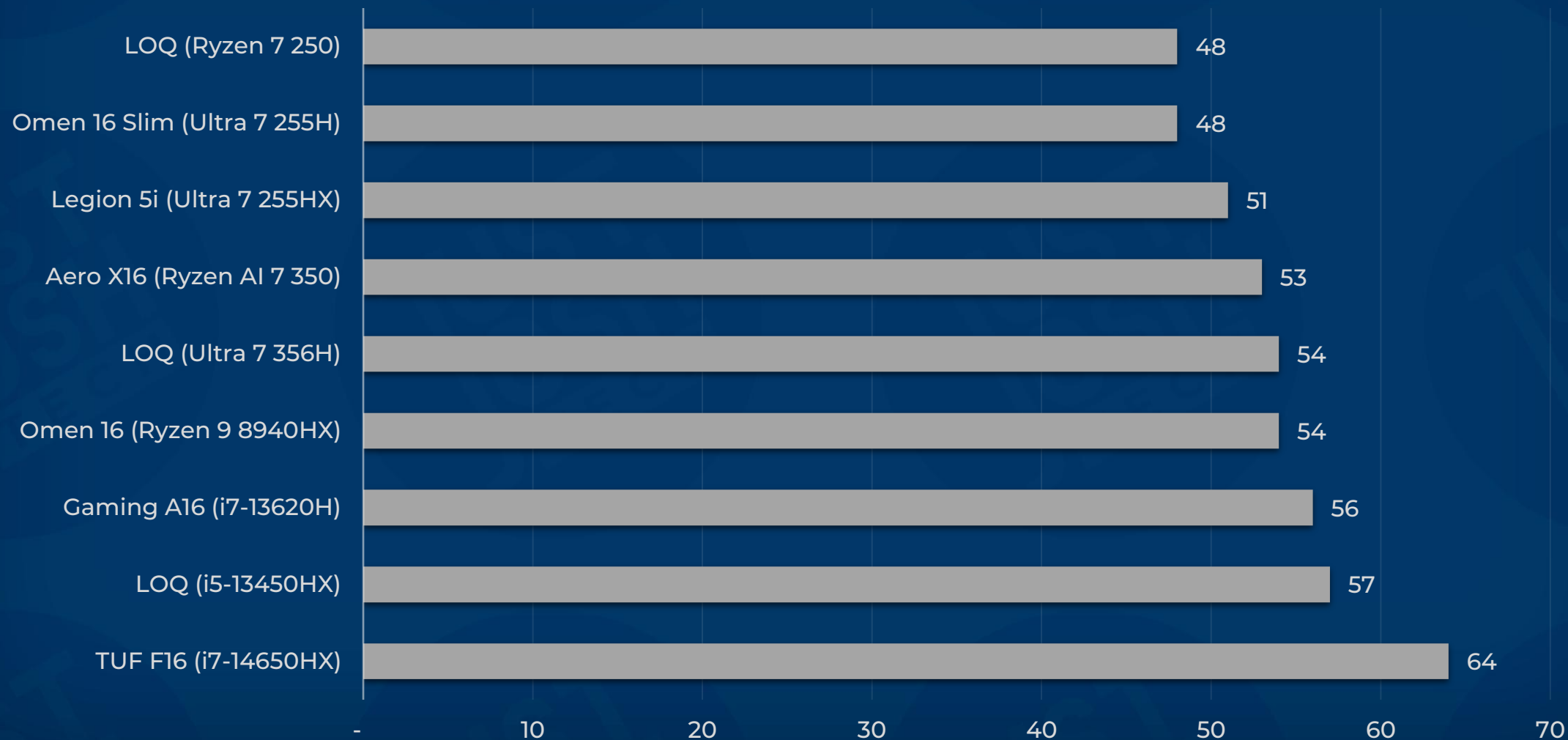
Hottest Surface Temperatures - Cinebench 10 Minute Run

Highest Performance Modes, Lower is Better



Fan Noise (dB) - Cinebench 2026

Highest Performance Modes, Lower is Better



Cinebench 2026 10-Minute Run in Each Mode

LOQ (Ryzen 7 250 I RTX 5060)

Performance Mode	Score	Avg Power Draw	Max Recorded Power Draw	Avg CPU Temp	Max Keyboard Temperature	Fan Noise
Quiet	2,880	25 W	26 W	47 °C	37 °C	42 dB
Balance	3,363	40 W	50 W	58 °C	38 °C	48 dB
Performance	3,402	43 W	53 W	60 °C	38 °C	48 dB

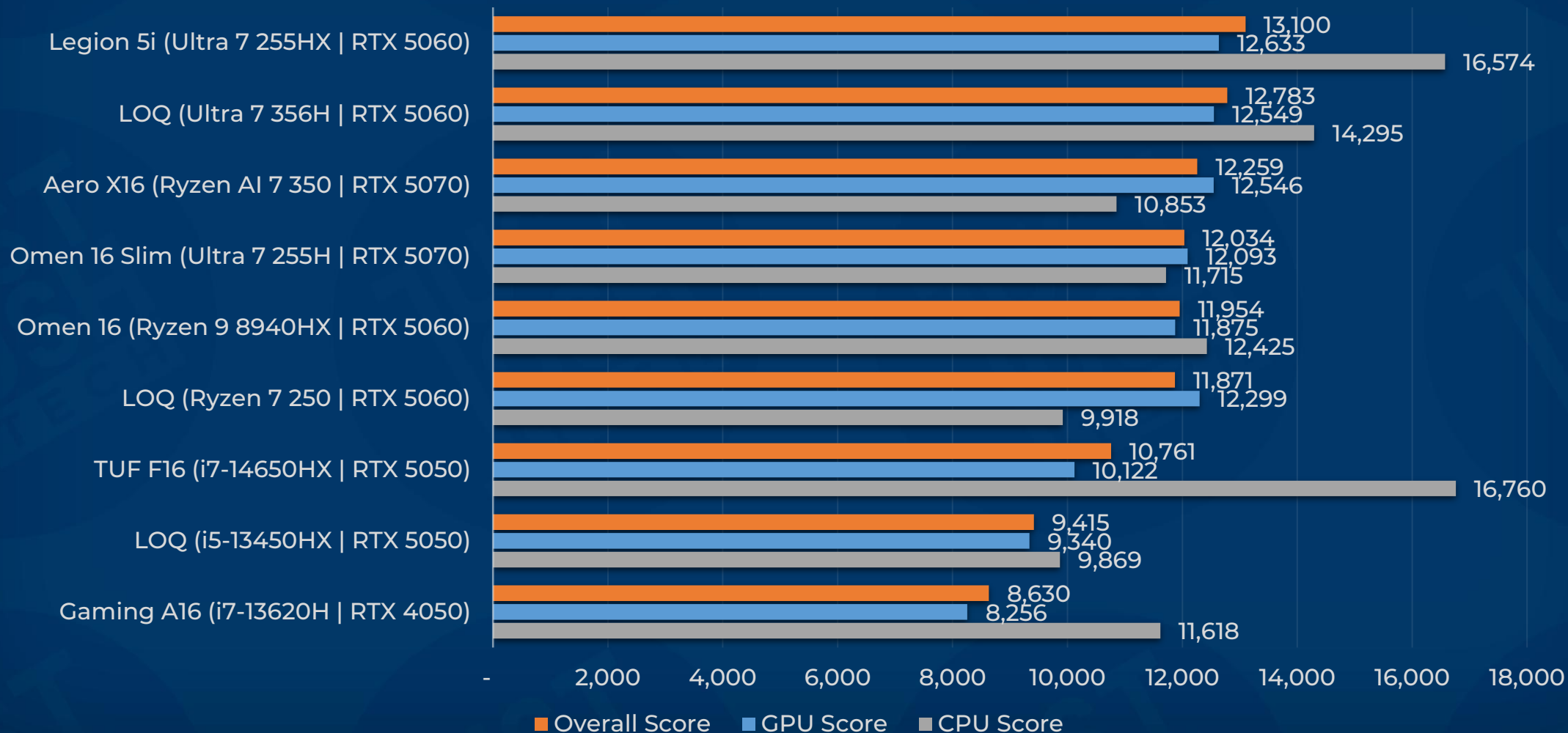
Cinebench 2026 10-Minute Run in Each Mode

LOQ (Ultra 7 356H | RTX 5060)

Performance Mode	Score	Avg Power Draw	Max Recorded Power Draw	Avg CPU Temp	Max Keyboard Temperature	Fan Noise
Quiet	4,214	44 W	47 W	66 °C	35 °C	46 dB
Balance	4,712	60 W	64 W	77 °C	36 °C	50 dB
Performance	4,679	60 W	64 W	76 °C	35 °C	54 dB

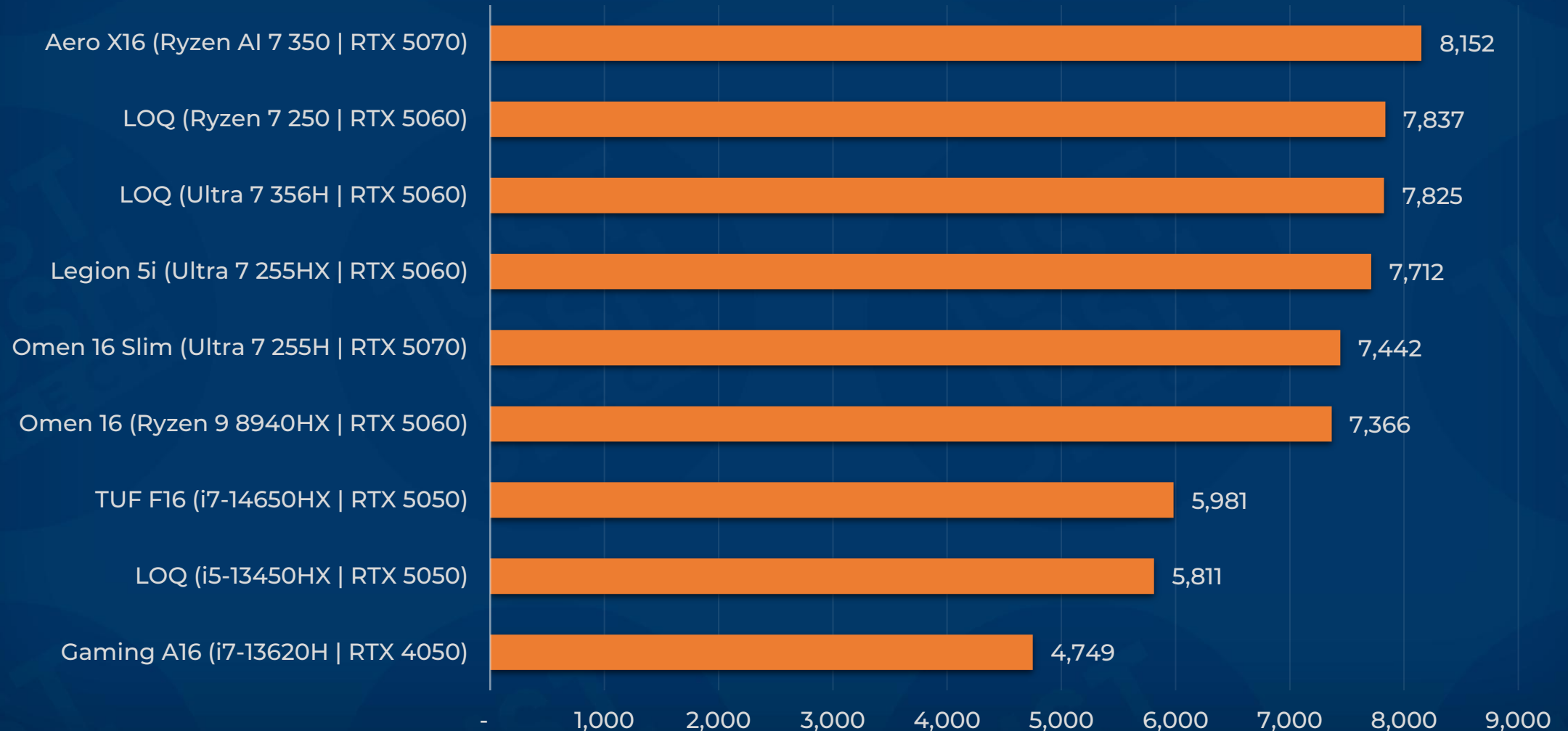
Timespy (1440p Gaming)

Highest Performance Modes, Higher is Better



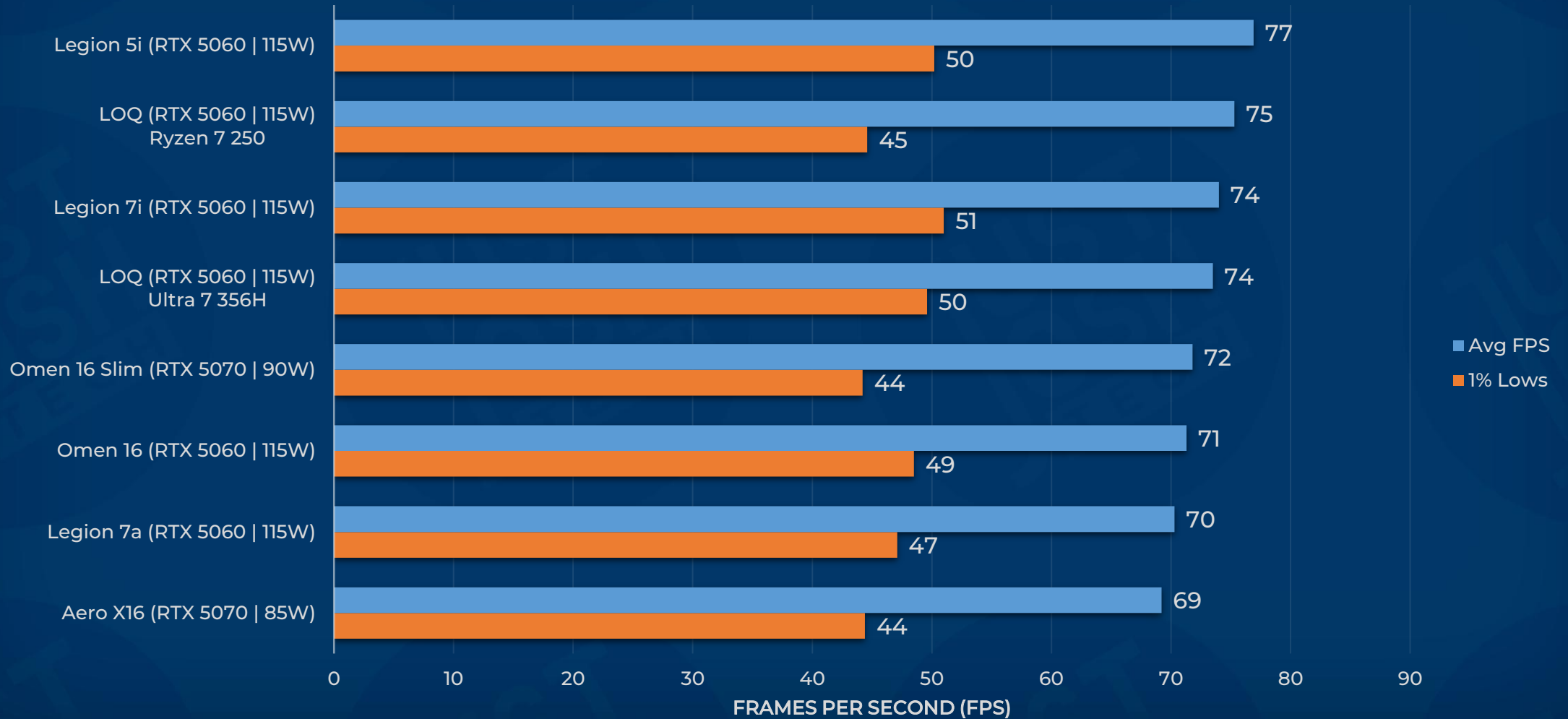
3DMark - Port Royal (Ray Tracing)

Highest Performance Modes, Higher is Better



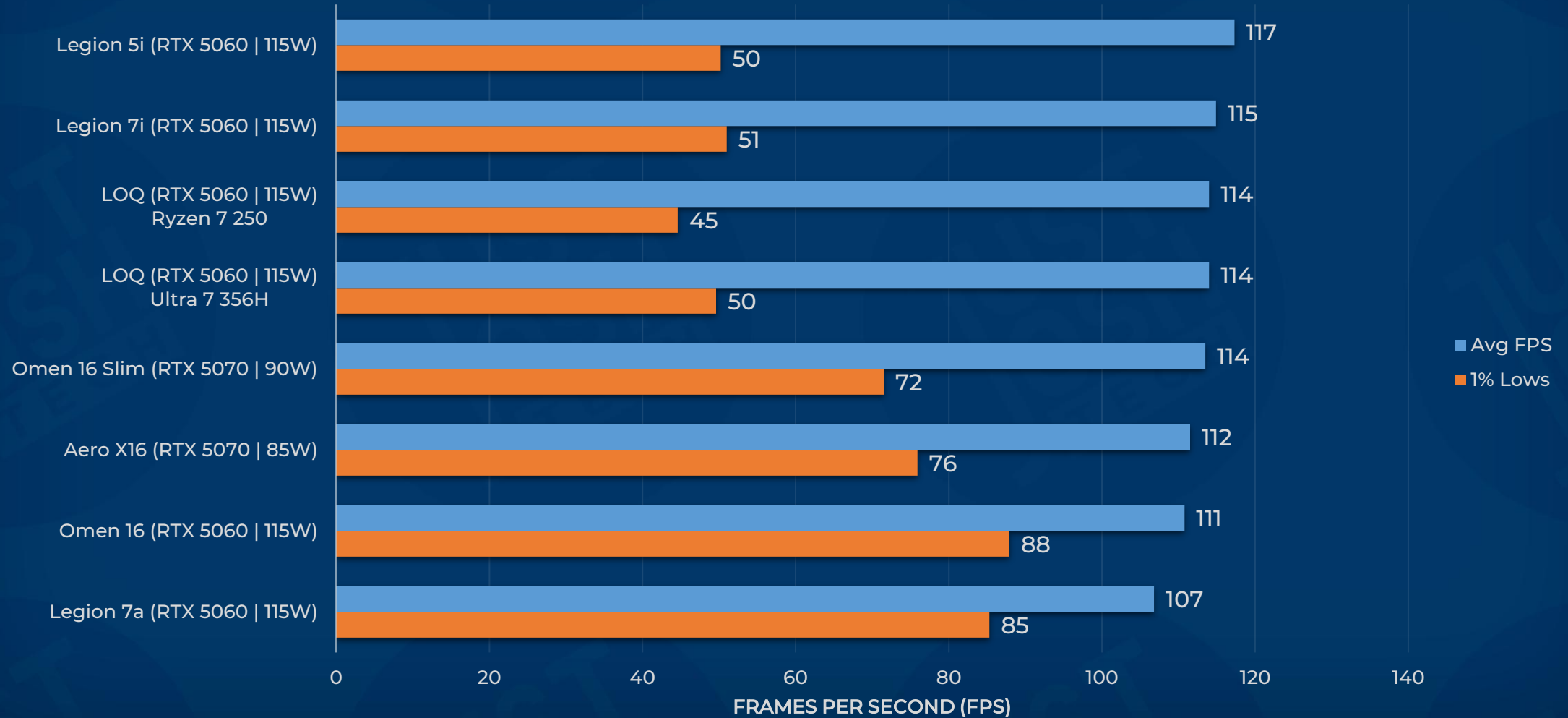
Cyberpunk 2077

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



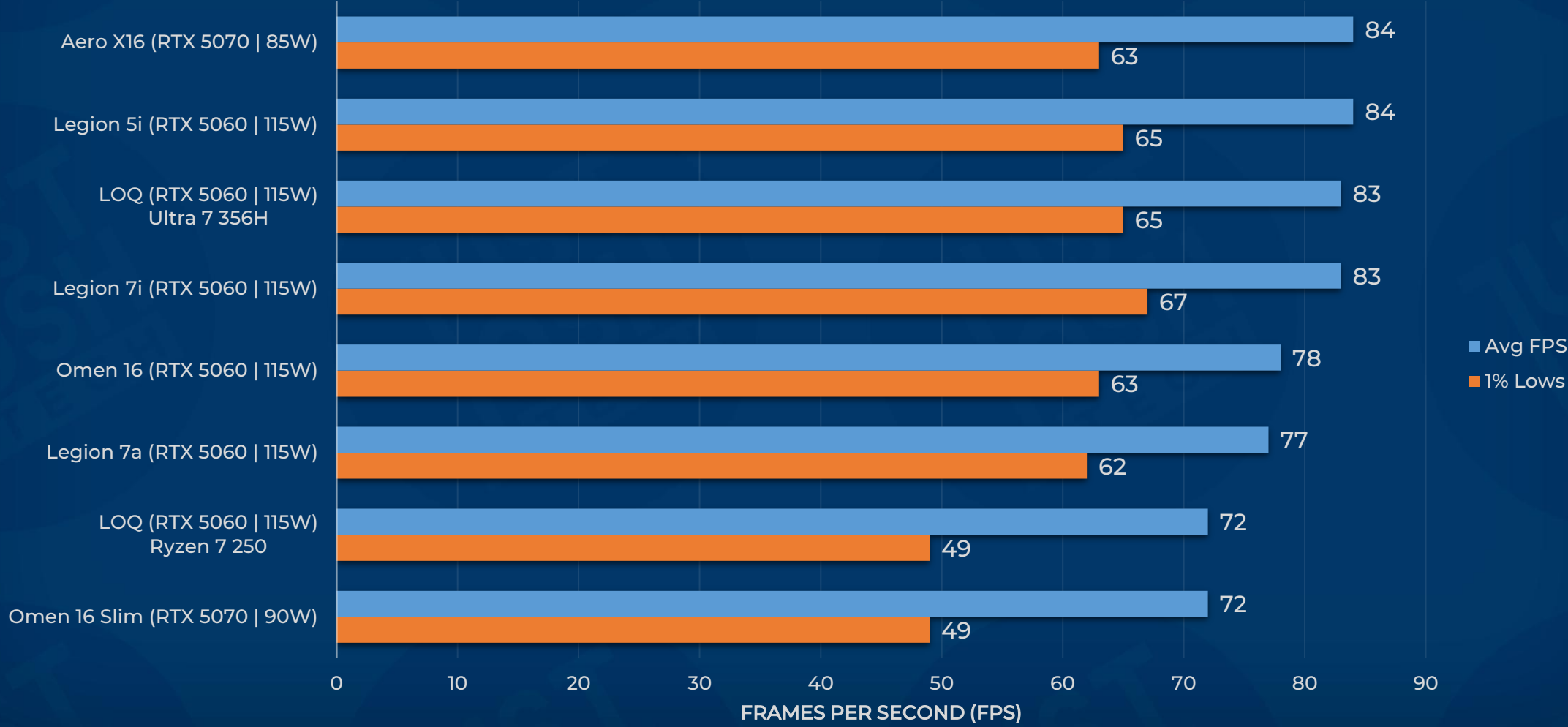
Cyberpunk 2077

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



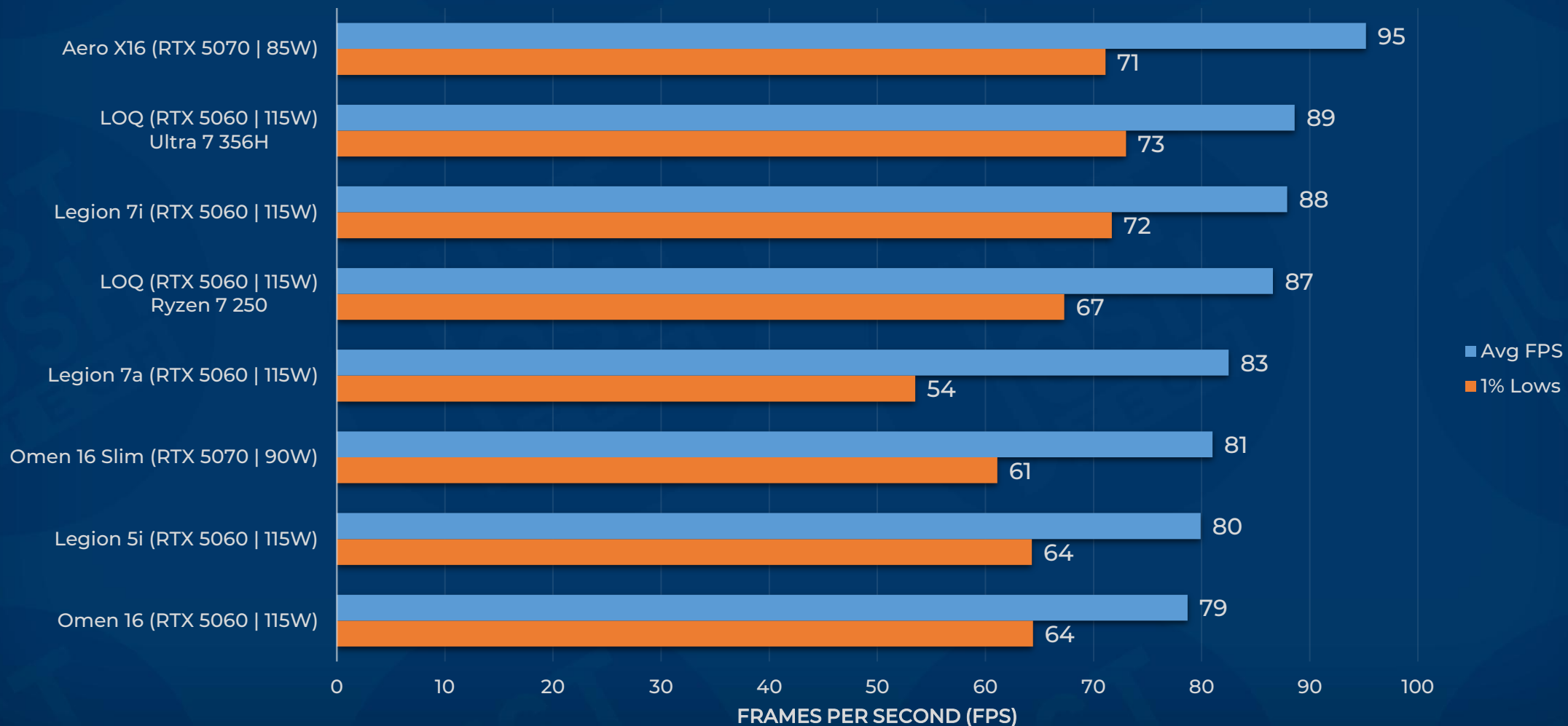
Marvel Rivals

2560x1600, High Settings - DLSS Frame Gen Off & Upscaling: Balanced



Forza Horizon 5

2560x1600, Extreme Settings - DLSS Off



Forza Horizon 5 in Each Performance Mode

LOQ (Ryzen 7 250 I RTX 5060)

Performance Mode	Avg FPS	1% Lows	Avg CPU Temp	Avg GPU Temp	Avg CPU Wattage	Avg GPU Wattage	Max Keyboard Temperature	Fan Noise
Quiet	56	38	50 °C	61 °C	15 W	60 W	40 °C	44 dB
Balance	68	47	52 °C	66 °C	17 W	76 W	41 °C	49 dB
Performance	73	51	68 °C	70 °C	41 W	83 W	39 °C	54 dB
Extreme	77	49	74 °C	60 °C	41 W	84 W	40 °C	56 dB

Forza Horizon 5 in Each Performance Mode

LOQ (Ryzen 7 250 I RTX 5060)

Performance Mode	Avg FPS	1% Lows	Avg CPU Temp	Avg GPU Temp	Avg CPU Wattage	Avg GPU Wattage	Max Keyboard Temperature	Fan Noise
Quiet	56	38	50 °C	61 °C	15 W	60 W	40 °C	44 dB
Balance	68	47	52 °C	66 °C	17 W	76 W	41 °C	49 dB
Performance (dGPU)	73	51	68 °C	70 °C	41 W	83 W	39 °C	54 dB
Extreme (dGPU)	77	49	74 °C	60 °C	41 W	84 W	40 °C	56 dB
Performance (Hybrid)	87	67	67 °C	73 °C	36 W	91 W	38 °C	54 dB
Extreme (Hybrid)	90	69	65 °C	70 °C	36 W	89 W	39 °C	55 dB

Forza Horizon 5 in Each Performance Mode

LOQ (Ultra 7 356H | RTX 5060)

Performance Mode	Avg FPS	1% Lows	Avg CPU Temp	Avg GPU Temp	Avg CPU Wattage	Avg GPU Wattage	Max Keyboard Temperature	Fan Noise
Quiet	70	55	57 °C	61 °C	17 W	57 W	40 °C	46 dB
Balance	72	57	63 °C	66 °C	25 W	73 W	40 °C	50 dB
Performance	72	53	63 °C	66 °C	26 W	80 W	40 °C	53 dB
Extreme	79	62	65 °C	70 °C	26 W	83 W	42 °C	52 dB

Forza Horizon 5 in Each Performance Mode

LOQ (Ultra 7 356H | RTX 5060)

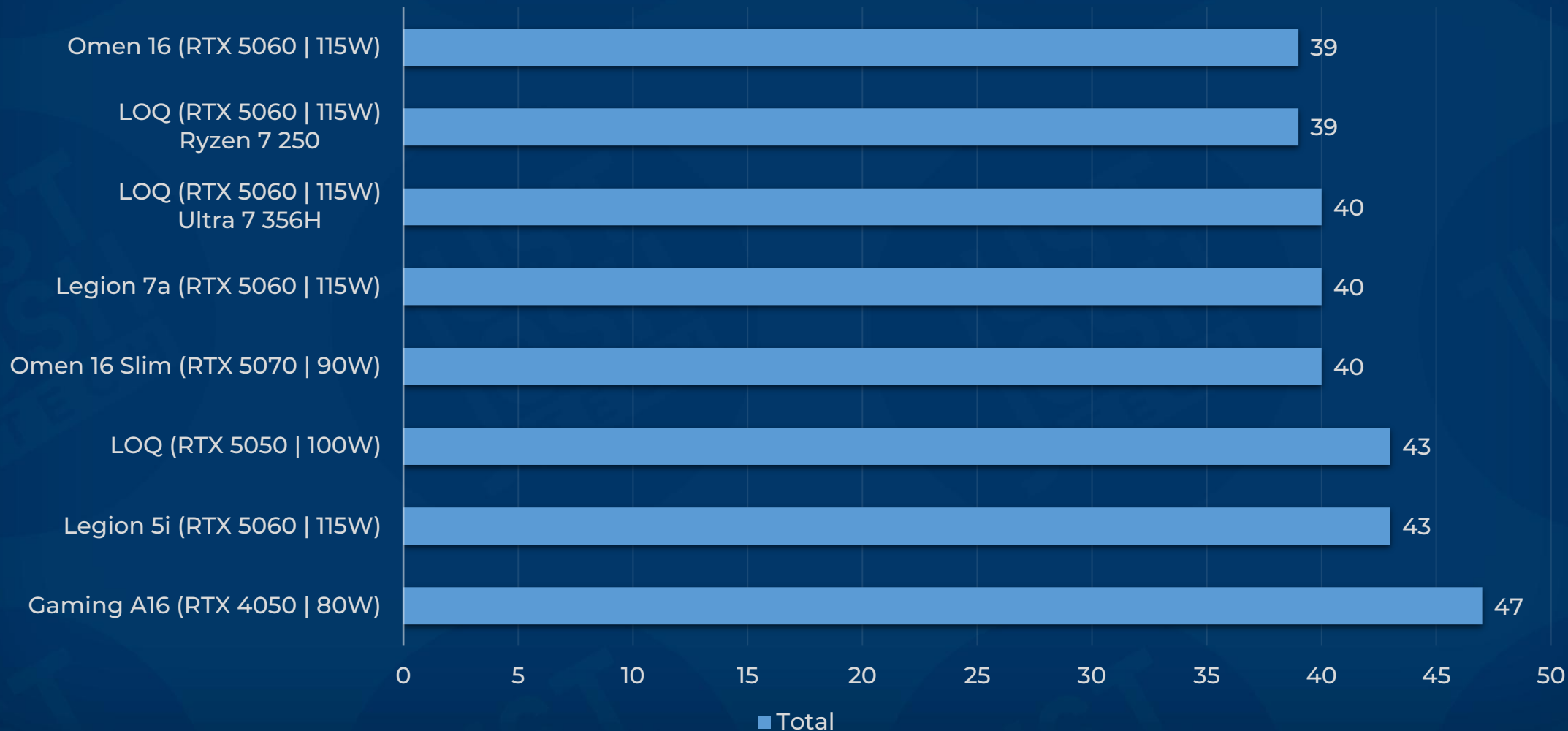
Performance Mode	Avg FPS	1% Lows	Avg CPU Temp	Avg GPU Temp	Avg CPU Wattage	Avg GPU Wattage	Max Keyboard Temperature	Fan Noise
Quiet	70	55	57 °C	61 °C	17 W	57 W	40 °C	46 dB
Balance	72	57	63 °C	66 °C	25 W	73 W	40 °C	50 dB
Performance (dGPU)	78	59	67 °C	71 °C	28 W	84 W	41 °C	54 dB
Extreme (dGPU)	79	62	65 °C	70 °C	26 W	83 W	42 °C	52 dB
Performance (Hybrid)	89	73	68 °C	66 °C	29 W	90 W	42 °C	54 dB
Performance (dGPU)	91	71	69 °C	74 °C	26 W	94 W	42 °C	54 dB

Forza Horizon 5 in Best Stock Performance Mode

RTX 5060 Laptop	Avg FPS	1% Lows	Avg CPU Temp	Avg GPU Temp	Avg CPU Wattage	Avg GPU Wattage	Max Keyboard Temperature	Fan Noise
LOQ (AMD) dGPU	73	51	68 °C	70 °C	41 W	83 W	39 °C	54 dB
LOQ (Intel) dGPU	72	53	63 °C	66 °C	26 W	80 W	40 °C	53 dB
Omen 16	79	64	72 °C	75 °C	56 W	92 W	42 °C	54 dB
Legion 5i	80	64	75 °C	81 °C	38 W	92 W	43 °C	53 dB

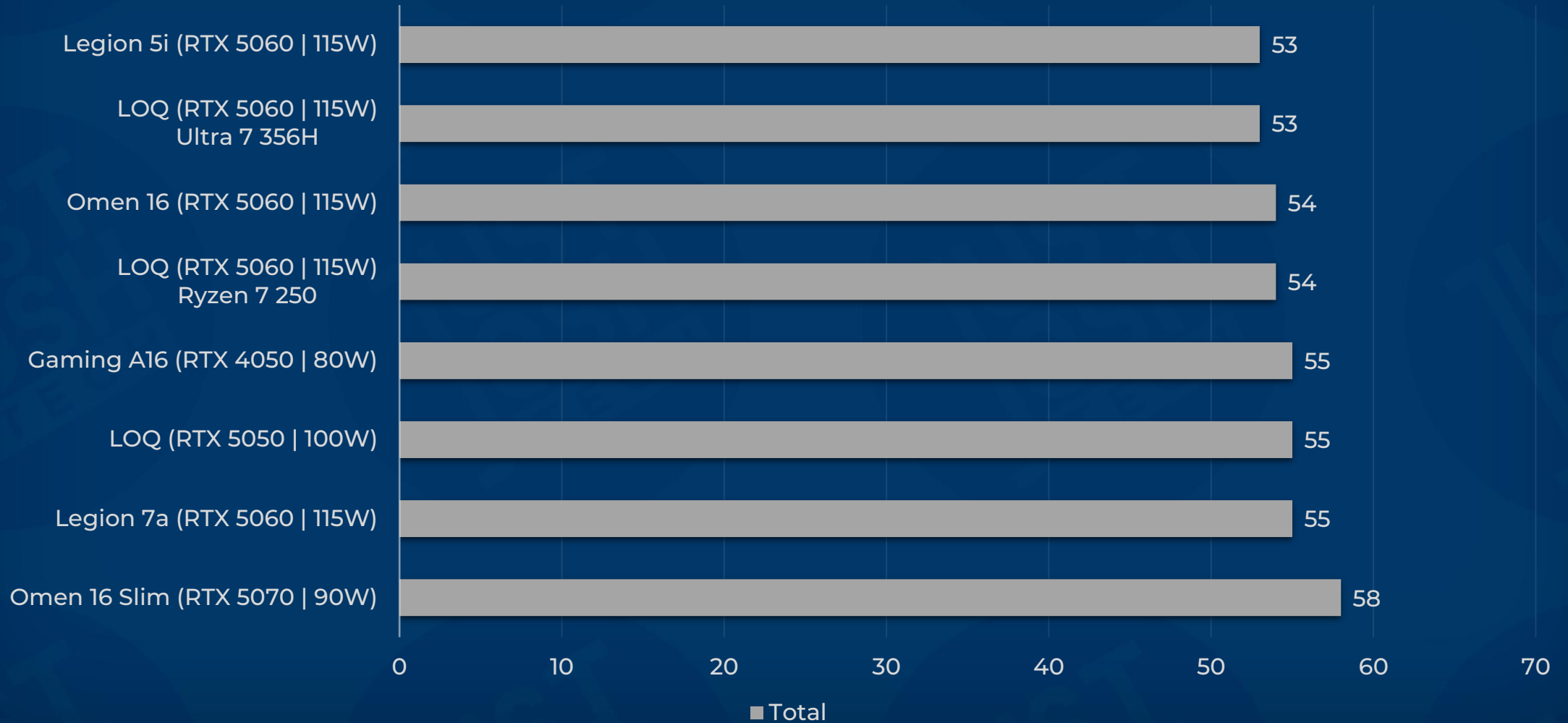
Hottest Surface Temperatures - Forza Horizon 5

Highest Performance Modes, Lower is Better



Fan Noise - Forza Horizon 5

Highest Performance Modes, Lower is Better



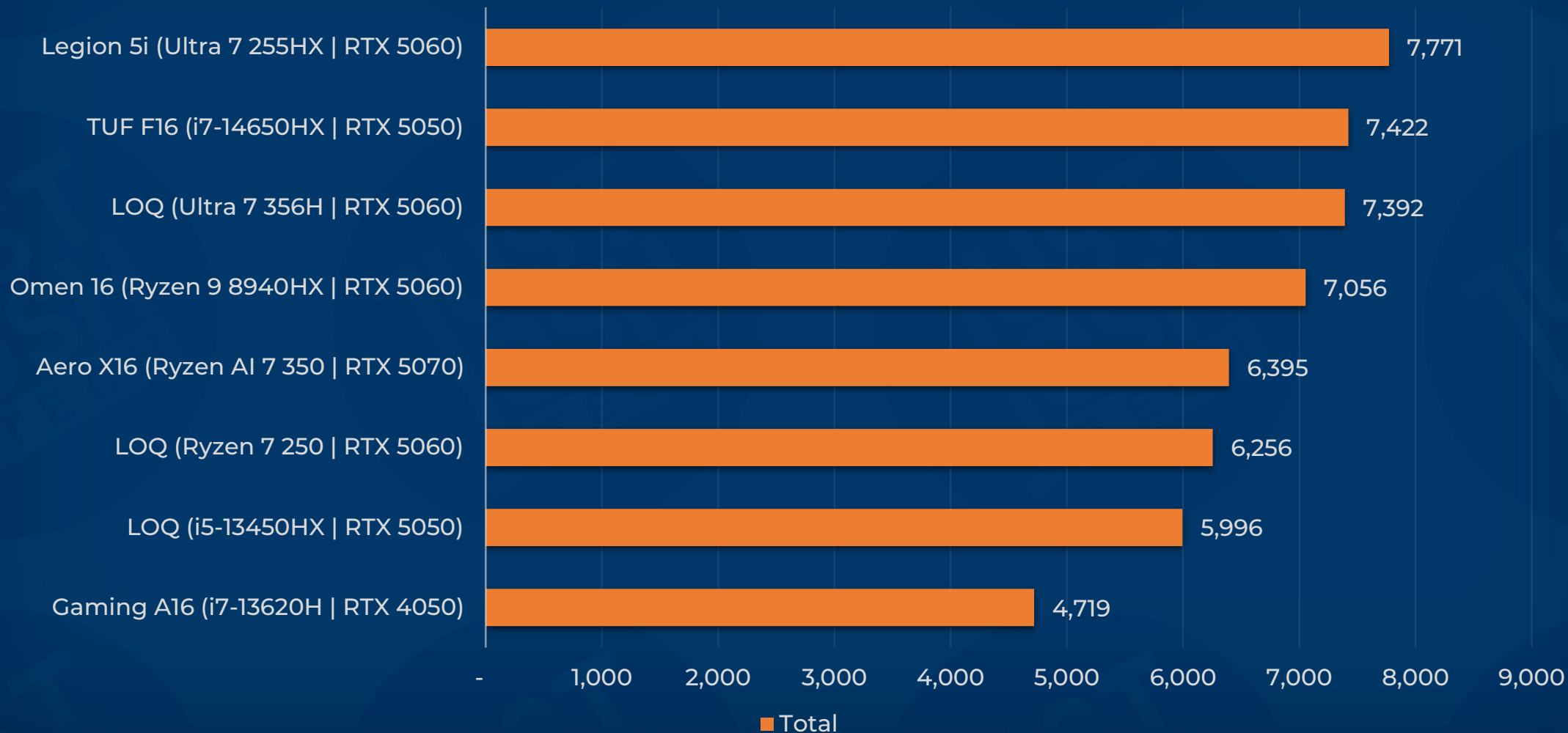
Puget Benchmark Premiere Pro 1.0.0-1.1.1

Highest Performance Modes, Higher is Better



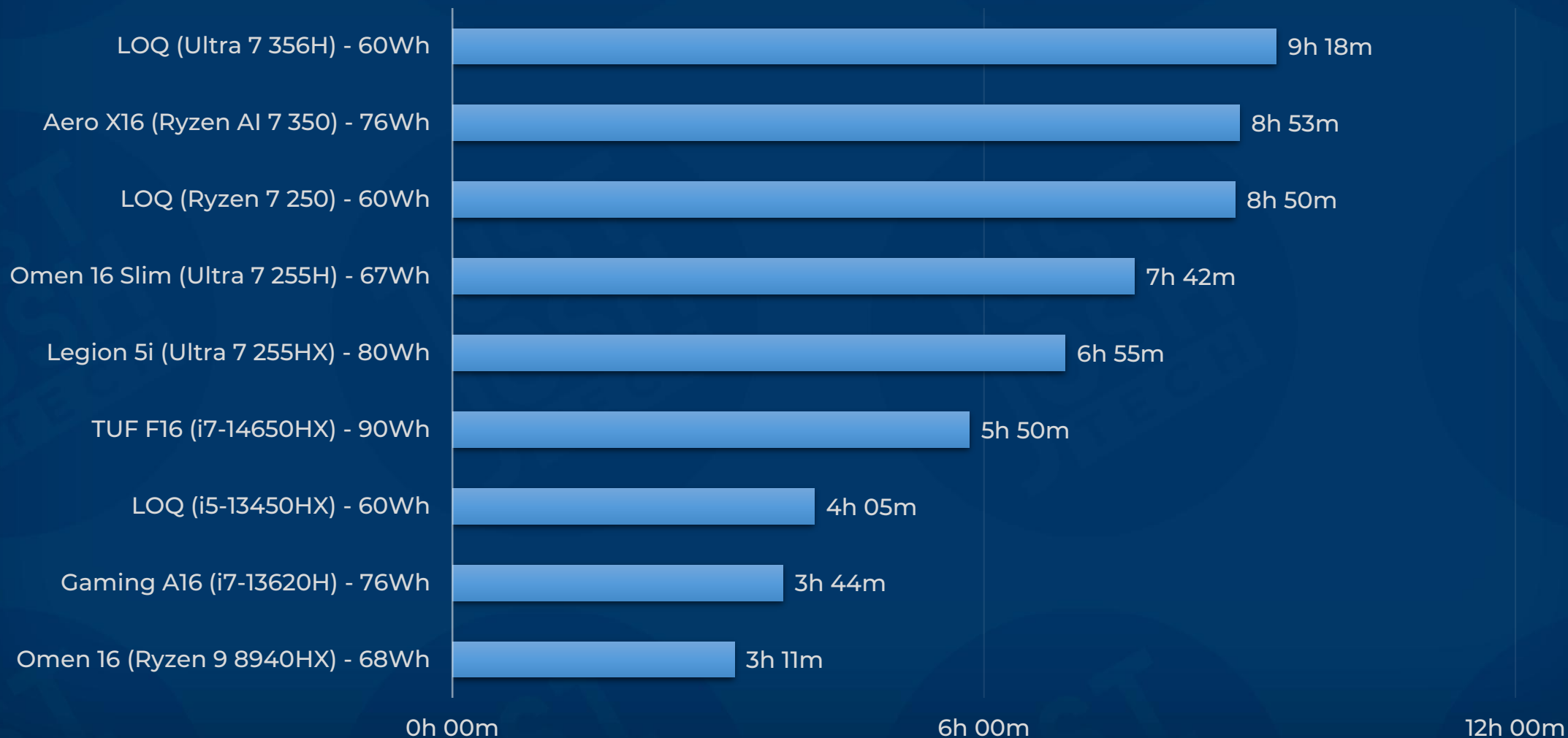
Puget Benchmark Davinci Resolve Studio 1.0.0-1.2.1

Highest Performance Modes, Higher is Better



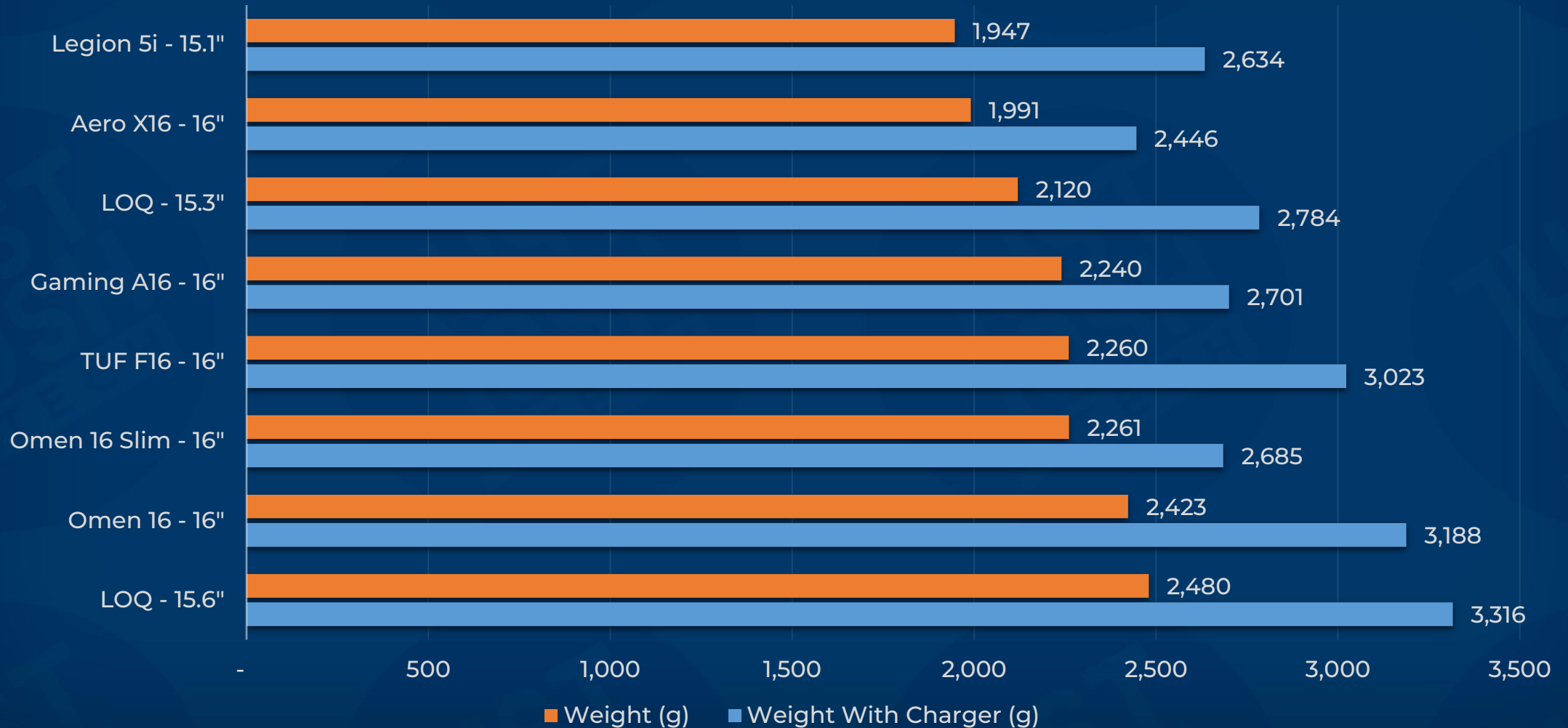
Battery Rundown - Office Tasks

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



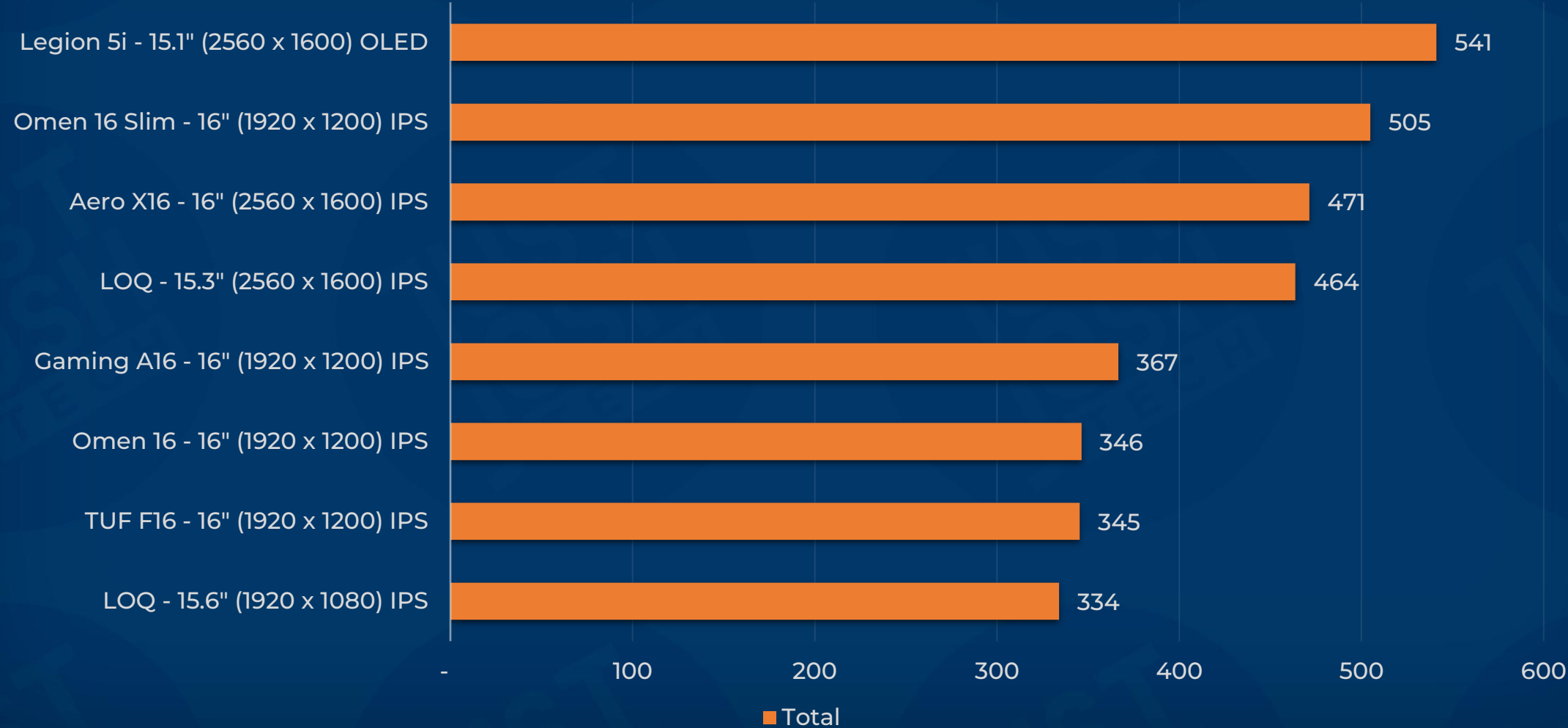
Weight

Lower is Better



Display - Max Brightness

Higher is Better



Performance in Marvel Rivals with Different RAM Configs

Tested on the LOQ (Ryzen 7 250 | RTX 5060)

