

Cinebench 2026 10-Minute Run in Each Mode

Prestige 14 Flip AI+ (Core Ultra X7 358H | Intel Arc B390)

Performance Mode	Score	Avg Power Draw	Max Recorded Power Draw	Avg CPU Temp	Max Keyboard Temperature	Fan Noise
ECO-Silent	2,027	11 W	21 W	63 °C	44 °C	38 dB
Balanced	2,886	23 W	61 W	86 °C	50 °C	38 dB
Extreme Performance	3,719	32 W	56 W	88 °C	51 °C	49 dB

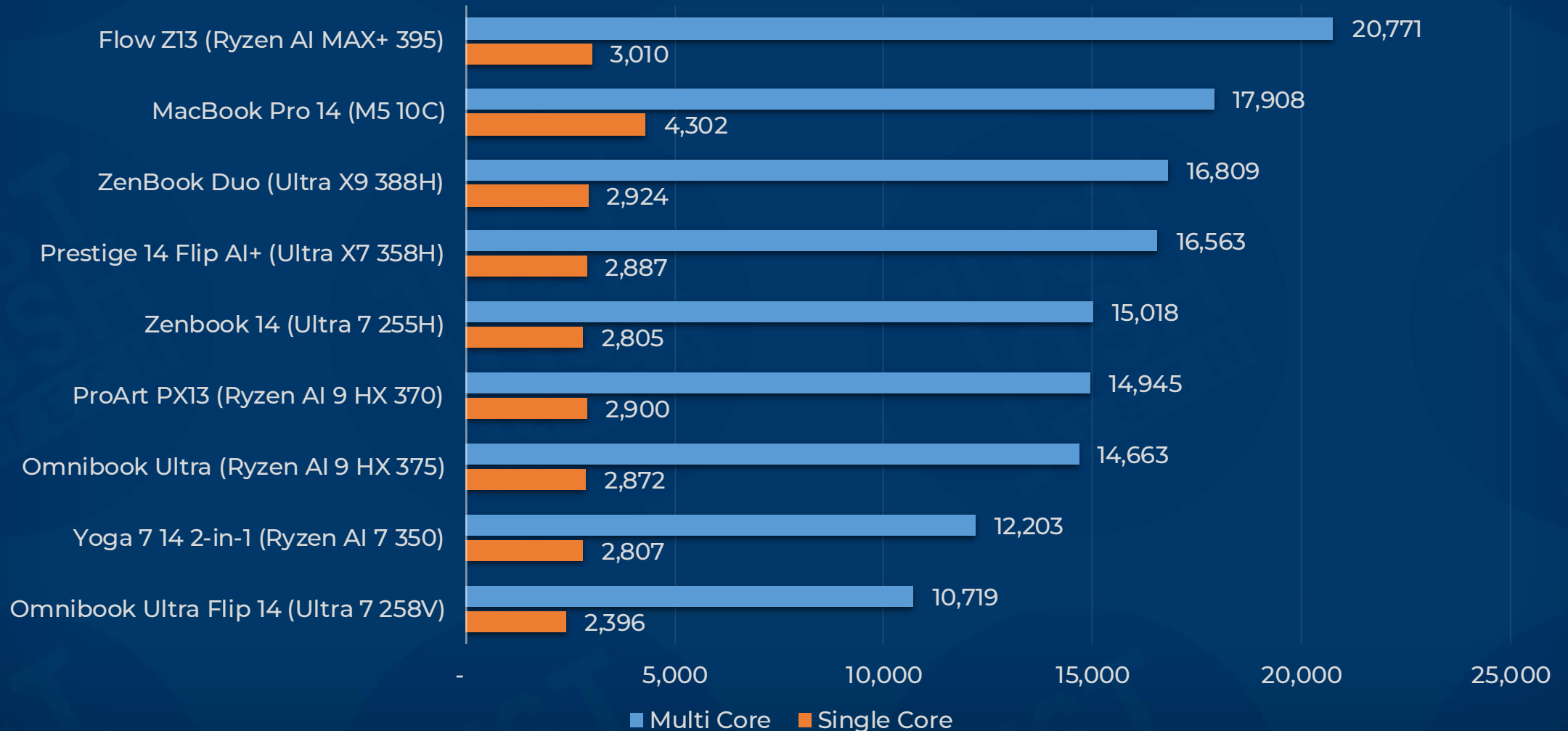
Forza Horizon 5 in Each Mode

Prestige 14 Flip AI+ (Core 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
ECO-Silent	36	22	62 °C	62 °C	10 W	5 W	46 °C	37 dB
Balanced	59	47	74 °C	73 °C	15 W	7 W	51 °C	39 dB
Extreme Performance	95	68	78 °C	80 °C	30 W	18 W	51 °C	47 dB

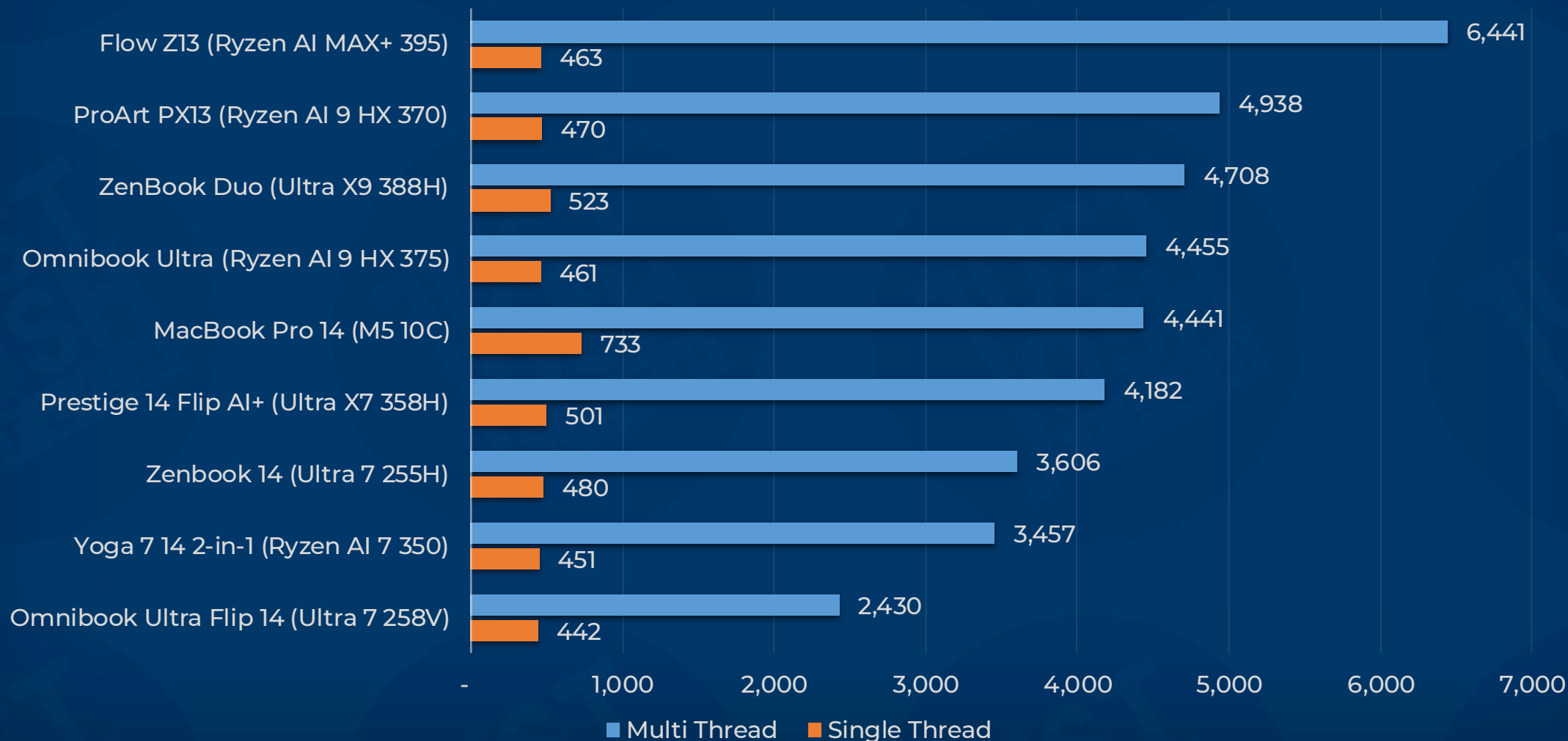
Common Performance Tasks - Geekbench 6

Highest Performance Modes, Higher is Better



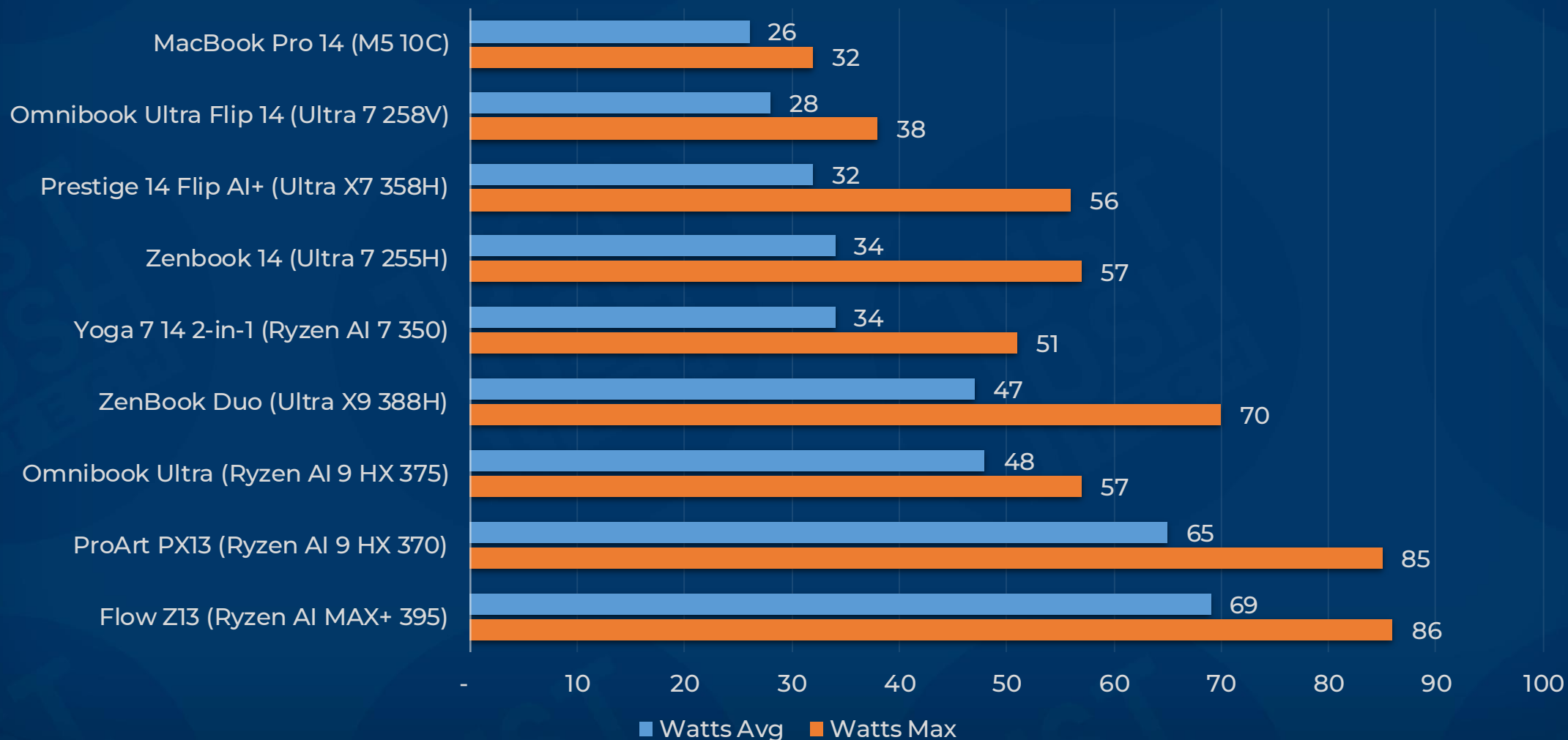
Max CPU Performance - Cinebench 2026 Single Run

Highest Performance Modes, Higher is Better



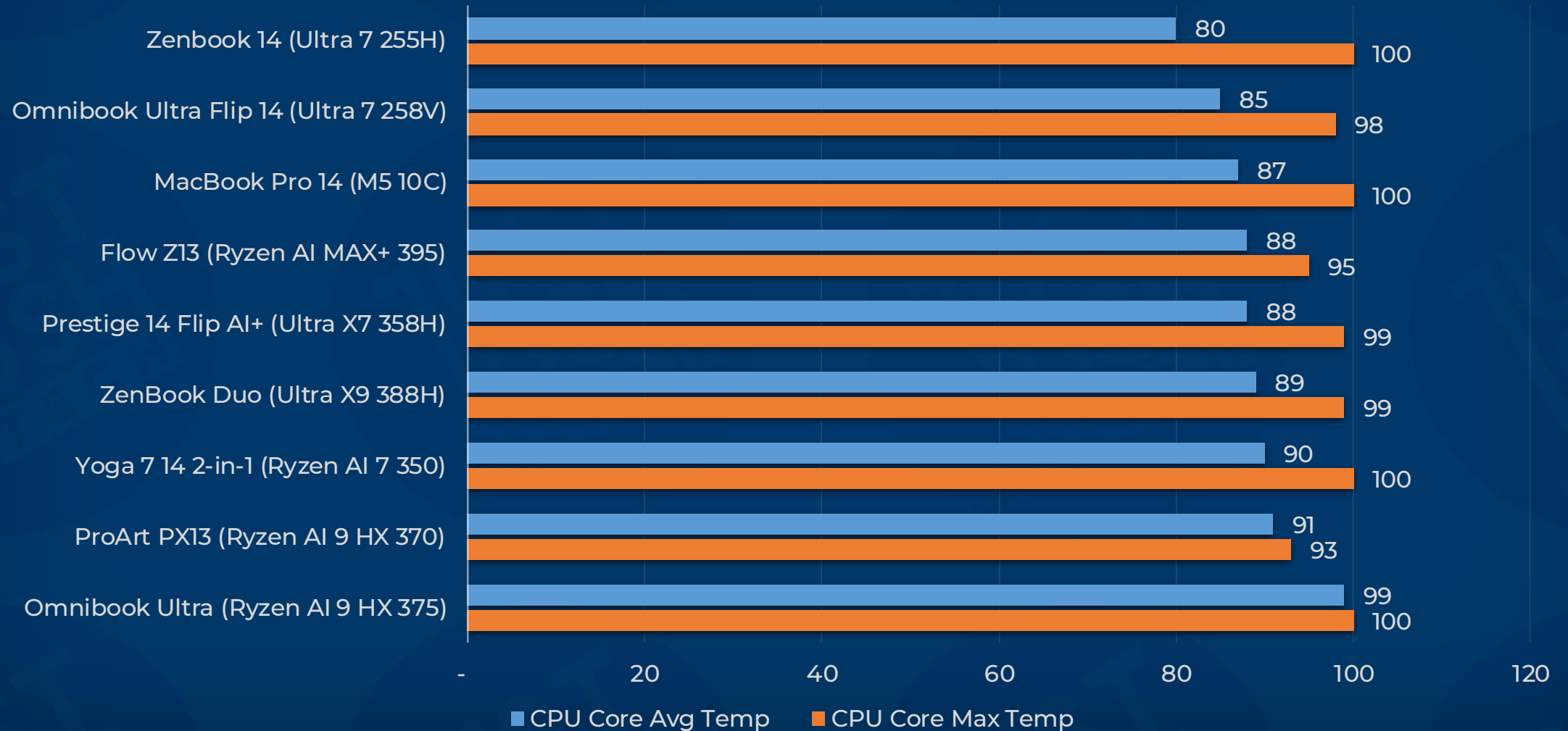
Power Draw - Cinebench 2026

Highest Performance Modes, Lower is Better



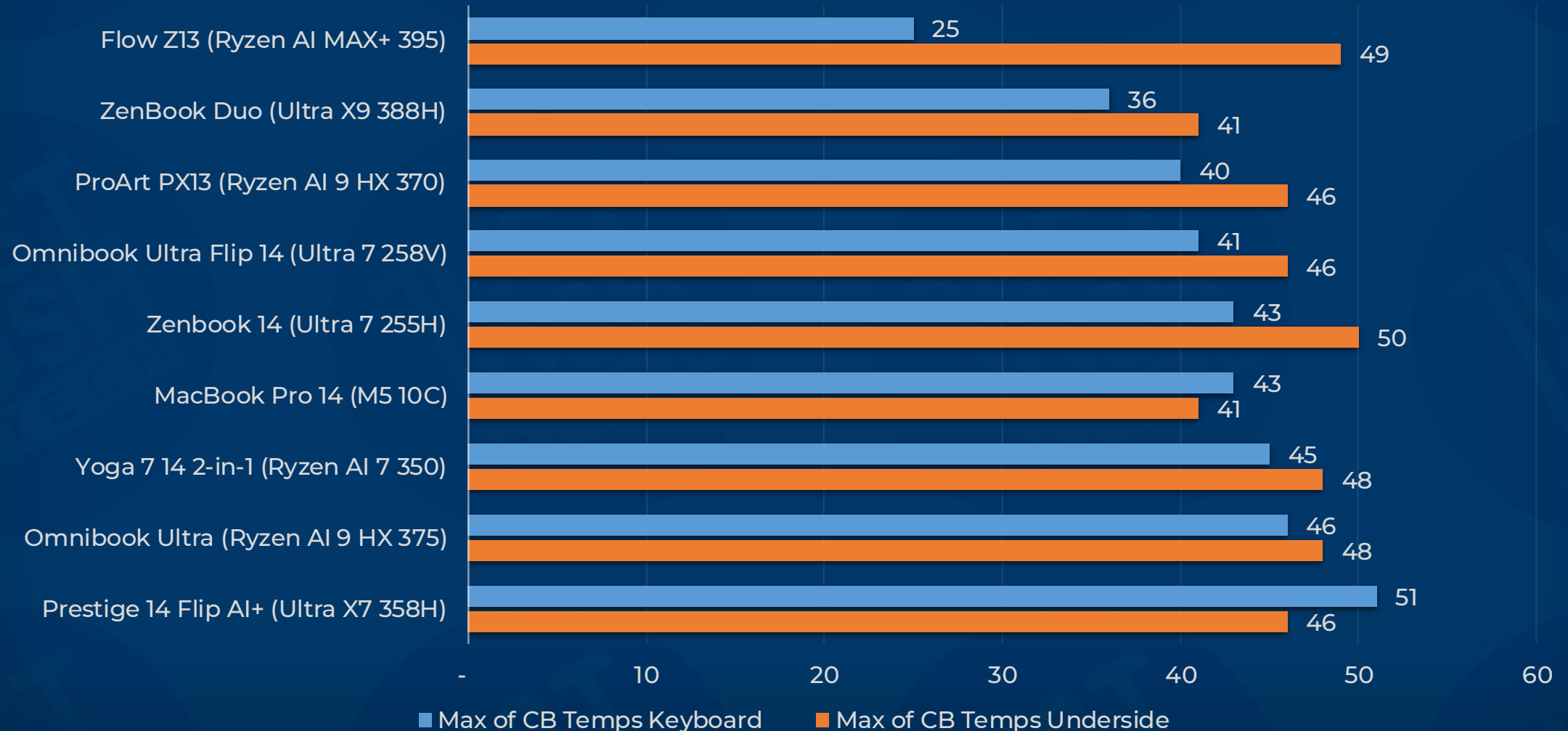
CPU Core Temperatures - Cinebench 2026

Highest Performance Modes, Lower is Better



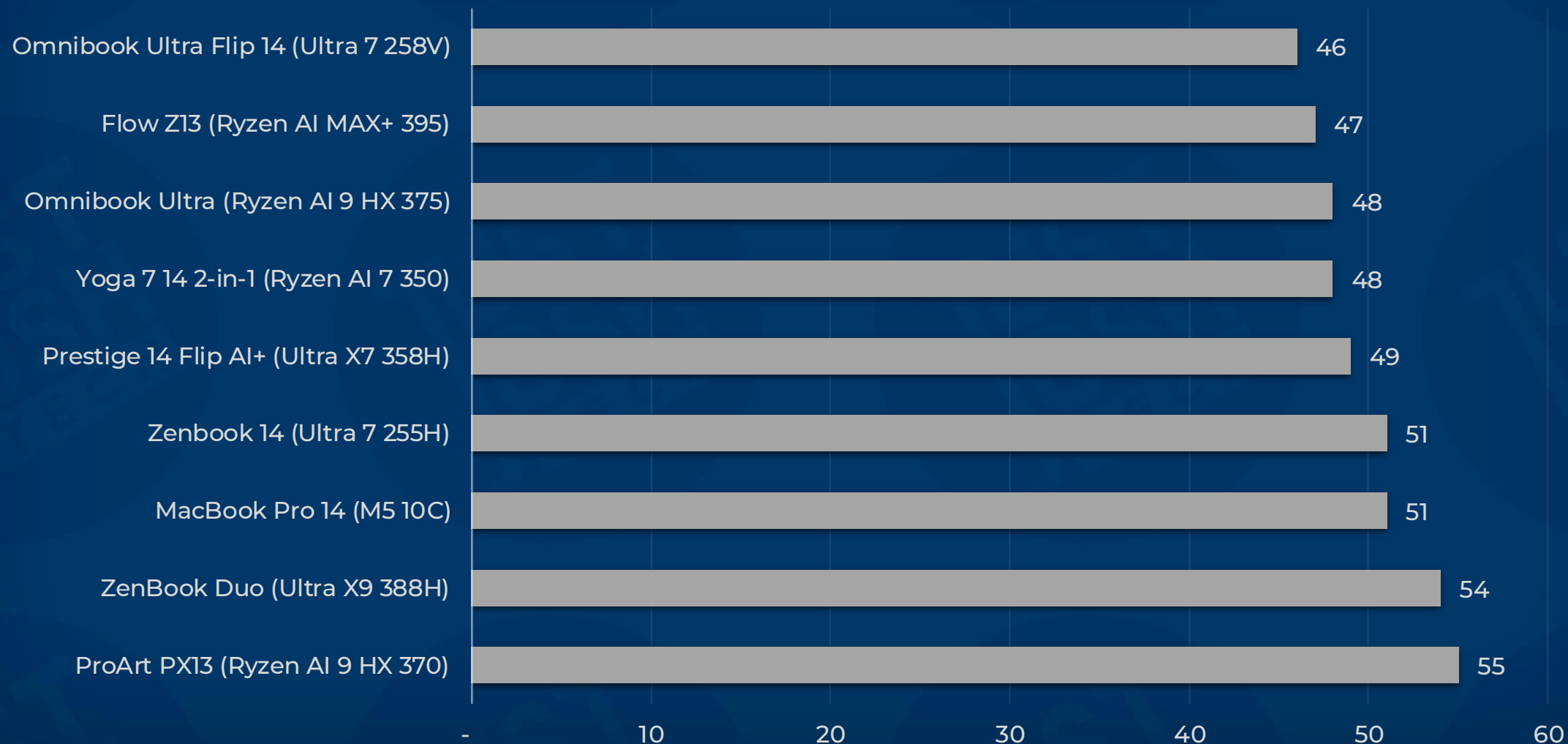
Hottest Surface Temperatures - Cinebench 2026

Highest Performance Modes, Lower is Better



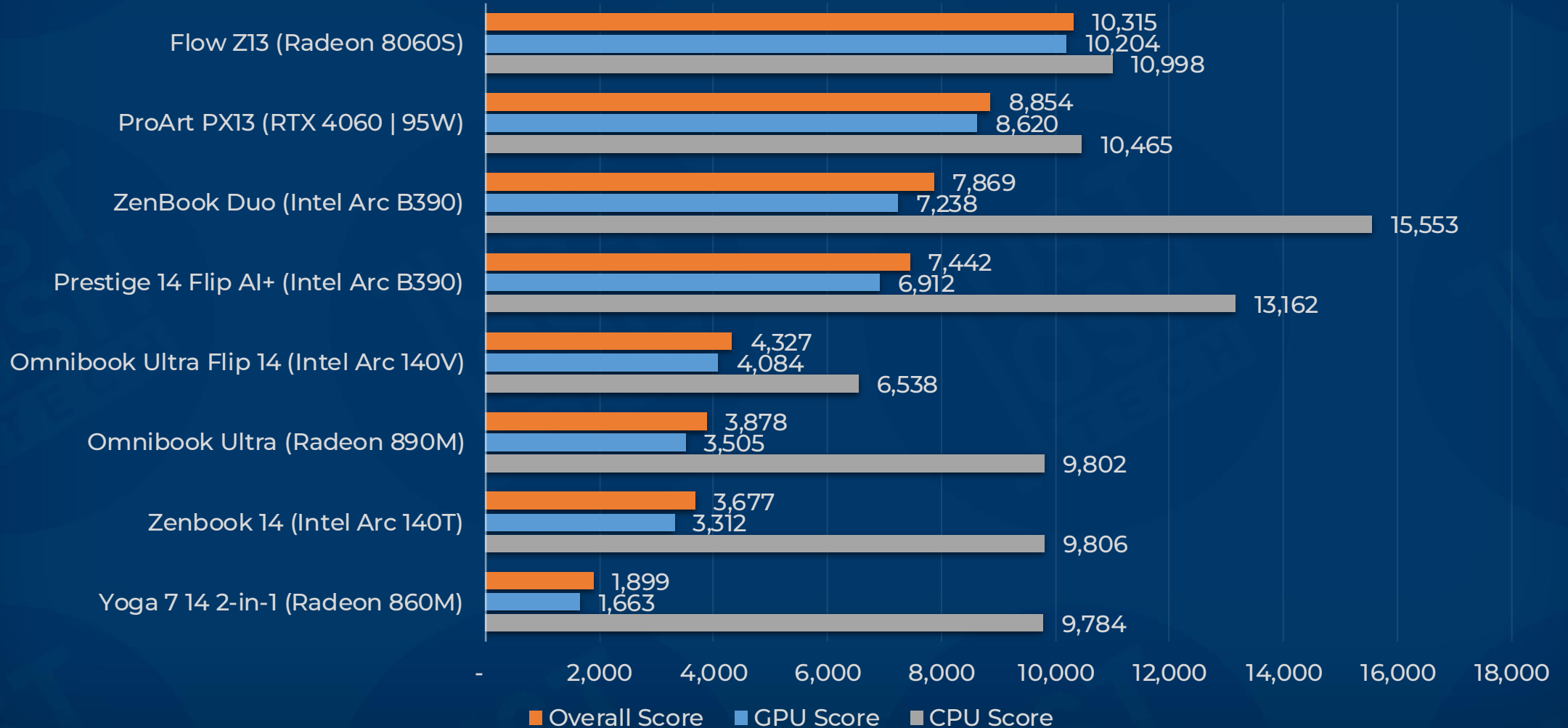
Fan Noise (dB) - Cinebench 2026

Highest Performance Modes, Lower is Better



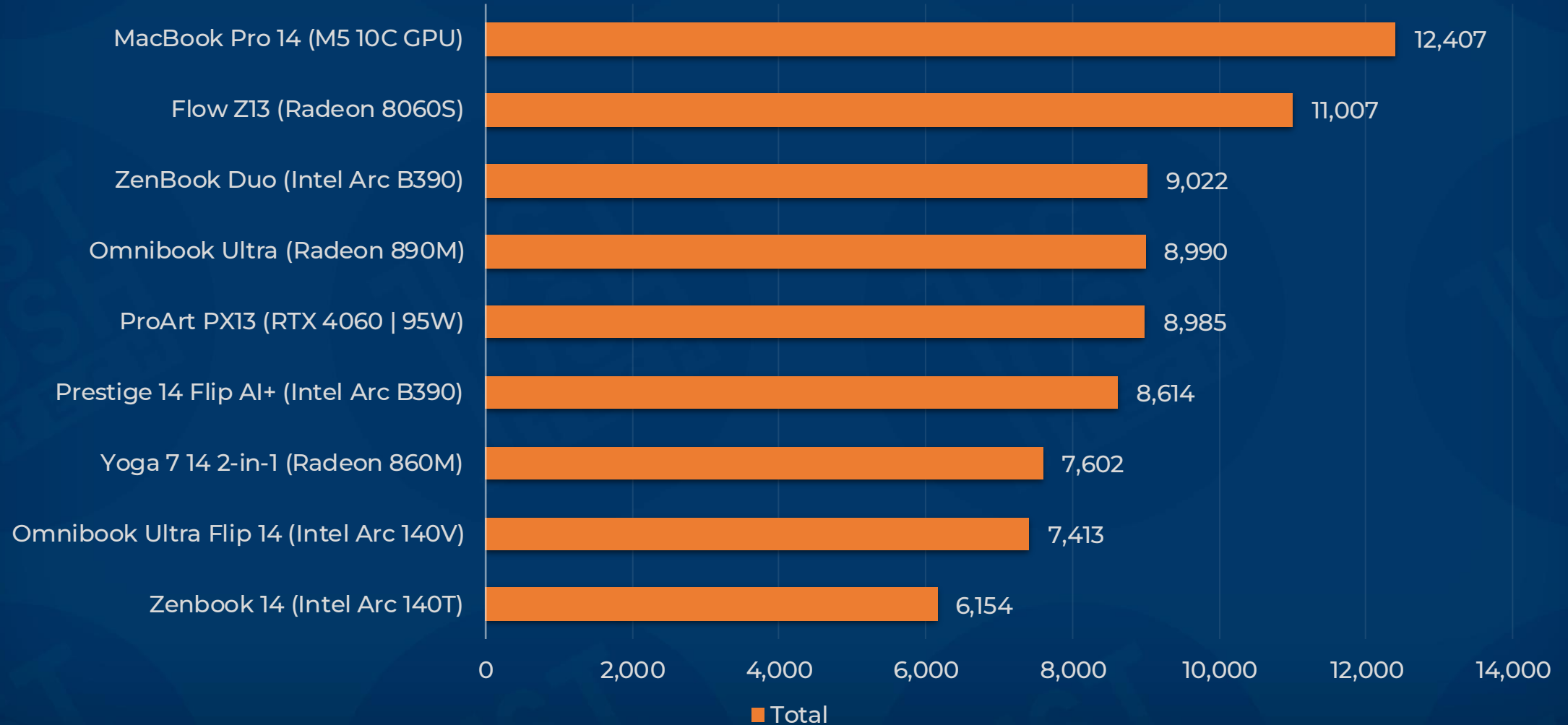
Timespy

Highest Performance Modes, Higher is Better



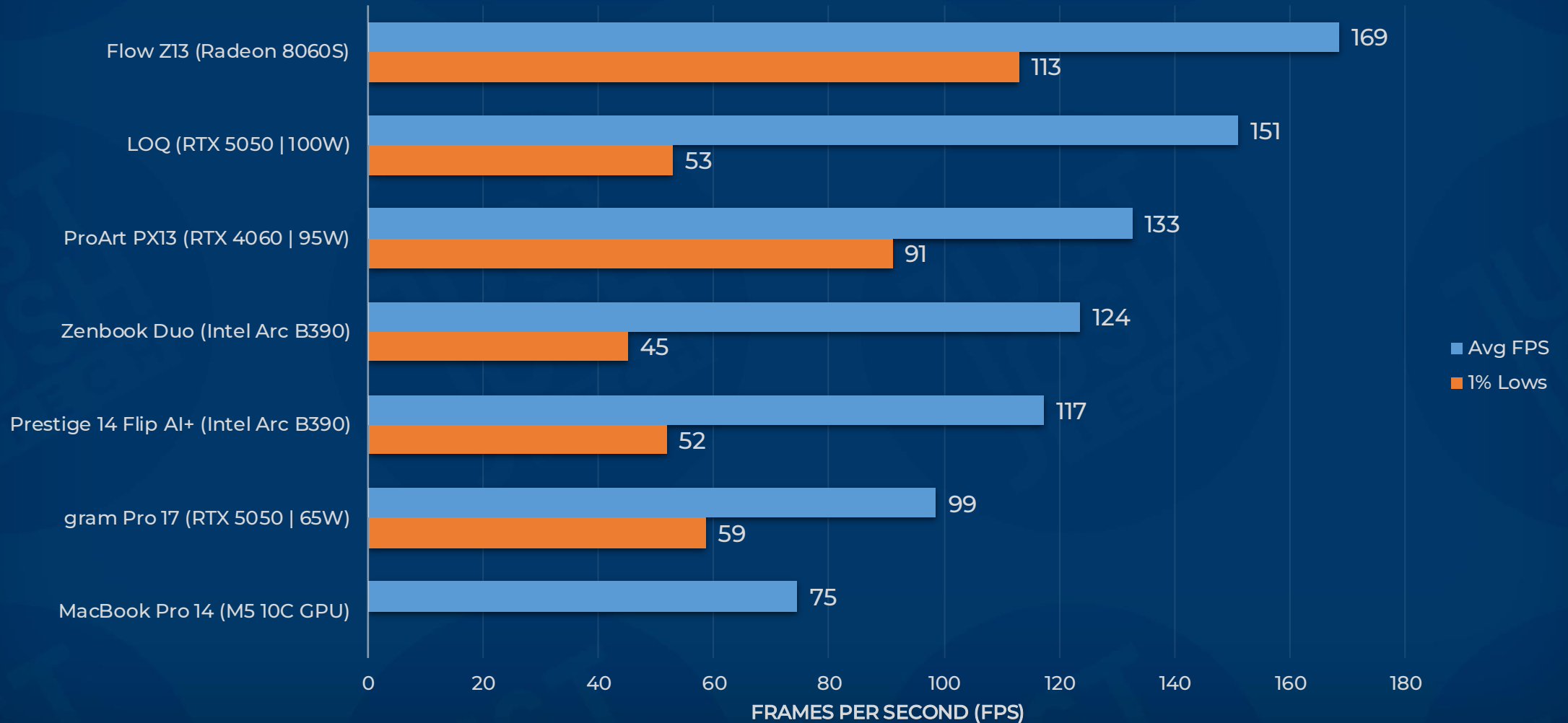
Puget Benchmark - Photoshop

Highest Performance Modes, Higher is Better



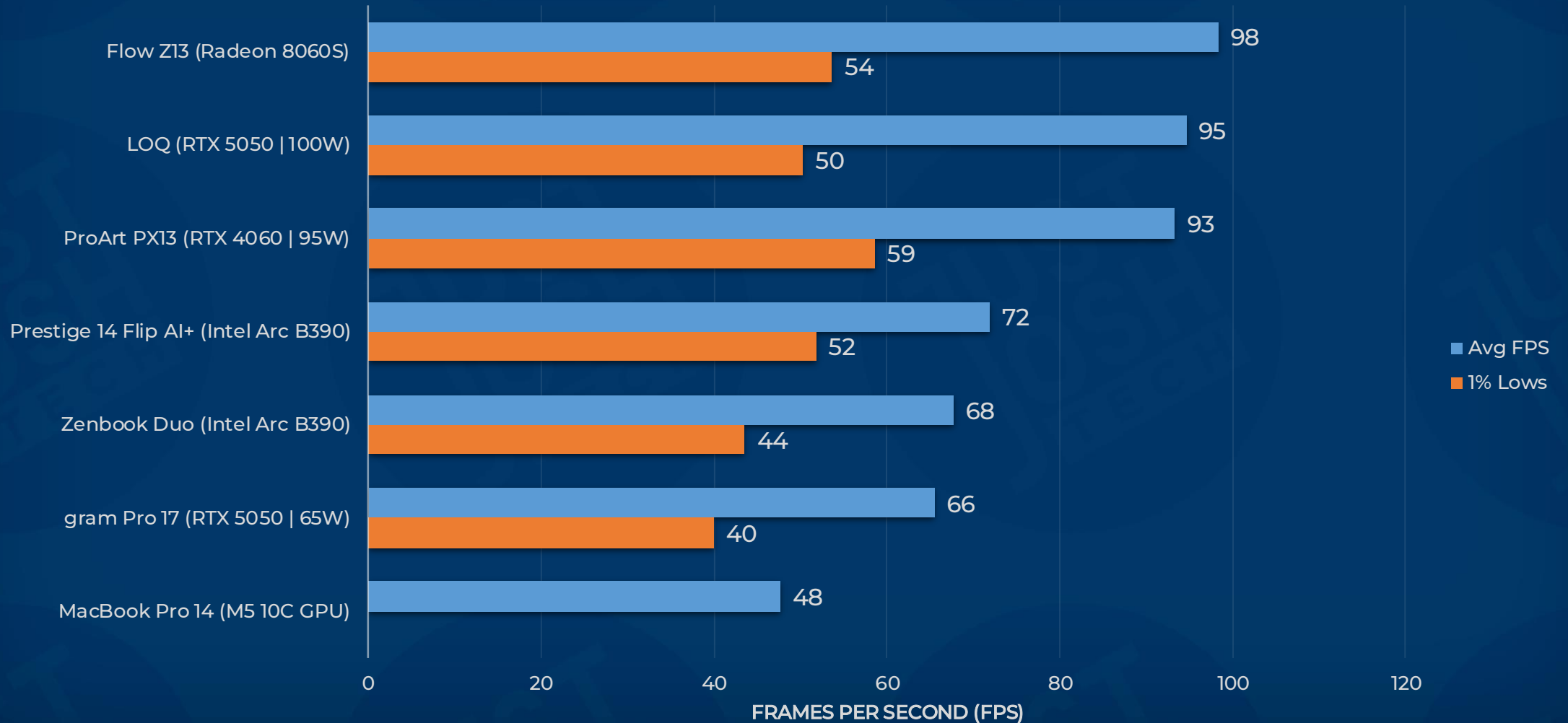
Cyberpunk 2077

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



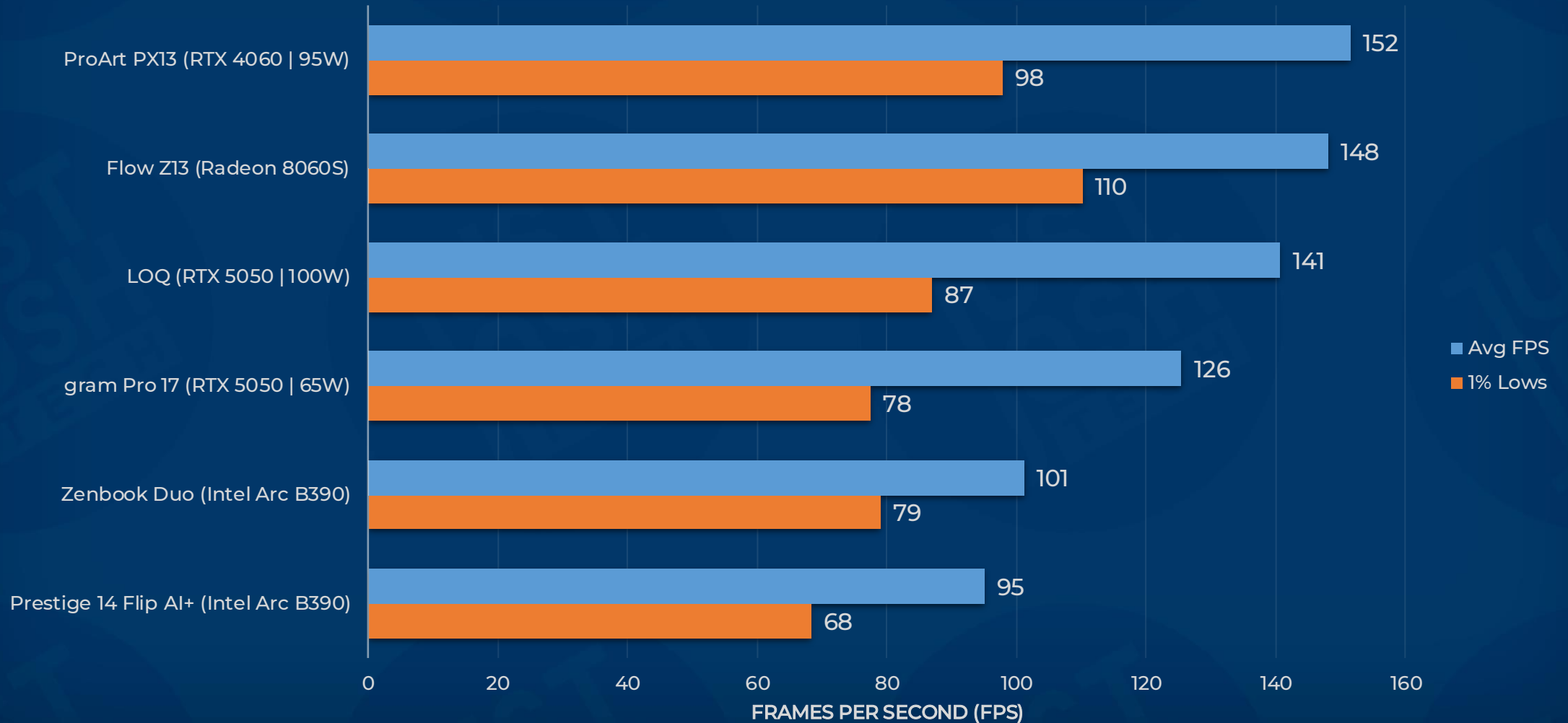
Cyberpunk 2077

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



Forza Horizon 5

1920x1200, High Settings – DLSS/XeSS Off



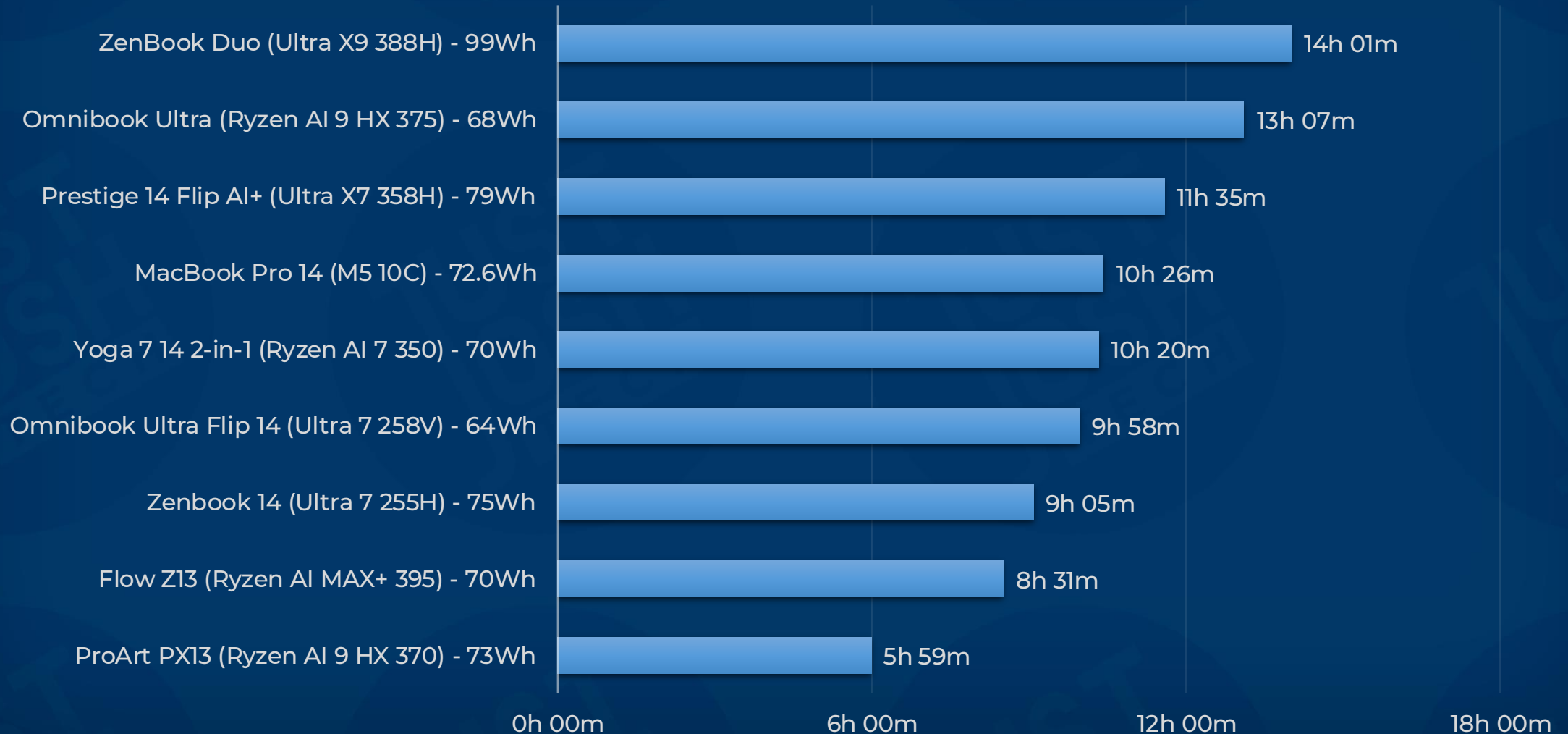
Performance on Battery

Cinebench 2026 Single Run - Higher is Better



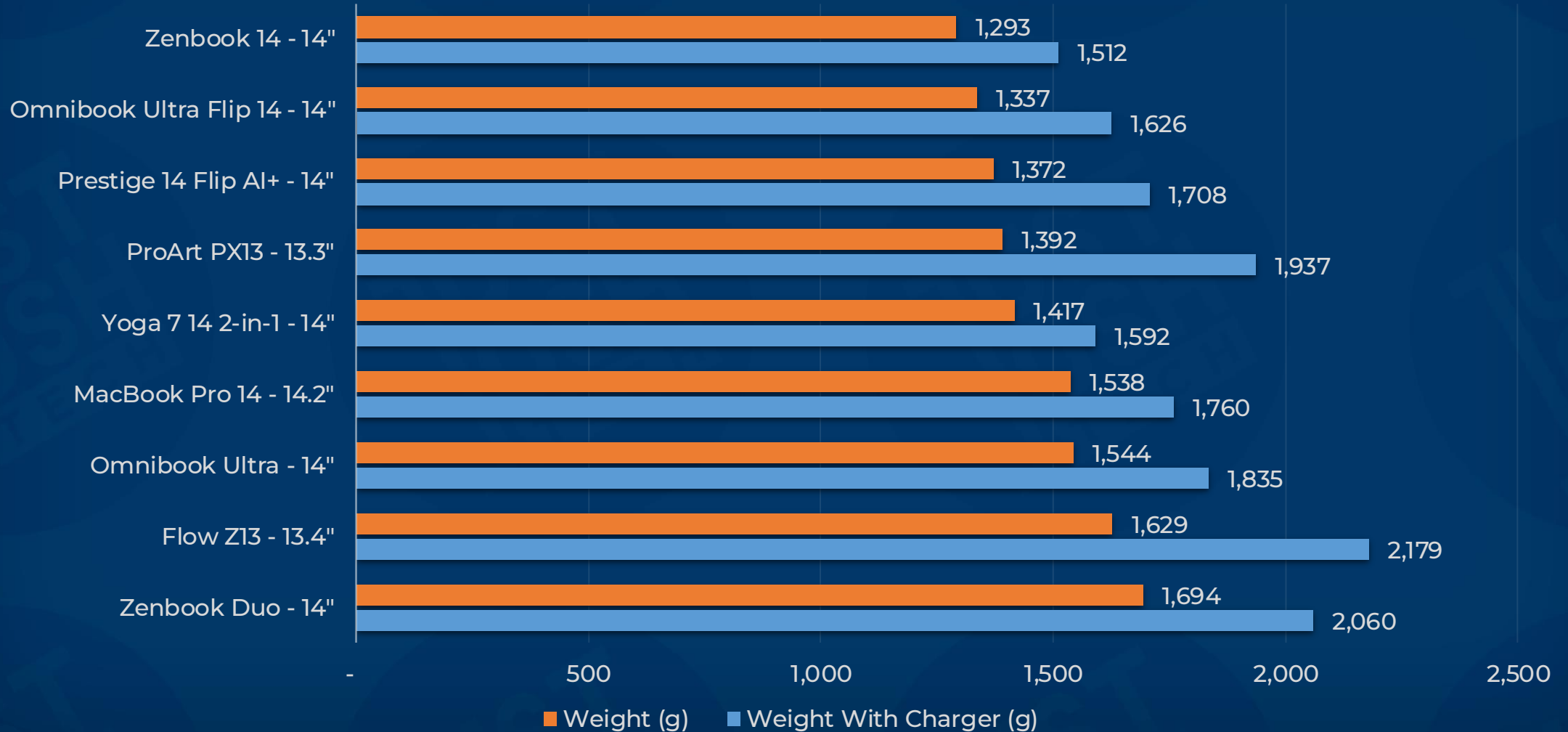
Battery Rundown - Office Tasks

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



Weight

Lower is Better



Display - Max Brightness

Higher is Better

