The science behind the report:

Give your team the freedom to work from anywhere with a Snapdragon X Plus 10-core processor-powered laptop

This document describes what we tested, how we tested, and what we found. To learn how these facts translate into real-world benefits, read the report Give your team the freedom to work from anywhere with a Snapdragon X Plus 10-core processor-powered laptop.

We concluded our hands-on testing on October 15, 2025. During testing, we determined the appropriate hardware and software configurations and applied updates as they became available. The results in this report reflect configurations that we finalized on September 9, 2025 or earlier. Unavoidably, these configurations may not represent the latest versions available when this report appears.

Our results

To learn more about how we have calculated the wins in this report, go to http://facts.pt/calculating-and-highlighting-wins. Unless we state otherwise, we have followed the rules and principles we outline in that document.

Table 1: Results of our battery testing.

	Snapdragon® X Plus 10-core processor-powered Dell™ Latitude™ 7455	Intel® Core™ Ultra 7 268V (Lunar Lake) processor-powered Lenovo ThinkPad T14 Gen 6	Comparison win
PCMark 10 Applications - Best Power Efficiency			
Battery Life (minutes) - Median (higher is better)	16:54	14:04	20.1%
Battery Life (minutes per WHr) - Normalized (higher is better)	18.8	14.8	26.8%
UL Procyon® Multi-Platform Battery Life Benchmark (Office Productivity)			
Total Duration (hours:minutes) - Median (higher is better)	16:01	13:45	16.4%
Battery Life (minutes per WHr) - Normalized (higher is better)	17.8	14.5	22.9%
Median Performance Score - (higher is better)	126,000	109,000	15.5%
Microsoft Teams 3x3 video conference			
Total Duration (min) - Median (higher is better)	632	477	32.4%
Battery Life (minutes per WHr) - Normalized (higher is better)	11.7	8.4	39.8%

Table 2: Results of our performance and productivity testing.

	Snapdragon® X Plus 10-core processor-powered Dell™ Latitude™ 7455	Intel® Core™ Ultra 7 268V (Lunar Lake) processor-powered Lenovo ThinkPad T14 Gen 6	Comparison win
CrossMark v1.0.1.95 (Balanced Performance Mode)			
Overall Score (Higher is better) - Median	1,156	954	21.1%
Productivity Score (Higher is better) - Median	1,073	904	18.6%
Creativity Score (Higher is better) - Median	1,291	1,086	18.8%
Responsiveness Score (Higher is better) - Median	1,034	760	36.0%
CrossMark v1.0.1.95 (Best Battery Efficiency Mode)			
Overall Score (Higher is better) - Median	812	801	1.3%
Productivity Score (Higher is better) - Median	754	788	-4.3%
Creativity Score (Higher is better) - Median	913	856	6.6%
Responsiveness Score (Higher is better) - Median	716	693	3.3%
Geekbench 6 (Balanced Performance Mode)			
CPU Multi-Core Score (Higher is better) - Median	9,947	7,724	28.7%
CPU Single-Core Score (Higher is better) - Median	2,392	1,210	97.6%
Geekbench 6 (Best Battery Efficiency Mode)			
CPU Multi-Core Score (Higher is better) - Median	3,076	3,291	-6.5%
CPU Single-Core Score (Higher is better) - Median	1,737	1,214	43.0%
Procyon Office Productivity (Balanced Performance Mode)			
Overall Rating - Median (higher is better)	5,512	3,609	52.7%
Word Score - (higher is better)	7,257	4,693	54.6%
Excel Score - (higher is better)	4,999	3,253	53.6%
PowerPoint Score - (higher is better)	5,470	3,673	48.9%
Outlook Score - (higher is better)	3,928	2,541	54.5%

	Snapdragon® X Plus 10-core processor-powered Dell™ Latitude™ 7455	Intel® Core™ Ultra 7 268V (Lunar Lake) processor-powered Lenovo ThinkPad T14 Gen 6	Comparison win
Procyon Office Productivity (Best Battery Efficiency Mode)			
Overall Rating - Median (higher is better)	3,585	2,825	26.9%
Word Score - (higher is better)	5,014	3,212	56.1%
Excel Score - (higher is better)	3,139	2,572	22.0%
PowerPoint Score - (higher is better)	3,900	3,398	14.7%
Outlook Score - (higher is better)	2,022	1,824	10.8%
PCMark 10 Benchmark - Applications Test (Balanced Mode)			
Overall Rating - Median (higher is better)	11,473	9,047	26.8%
Word Sub-score (higher is better)	7,063	5,805	21.6%
Excel Sub-score (higher is better)	22,178	17,220	28.7%
PowerPoint Sub-score (higher is better)	9,957	6,717	48.2%
Edge Sub-score (higher is better)	11,112	9,979	11.3%
PCMark 10 Benchmark - Applications Test (Best Power Efficiency Mode)			
Overall Rating - Median (higher is better)	7,676	7,599	1.0%
Word Sub-score (higher is better)	5,017	4,683	7.1%
Excel Sub-score (higher is better)	13,025	11,940	9.0%
PowerPoint Sub-score (higher is better)	5,640	6,095	-7.4%
Edge Sub-score (higher is better)	9,422	9,785	-3.7%
Cinebench 2024 (2024.1.0) (Balanced Performance Mode)			
CPU Multi-Core - Median (higher is better)	827	460	79.7%
CPU Single-Core - Median (higher is better)	108	70	54.2%
Cinebench 2024 (2024.1.0) (Best Battery Efficiency Mode)			
CPU Multi-Core - Median (higher is better)	478	367	30.2%
CPU Single-Core - Median (higher is better)	71	60	18.3%

System configuration information

Table 3: Detailed information on the systems we tested.

System configuration information	Dell Latitude 7455	Lenovo ThinkPad T14 Gen 6
Processor		
Vendor	Qualcomm	Intel
Model number	Snapdragon® X Plus X1P-64-100	Intel® Core™ Ultra 7 Processor 268V vPro
Core frequency (GHz)	3.4	2.2-5.0
Number of cores	10	8
Number of threads	10	8
NPU TOPS	45	118
Memory		
Amount (GB)	32	32
Type	LPDDR5x	LPDDR5x
Graphics		
Vendor	Qualcomm	Intel
Model number	Adreno X1-85	Arc™ 140V GPU
Storage		
Amount (GB)	512	512
Connectivity/expansion		
Wireless internet	Qualcomm® FastConnect™ 7800 Wi-Fi 7 2x2, BT 5.4 Wireless	Intel® WiFi 7 802.11BE (2 x 2) Bluetooth® 5.4
Battery		
Rated capacity (Whr)	54	57
Display		
Size (in.)	14	14
Resolution	2,560 x 1,600	1,920 x 1,200
Operating system		
Vendor	Microsoft	Microsoft
Name	Windows 11 Pro	Windows 11 Pro
Version	24H2 (Build 26100.6584)	24H2 (Build 26100.6584)
Dimensions		
Height (in.)	8.81	8.81
Width (in.)	12.36	12.44
Depth (in.)	0.67	0.63
Weight (lb.)	3.17	3.37

How we tested

Setting up the systems

Setting up and updating the OEM image

1. Boot the system.
2. Follow the on-screen instructions to complete installation, using the default selections when appropriate.
3. Set the Windows (plugged in) Power Mode to Balanced or Best Power Efficiency based on the test.
4. Set Screen and Sleep options to Never:

   a. Right-click the desktop, and select Display settings.
   b. From the left column, select System.
   c. Click Power & Battery.
   d. For all power options listed under Screen and Sleep, select Never.

5. Disable User Account Control notifications:

   a. Select Windows Start, type `UAC`, and press the Enter key.
   b. Move the slider control to Never notify, and click OK.

6. Run Windows Update, and install all updates available.
7. Run the OEM's Support Assistant utility, and install all recommended BIOS and driver updates available.
8. Verify the date and time are correct, and synchronize the system clock with the time server.
9. Pause Automatic Windows Updates:

   a. Click Windows Start.
   b. Type `Windows Update settings` and press the Enter key.
   c. From the Pause updates drop-down menu, select Pause for 5 weeks.

Capturing an image

1. Connect an external HDD to the system.
2. Click Windows Menu, and type `Control Panel` in the search bar. Click Control Panel→System and Security→Backup and Restore (Windows 7)→Create a system image.
3. Verify that the external HDD is selected as the save drive, and click Next.
4. Verify that all drives are selected to back up, and click Next.
5. Click Start backup.
6. When you see the prompt to create a system repair disc, select No, and close the dialogs.

Restoring an image

1. Connect an external HDD to the system.
2. Press and hold the Shift key while restarting the system.
3. Select Troubleshoot.
4. Select Advanced options.
5. Select See more recovery options.
6. Select System image recovery.
7. Select the User account.
8. Enter the system password, and click Continue.
9. At the Restore system files and settings screen, select Next.
10. Verify that the external HDD is selected, and click Next.
11. Once the recovery has completed, click Finish.

Measuring battery life with Microsoft Teams collaboration (3x3 gallery view)

This test requires the following:

- Nine non-testing systems as permanent meeting attendees; one of these with a licensed account to host.
- Microsoft Teams
- PT internal battery life logger

Setting up the test

1. Boot the systems under test.
2. Verify the following display and power settings:

   a. Right-click the desktop, and select Display settings.
   b. Uncheck the box next to Change brightness automatically when lighting changes, if available.
   c. Uncheck the box next to Change brightness based on content, if available.
   d. In the Scale drop-down menu, select 100%.
   e. From the pane on the left, select System.
   f. Click Power & Battery.
   g. For all power options listed under Screen and Sleep, select Never.
   h. Set Power mode while unplugged to Best Power Efficiency.

3. To bring up a white screen, open a web browser, and type `about:blank` into the address bar.
4. Unplug the system.
5. Using a nit meter, adjust the screen brightness to as close to 200 nits as possible.
6. Plug in the system.
7. Open Settings, and click Bluetooth & Devices.
8. Click Cameras, and click the built-in connected camera.
9. Under Windows Studio Effects, turn on all settings.
10. Copy the battery life logger to each system under test.
11. Open PowerShell as administrator, and run `Set-ExecutionPolicy Unrestricted`
12. On one of the non-testing systems, launch Teams, and log into a licensed Microsoft account.
13. In the pane on the left, click Calendar.
14. Click Meet Now, and click Start Meeting.
15. Ensure the camera is turned on, and click Join now.
16. In the top toolbar, click More, and click Meeting Info.
17. Note the Meeting ID and Passcode.
18. On the remaining eight non-testing systems, launch Teams, and click Join a meeting.
19. Enter the Meeting ID and Passcode, and click Join meeting.
20. Ensure the camera is turned on, and click Join now.

Running the test

1. Verify that the system's battery is fully charged.
2. Launch Teams, and click Join a meeting.
3. Enter the Meeting ID and Passcode, and click Join meeting.
4. Ensure the camera and audio are turned on, and click Join now.
5. In the top toolbar, click View.
6. Ensure Gallery View is selected, and set the Max Gallery Size to 9 people.
7. Open PowerShell as administrator, and navigate to the directory containing the battery life logger script.
8. Type `.\<battery_script_name>.ps1` and press Enter to run the script.
9. Unplug the system when prompted, and switch back to the Teams meeting.
10. When the system has shut down, plug in the system, and start it.
11. In Explorer, navigate to C:\ProgramData\ptbat\.
12. Open the folder corresponding with the date and time of the test, and record the results from batresults_minutes.txt.
13. Repeat steps 1 through 12 twice more.

Measuring battery life with the Procyon Office Productivity Battery Life Benchmark

Setting up the test

1. Boot the system.
2. Verify the following display and power settings:

   a. Right-click the desktop, and select Display settings.
   b. Uncheck the box next to Change brightness automatically when lighting changes, if available.
   c. Uncheck the box next to Change brightness based on content, if available.
   d. In the Scale drop-down menu, select 100%.

e. From the pane on the left, select System.

f. Click Power & Battery.

g. For all power options listed under Screen and Sleep, select Never.

h. Set Power mode while unplugged to Best Power Efficiency.

3. Disable Intel DPST to prevent the screen from dynamically changing the screen brightness based on content:

a. Open the Intel Graphics Command Center. Press the Windows key, type `Intel`, and choose Intel Graphics Command Center.

b. Select System → Power.

c. In On Battery, set the Display Power Savings to Off.

4. To bring up a white screen, open a web browser, and type `about:blank` into the address bar.

5. Unplug the system.

6. Using a nit meter, adjust the screen brightness to as close to 200 nits as possible.

7. Plug in the system.

8. Download and install Procyon.

9. Open Procyon.

10. Click Battery Life Office Productivity Benchmark.

11. Click Register.

12. Enter the license key, and click Register.

13. Close Procyon.

14. Before running the benchmark, make sure to install a licensed version of Microsoft 365; open Word, Excel, PowerPoint, and Outlook applications; and disable tips when possible.

Running the test

1. Boot the system.

2. Ensure the system is fully charged.

3. Launch Procyon.

4. Select the Procyon Battery Life option.

5. Under the Office Productivity tab, click Run.

6. When prompted, unplug the system.

7. When the benchmark completes, plug in and power up the system.

8. Record the results.

9. Repeat steps 2 through 8 twice more.

Measuring battery life with PCMark 10 Applications Battery Life Test

Setting up the test

1. Verify the following display and power settings:

a. Right-click the desktop, and select Display settings.

b. Uncheck the box next to Change brightness automatically when lighting changes, if available.

c. Uncheck the box next to Change brightness based on content, if available.

d. In the Scale drop-down menu, select 100%.

e. From the pane on the left, select System.

f. Click Power & Battery.

g. For all power options listed under Screen and Sleep, select Never.

h. Set Power mode while unplugged to Best Power Efficiency.

2. Disable Intel DPST to prevent the screen from dynamically changing the screen brightness based on content:

a. Open the Intel Graphics Command Center. Press the Windows key, type `Intel`, and choose Intel Graphics Command Center.

b. Select System→Power.

c. In On Battery, set the Display Power Savings to Off.

3. To bring up a white screen, open a web browser, and type `about:blank` into the address bar.

4. Unplug the system.

5. Using a nit meter, adjust the screen brightness to as close to 200 nits as possible.

6. Plug in the system.

7. Install a licensed version of Microsoft 365, and verify the system is signed into the following apps: Excel, PowerPoint, and Word.

8. Purchase and download the PCMark 10 benchmark from https://benchmarks.ul.com/pcmark10.
9. Install PCMark 10.
10. Launch PCMark 10.
11. Select Business Edition and input the license key.
12. Close PCMark 10.
13. Set power mode to Best Power Efficiency when testing.

Running the test

1. Boot the system.
2. Launch PCMark 10.
3. Select More Tests and select PCMark 10 Applications battery life benchmark.
4. Click Run.
5. When the test completes, record the results and shut down the system.
6. Repeat steps 1 through 5 twice more, and record the median results.

Testing with Cinebench 2024

Setting up the test

1. Download and install Cinebench 2024 from https://www.maxon.net/en/downloads/cinebench-2024-downloads.
2. Launch Cinebench 2024.
3. Select File→Advanced benchmark.
4. From the Minimum Test Duration drop-down menu, select Off.
5. Set power mode Balanced or Best Power Efficiency (as desired) when testing.

Running the multi-core test

1. Launch Cinebench 2024.
2. Next to CPU (Multi Core), click Start.
3. Record the result.
4. Wait 10 minutes before rerunning.
5. Repeat steps 1 through 4 twice more.

Running the single-core test

1. Launch Cinebench 2024.
2. Next to CPU (Single Core), click Start.
3. Record the result.
4. Wait 10 minutes before rerunning.
5. Repeat steps 1 through 4 twice more.

Testing with Geekbench 6 Pro

Setting up the test

1. 1. Purchase a Geekbench Pro license, and download and install Geekbench 6 Pro from https://www.geekbench.com/download/.
2. Set power mode to Best Performance and Balanced when testing.

Running the test

1. Boot the system.
2. Launch Geekbench.
3. Click Run CPU Benchmark.
4. When the benchmark completes, record the results.
5. Repeat steps 1 through 4 twice more.

Testing with CrossMark

Setting up the test

1. Install a licensed version of CrossMark Enterprise.
2. Set power mode to Balanced and Best Power Efficiency when testing.

Running the test

1. Boot the system.
2. Launch CrossMark.
3. Click Run Benchmark.
4. When the benchmark completes, record the results.
5. Repeat steps 1 through 4 twice more.

Testing with the Procyon Office Productivity Benchmark

Setting up the test

1. Install a licensed version of Microsoft 365, and verify the system is signed into the following apps: Excel, PowerPoint, and Word.
2. Purchase and download the Procyon Benchmark Suite from https://benchmarks.ul.com/procyon.
3. Install the Procyon benchmark.
4. Double-click the installer.
5. Click Next.
6. Click to agree to the EULA, and click Next.
7. Click Next.
8. Launch Procyon.
9. Select Settings, and input the license key.
10. Close Procyon.
11. Set power mode to Balanced and Best Power Efficiency when testing.

Running the test

1. Launch Procyon.
2. Select the Office Productivity Benchmark.
3. To begin the test, click the Office Productivity Benchmark Run button.
4. When the test completes, record the results, and wait 15 minutes before rerunning.
5. Repeat steps 3 and 4 twice more.

Testing with the PCMark 10 Applications benchmark

Setting up the test

1. Install a licensed version of Microsoft 365, and verify the system is signed into the following apps: Excel, PowerPoint, and Word.
2. Purchase and download the PCMark 10 benchmark from https://benchmarks.ul.com/pcmark10.
3. Install PCMark 10.
4. Launch PCMark 10.
5. Select Business Edition and input the license key.
6. Close PCMark 10.
7. Set power mode to Balanced when testing.

Running the test

1. Boot the system.
2. Launch PCMark 10.
3. Select More Tests and select PCMark 10 Applications.
4. Click Run to begin the test.
5. When the test completes, record the results and shut down the system.
6. Repeat steps 1 through 5 twice more, and record the median results.

Read the report ▶

This project was commissioned by Dell Technologies.

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