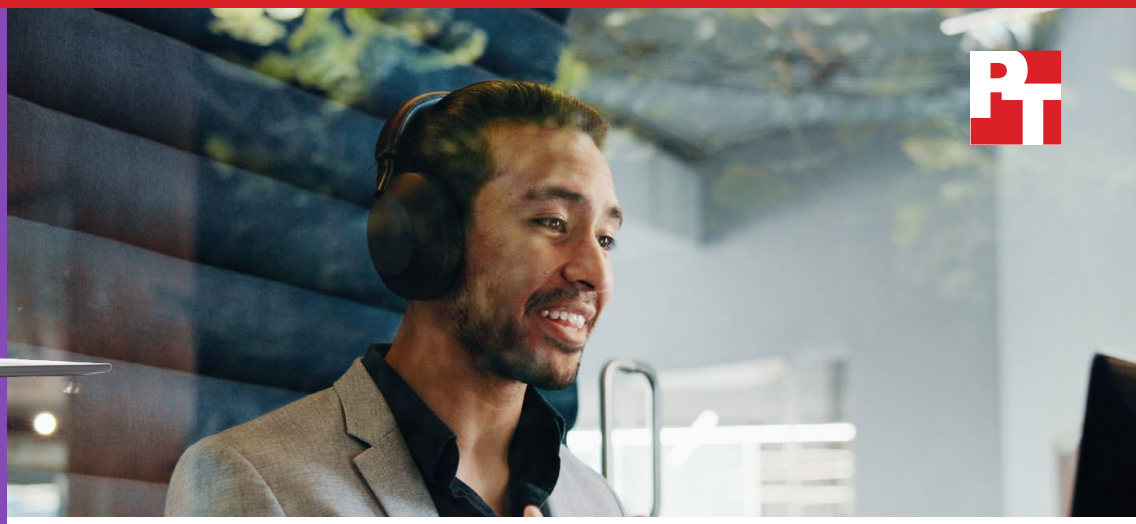

Keep up with the needs of demanding workloads

up to 51% better multi-core scores on Geekbench 6 while unplugged

Enjoy a more responsive experience with everyday apps

up to 54% higher Procyon® Office Productivity scores while unplugged

Collaborate worry-free from anywhere

with over 2 hours longer battery life while videoconferencing

For performance and flexibility on the go, choose the Snapdragon X Elite 12-core processor-powered Dell Latitude 7455

This laptop not only outperformed the Intel Core Ultra (Lunar Lake) processor-powered Lenovo ThinkPad T14 Gen 6 in productivity applications while unplugged, its battery also lasted longer

With office workers performing their jobs from many places other than the office, choosing laptop systems for your employees becomes more complicated. Supporting these workers means providing devices that deliver strong performance—for a long time—while running on battery power. The Snapdragon® X Elite 12-core processor-powered (X1E-80-100) Dell™ Latitude™ 7455 can help users stay more productive, longer, from wherever they choose to work.

We compared the general productivity performance of the Snapdragon X Elite 12-core processor-powered laptop to that of the Intel® Core™ Ultra 7 268V (Lunar Lake) processor-powered Lenovo® ThinkPad® T14 Gen 6. Across a suite of benchmarks, the Snapdragon X Elite 12-core processor-based laptop delivered stronger productivity performance while unplugged and its battery lasted longer. These results show that the Snapdragon-based laptop we tested is a better choice for empowering your employees to maximize productivity, even while they're away from an outlet.

To leverage the "coffee shop effect," choose a laptop that delivers strong performance AND long battery life

While most office workers were once (figuratively) chained to their desks, employers increasingly understand the benefits of being flexible about where the work gets done. While working from home remains popular, many employees choose to work in "third places," social environments that are separate from work and home. It's no accident that remote workers gravitate to coffee shops. Neuropsychology research has uncovered the "coffee shop effect,"[1] which finds that "sound levels around 70 decibels—roughly equivalent to the background noise in a typical coffee shop—actually enhance creative thinking more than complete silence."[2]

Like the car dealership waiting rooms where we often catch up on work during oil changes, coffee shops do typically have electrical outlets. Still, who wants to worry about locating one, and what happens when you accidentally leave your AC adapter at home? The ideal laptop for being productive in third places is one that performs well while unplugged and that has long battery life.

Our tests compared the general unplugged performance and battery life of two systems:

- Dell Latitude 7455
  - Snapdragon X Elite 12-core processor (X1E-80-100), Qualcomm® Adreno™ GPU, 32GB LPDDR5x memory, 512GB SSD storage
  - Windows 11 Pro, 54 Whr battery, 2,560 x 1,600 display
  - 5G available, which improves security to work from anywhere
- Lenovo ThinkPad T14 Gen 6
  - Intel Core Ultra 7 268V vPro, Intel Arc GPU, 32GB LPDDR5x memory, 512GB SSD storage
  - Windows 11 Pro, 57 Whr battery, 1,920 x 1,200 display

To measure the battery life and battery efficiency of the two test devices, we used two industry-standard benchmarks:

- PCMark® 10 Battery Life test
- Procyon® Battery Life Benchmark

To see how long each system could continue to perform a common resource-hungry use case while unplugged, we also ran a custom test involving a ten-person Microsoft Teams videoconference.

To form a picture of the overall performance users might expect when working with common apps using only battery power, we ran five industry-standard benchmarks while the systems were unplugged:

- Cinebench 2024
- Geekbench 6
- CrossMark v1.0.1.95
- Procyon Office Productivity
- PCMark 10

To see these performance results, visit page 5. To learn more about the laptops we tested and the details of our testing process, read the science behind the report.

About Snapdragon X Elite 12-core processor-based laptops

According to Qualcomm, the Snapdragon X Elite Platform, built for AI, is "the most powerful, intelligent, and efficient processor ever created for Windows in its class. With cutting edge responsiveness, navigate demanding multi-tasking workloads across productivity, creativity, immersive entertainment, and more."[3]

The Dell Latitude 7455 we tested is a Windows 11 for Arm® Copilot+ PC is built on the 12-core Snapdragon X Elite X1E-80-100 with a Qualcomm Adreno GPU and 32 GB of RAM.

Learn more about Snapdragon X Elite 12-core processor-based laptops.

Note: The graphs in this report use different scales to keep a consistent size. Please be mindful of each graph's data range as you compare.

Which laptop's battery lasted longer and was more efficient?

For an employee who is completing demanding tasks or participating in resource-hungry video calls using an unplugged device, battery life becomes extremely important.

In this series of tests, we measured the battery life and battery efficiency—the number of minutes per Whr of the battery—on the two laptops.

Microsoft Teams 3x3 video conference

Figure 1 compares the battery life and Figure 2 compares the battery efficiency of the two systems running unplugged during a Teams videoconference (in Best Battery Efficiency mode) with ten participants in a 3x3 on-screen grid. The Snapdragon X Elite 12-core processor-powered laptop kept the meeting going 30.6 percent longer than the Intel Lunar Lake processor-based device—supporting the Teams meeting for 10 hours and 23 minutes compared to 7 hours 57 minutes. This is despite the fact that the Lunar Lake processor-based laptop is outfitted with a higher-capacity battery (57 Whr vs. 54 Whr). Dividing the number of minutes of battery life by Whr, we see that the Snapdragon X Elite 12-core processor-based laptop achieved 37.8 percent better battery efficiency.

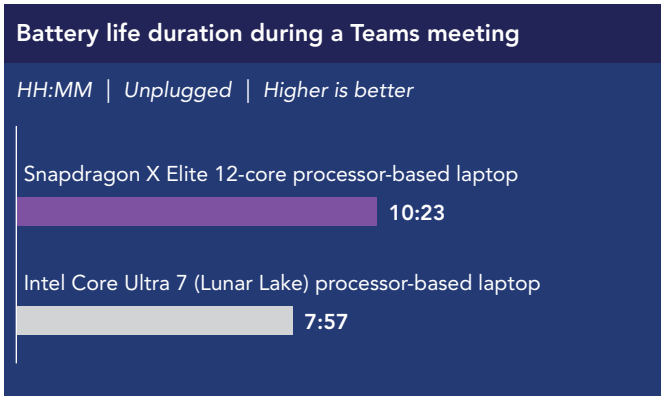

Figure 1: Battery life during a Microsoft Teams video conference in Best Power Efficiency mode. Source: PT.

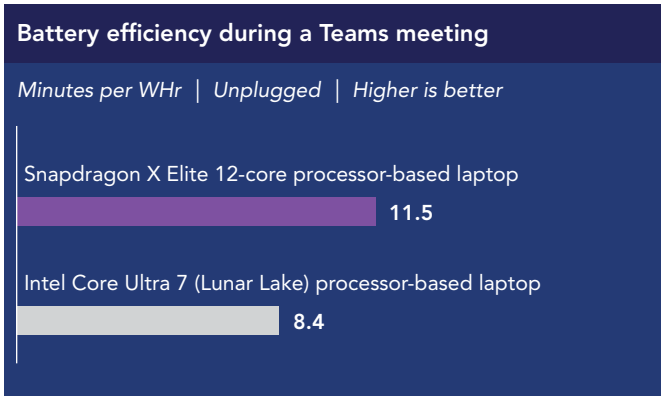

Figure 2: Battery efficiency during a Microsoft Teams video conference in Best Power Efficiency mode. Source: PT.

PCMark 10 Battery Life - Best Power Efficiency

Figures 3 and 4 compare the battery life and efficiency of the two systems running in the PCMark 10 Battery life benchmark. The Snapdragon X Elite 12-core processor-powered laptop outlasted the competitor by 2 hours and 11 minutes, delivering more than two full workdays of juice. It was also more efficient, with 18.1 minutes per Whr vs. only 14.8 minutes per Whr for the Lunar Lake processor-based device.

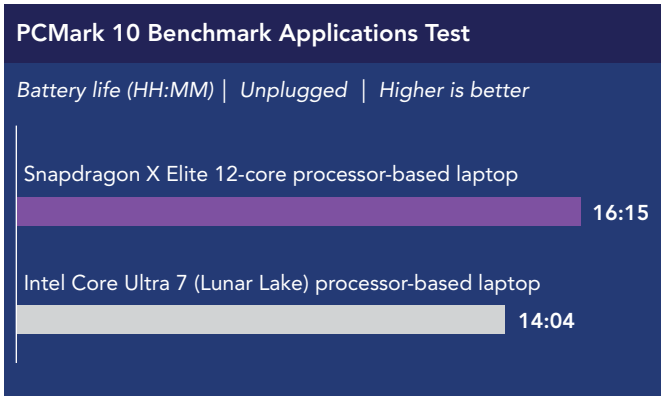

Figure 3: Battery life results of the PCMark 10 benchmark in Best Power Efficiency mode. Source: PT.

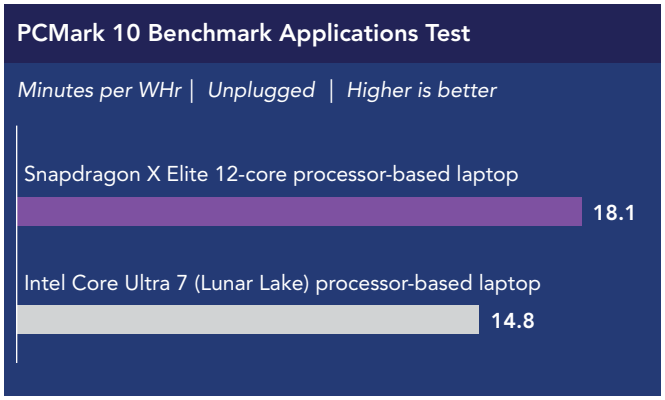

Figure 4: Battery efficiency results of the PCMark 10 benchmark in Best Power Efficiency mode. Source: PT.

Procyon Battery Life Benchmark

Figures 5 and 6 compare the battery life and efficiency of the two systems running in the UL Procyon Battery Life benchmark. The Snapdragon X Elite 12-core processor-powered laptop outlasted the competitor by 1 hour and 23 minutes. It was also more efficient, with 16.8 minutes per Whr vs. only 14.5 minutes per Whr for the Lunar Lake processor-based device. Finally, the Snapdragon X Elite 12-core processor-based device achieved a performance score 9.1 percent higher in addition to the longer battery life (see Figure 7).

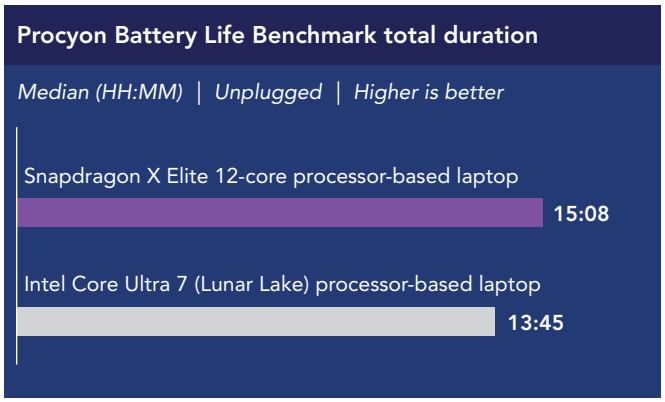

Figure 5: Battery life results of the Procyon Battery Life benchmark in Best Power Efficiency mode. Source: PT.

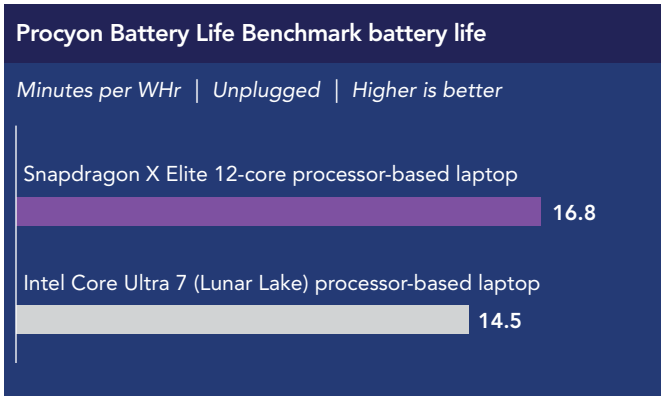

Figure 6: Battery efficiency results of the Procyon Battery Life benchmark in Best Power Efficiency mode. Source: PT.

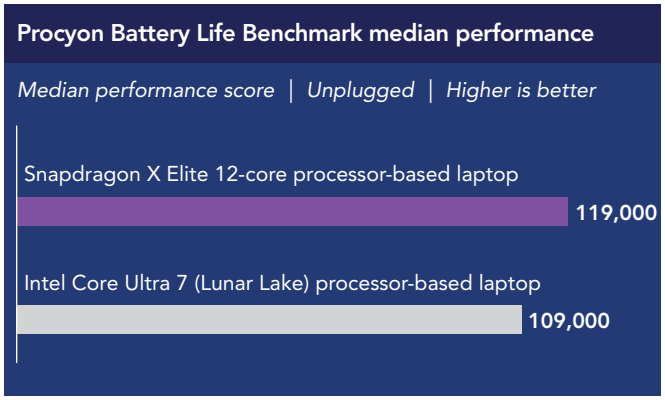

Figure 7: Battery life results of the Procyon Battery Life benchmark in Best Power Efficiency mode. Source: PT.

Which laptop performed better while unplugged?

In this series of tests, we ran a series of benchmarks on the two systems while they were unplugged in two different modes:

- **Best Power Efficiency**, which maximizes battery life by limiting background activity and performance, which conserves power
- **Balanced**, a middle ground option that adjusts power settings based on user activity to provide a mix of performance and efficiency

Cinebench 2024

The Cinebench 2024 benchmark renders images and video to evaluate computers' CPU and GPU capabilities.[4]

In Balanced mode (Figure 8), the Snapdragon X Elite 12-core processor-based Dell Latitude 7455 offered stronger unplugged performance, achieving a multi-core processing score 93.6 percent higher than that of the Intel Lunar Lake processor-based device and a single-core score 71.4 percent higher. In Best Power Efficiency mode (Figure 9), the Snapdragon processor-powered laptop again came out on top, delivering 50.6 percent better multi-core processing score and 18.3 percent better single-core score.

These results indicate the Snapdragon X Elite 12-core processor-powered laptop's ability to better handle multiple workloads across multiple cores for heavily threaded tasks such as video editing and rendering. This means that for even the most demanding work, it delivers offers stronger unplugged performance.

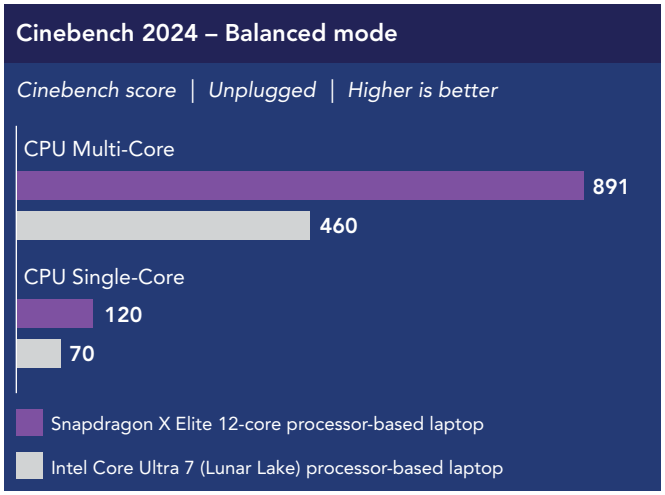

Figure 8: Cinebench 2024 performance in Balanced Performance mode while the systems were unplugged. Source: PT.

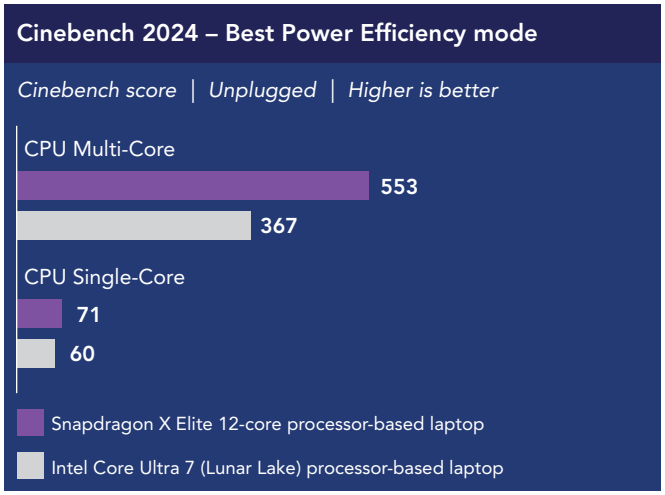

Figure 9: Cinebench 2024 performance in Best Power Efficiency mode while the systems were unplugged. Source: PT.

Geekbench 6

Geekbench 6, another general system benchmark, measures both single- and multi-core processing power "for everything from checking your email to taking a picture to playing music, or all of it at once. [It] also measures performance in new application areas including Augmented Reality and Machine Learning."[5]

As Figures 10 and 11 show, the Snapdragon X Elite 12-core processor-powered Dell Latitude 7455 delivered unplugged performance wins, with multi-core scores up to 51.4 percent higher than the Intel Lunar Lake processor-based system and single-core scores up to 121.8 percent higher. While we did see a loss for the Snapdragon X Elite 12-core processor-based laptop in one of the two tests on Best Power Efficiency mode, its overall performance across both modes was stronger.

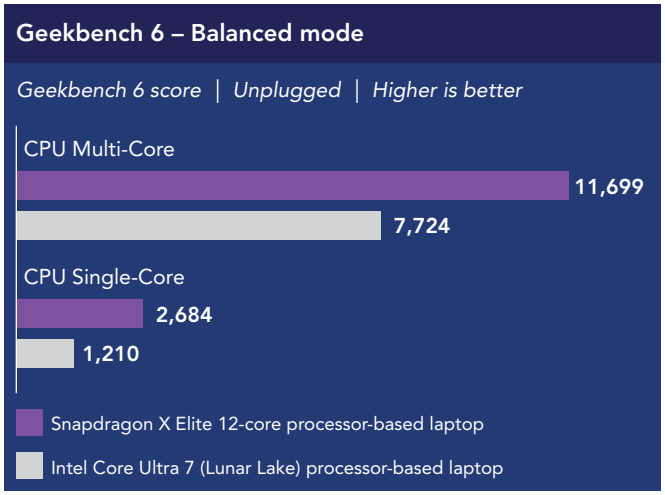

Figure 10: Geekbench 6 performance in Balanced mode while the systems were unplugged. Source: PT.

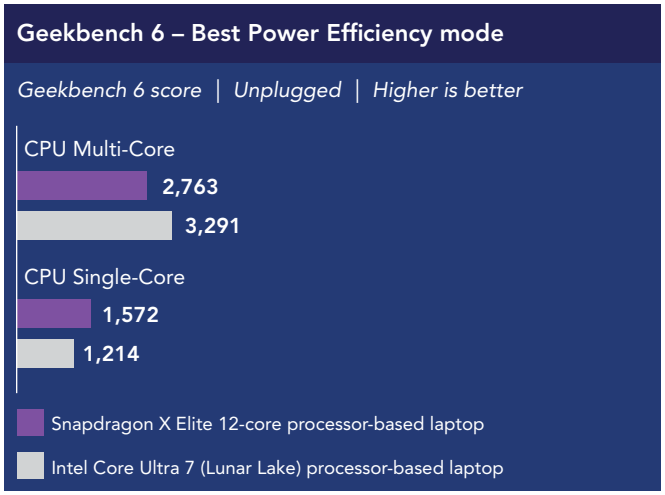

Figure 11: Geekbench 6 performance in Best Power Efficiency mode while the systems were unplugged. Source: PT.

CrossMark v1.0.1.95

CrossMark measures overall system performance and system responsiveness, with a primary focus on CPU capabilities. This general performance benchmark stresses system hardware by using models of real-world applications.[6]

The Snapdragon X Elite 12-core processor-powered laptop offered equivalent or stronger unplugged performance on this benchmark in both Balanced mode (Figure 12) and Best Power Efficiency mode (Figure 13), with wins of 32.3 percent and 3.4 percent, respectively.

Figure 12: CrossMark performance in Balanced mode while the systems were unplugged. Source: PT.

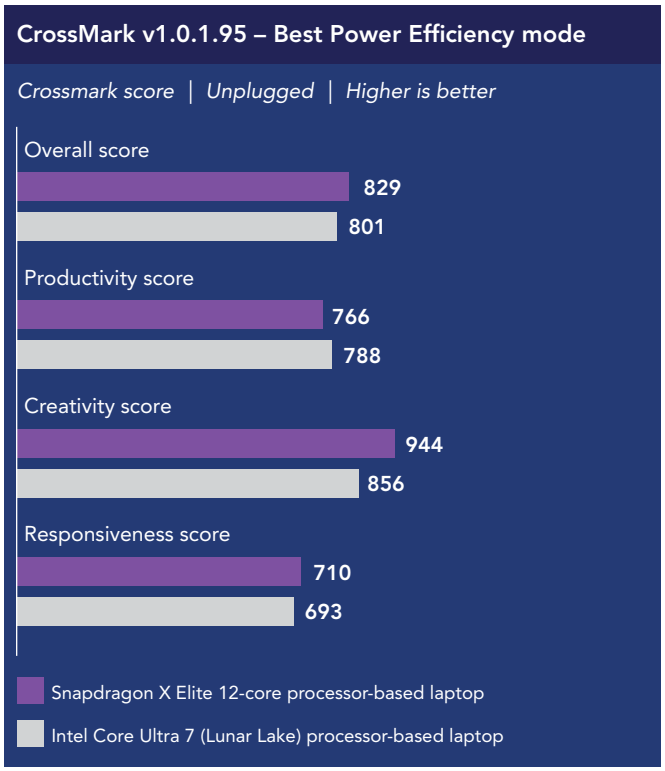

Figure 13: CrossMark performance in Best Power Efficiency mode while the systems were unplugged. Source: PT.

Procyon Office Productivity

Microsoft 365 applications are the primary tools for many laptop users across industries and job descriptions. To measure the systems' unplugged performance on these standby apps, we executed the Procyon Office Productivity benchmark, which "uses Microsoft Office applications to measure Windows PC and Apple Mac performance in office productivity tasks. The benchmark workloads are built on relevant, real-world tasks using Microsoft Word, Excel, PowerPoint and Outlook."[7]

We again saw that unplugged performance on the laptop with the Snapdragon X Elite 12-core processor was stronger than it was on the Intel Lunar Lake processor-based device, with overall ratings 54.0 percent higher in Balanced Performance Mode (Figure 14) and 21.0 percent higher in Best Power Efficiency Mode (Figure 15).

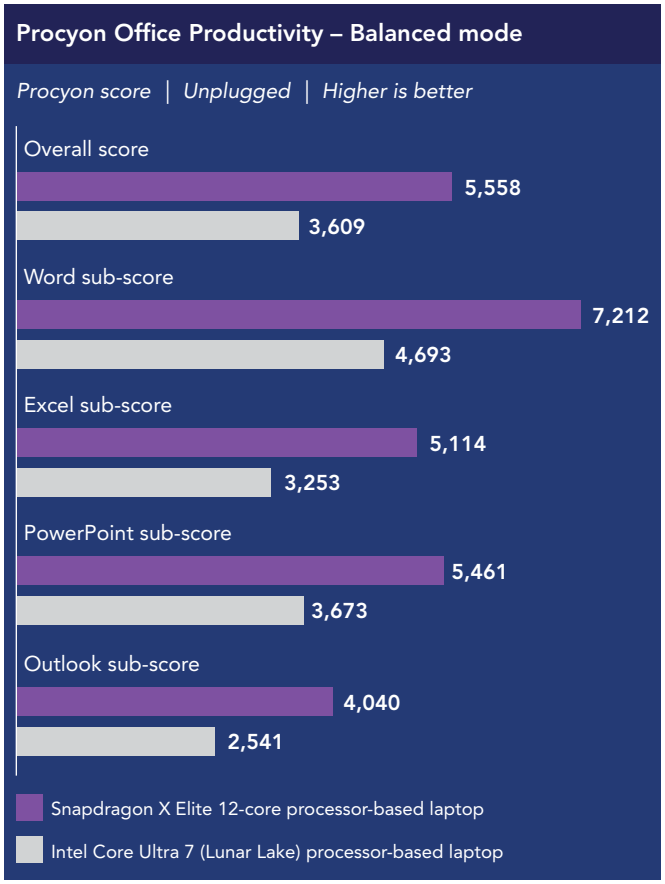

Figure 14: Procyon Office Productivity benchmark performance in Balanced mode while the systems were unplugged. Source: PT.

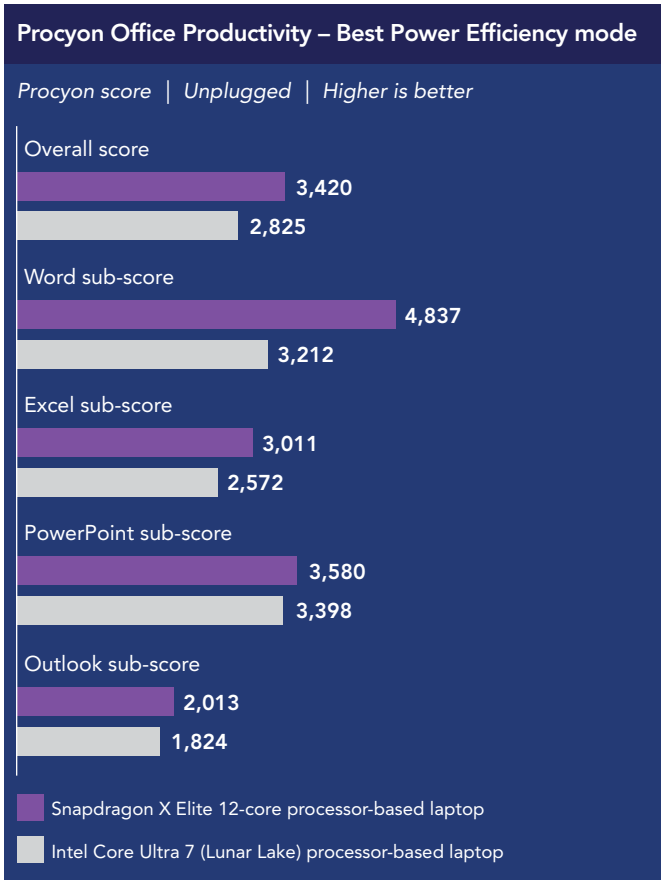

Figure 15: Procyon Office Productivity benchmark performance in Best Power Efficiency mode while the systems were unplugged. Source: PT.

PCMark 10

PCMark 10 measures the performance of Windows 10 systems across a wide variety of real-world applications and activities.[8] Yet again, unplugged performance was generally stronger on the Snapdragon X Elite 12-core processor-powered Dell Latitude 7455, with a 29.0 percent higher overall rating in Balanced mode (see Figure 16) and roughly equivalent (1.6 percent lower) overall score in Best Power Efficiency mode (see Figure 17).

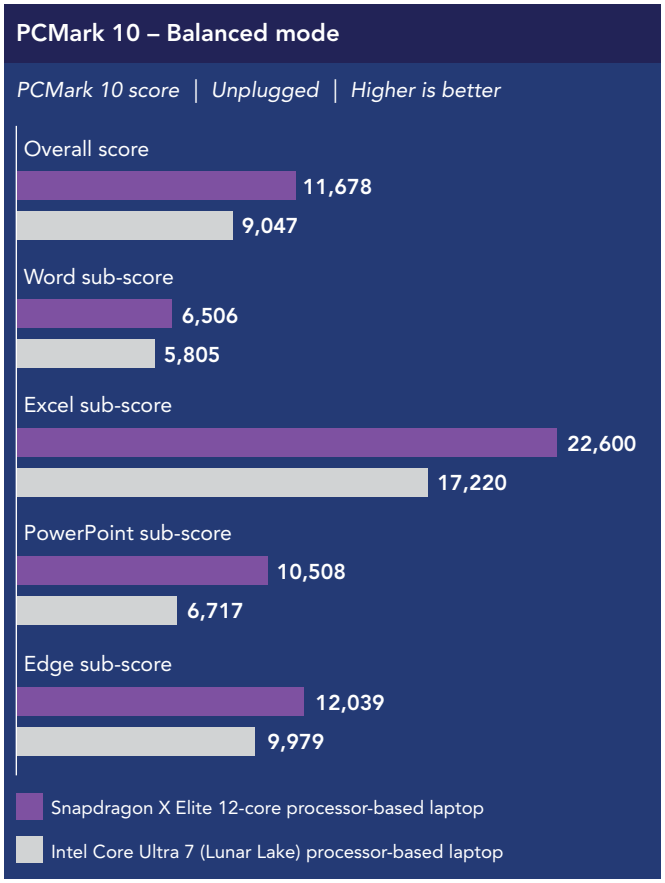

Figure 16: PCMark 10 benchmark performance in Balanced mode while the systems were unplugged. Source: PT.

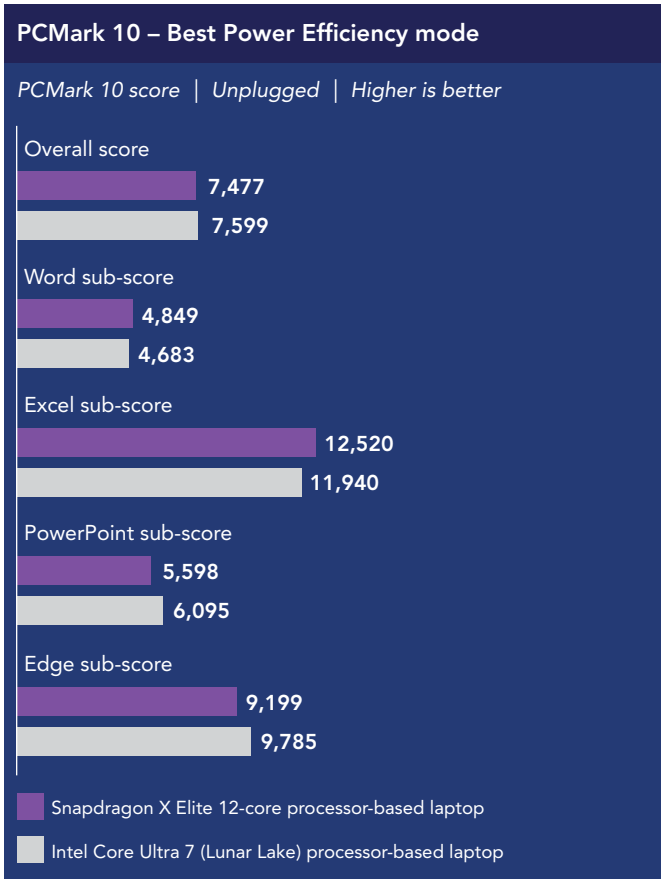

Figure 17: PCMark 10 benchmark performance in Best Power Efficiency mode while the systems were unplugged. Source: PT.

Conclusion

While operating on battery power alone, the Snapdragon X Elite 12-core processor-powered Dell Latitude 7455 consistently outperformed the Intel Lunar Lake processor-based system we tested across a range of productivity benchmarks. The Snapdragon X Elite 12-core processor-powered laptop delivered higher scores in multi-core and single-core processing, Microsoft 365 productivity, and overall system responsiveness. It also provided significantly longer battery life and greater battery efficiency, particularly during demanding tasks such as extended videoconferencing sessions.

These results indicate that for employees who require reliable performance and extended battery life for flexible work environments, selecting a Snapdragon X Elite 12-core processor-powered laptop like the Dell Latitude 7455 we tested can provide a strong balance of both. Its battery efficiency and ability to maintain strong productivity while unplugged makes it well-suited for modern, mobile workstyles, supporting users whether they are in the office, at home, or working from third places.

1. Scott Mautz, "Want to Power Up Your Productivity? Neuroscience Says Leverage the 'Coffee Shop Effect'," accessed November 12, 2025, https://scottmautz.com/want-to-power-up-your-productivity-neuroscience-says-leverage-the-coffee-shop-effect/.
2. Sarah Newman, "The Science Behind Coffee Shop Productivity and Focus," accessed November 12, 2025, https://cafecivilization.com/the-science-behind-coffee-shop-productivity-and-focus/.
3. Qualcomm, "Snapdragon X Elite," accessed November 12, 2025, https://www.qualcomm.com/laptops/products/snapdragon-x-elite.
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7. UL Solutions, "Procyon Office Productivity Benchmark," accessed November 11, 2025, https://benchmarks.ul.com/procyon/office-productivity-benchmark.
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Read the science behind this report ▶

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