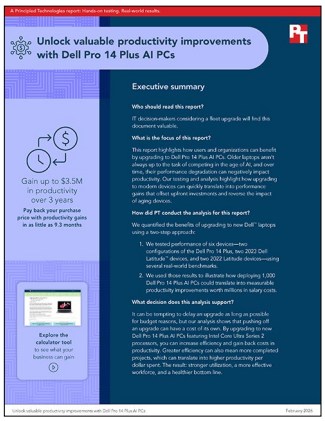

The science behind the report:

Unlock valuable productivity improvements with Dell Pro 14 Plus AI PCs

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 Unlock valuable productivity improvements with Dell Pro 14 Plus AI PCs.

We concluded our hands-on testing on July 11, 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 June 10, 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: Three-year dollar costs for a 1,000-person company, in productivity cost estimates and purchase price (USD), for the Dell Pro 14 Plus AI PC. One comparison covers the Dell Pro 14 Plus AI PC with an Intel Core Ultra 5 processor and the two Intel Core i5 processor-powered legacy devices and another covers the Dell Pro 14 Plus AI PC with an Intel Core Ultra 7 processor and the two Intel Core i7 processor-powered legacy devices. We have excluded the purchase price of the older devices, as we assume a company upgrading would already have those devices in hand. Lower is better. Source: PT.

3-year device purchase and employee productivity costs for a 1,000-person company				**Potential savings in productivity gained with the Dell Pro 14 Plus**
Ultra 5 vs. Core i5 comparison				
	Dell Pro 14 Plus with Intel Core Ultra 5 processor 268V	Dell Latitude 5440 with Intel Core i5-1345U processor	Dell Latitude 7430 with Intel Core i5-1245U processor	
Dell Pro 14 Plus AI PC cost (USD)	**$1,219,000**			
Staff productivity cost estimate for tested tasks (USD)	**$5,340,016**	$10,063,746	$8,767,286	
Total	**$6,559,016**	$10,063,746	$8,767,286	
Dell Pro 14 Plus AI PC savings (USD)		$3,504,730	$2,208,270	**Up to $3.5M**

3-year device purchase and employee productivity costs for a 1,000-person company				Potential savings in productivity gained with the Dell Pro 14 Plus
Ultra 7 vs. Core i7 comparison				
	Dell Pro 14 Plus with Intel Core Ultra 7 processor 268V	Dell Latitude 5540 with Intel Core i7-1365U processor	Dell Latitude 5430 with Intel Core i7-1265U processor	
Dell Pro 14 Plus AI PC cost (USD)	**$1,735,580**			
Staff productivity cost estimate for tested tasks (USD)	**$4,470,417**	$7,426,786	$7,602,669	
Total	**$6,205,997**	$7,426,786	$7,602,669	
Dell Pro 14 Plus AI PC savings (USD)		$1,220,789	$1,396,672	**Up to $1.3M**

System configuration information

Table 2: Detailed information on the systems we tested.

System configuration information	Dell Pro 14 Plus (PB14250)	Dell Pro 14 Plus (PB14250)	Dell Latitude 5540 (P127F)	Dell Latitude 5440 (P165G)	Dell Latitude 5430	Dell Latitude 7430
Processor						
Vendor	Intel®	Intel	Intel	Intel	Intel	Intel
Name	Core™ Ultra 7 268V	Core Ultra 5 236V	Core i7-1365U	Core i5-1345U	Core i7-1265U	Core i5-1245U
Core frequency (GHz)	2.2–5.0	2.1–4.7	1.3–5.2	1.6–4.7	1.8-4.8	1.6–4.4
Number of cores	8	8	10	10	10	10
Number of threads	8	8	12	12	12	12
Memory						
Amount (GB)	32	16	16	16	16	16
Type	LPDDR5x	LPDDR5x	DDR4	DDR4	DDR5	DDR4
Graphics						
Vendor	Intel	Intel	Intel	Intel	Intel	Intel
Model number	Arc™ 140V GPU	Arc 130V GPU	Iris® Xe Graphics	Iris Xe Graphics	Iris Xe Graphics	Iris Xe Graphics
Storage						
Amount (GB)	512	256	256	256	512	512
Type	NVMe® SSD	NVMe SSD	NVMe SSD	NVMe SSD	NVMe SSD	NVMe SSD
Connectivity/expansion						
Wireless internet	Intel Wi-Fi 7 BE201	Intel Wi-Fi 7 BE201	Intel Wi-Fi 6E AX211	Intel Wi-Fi 6E AX211	Intel Wi-Fi 6E AX211	Intel Wi-Fi 6E AX211
Battery						
Rated capacity (mAh)	55	55	54	54	58	58
Display						
Size (in.)	14	14	15.6	14	14	14
Resolution	1920 x 1200	1920 x 1200	1920 x 1080	1920 x 1080	1920 x 1080	1920 x 1080
Operating system						
Vendor	Microsoft	Microsoft	Microsoft	Microsoft	Microsoft	Microsoft
Name	Windows 11 Pro	Windows 11 Pro	Windows 11 Pro	Windows 11 Pro	Windows 11 Pro	Windows 11 Pro
Build number or version	24H2 (Build 26100.6899)	24H2 (Build 26100.6899)	24H2 (Build 26100.6899)	24H2 (Build 26100.6899)	24H2 (Build 26100.6899)	24H2 (Build 26100.6899)

System configuration information	Dell Pro 14 Plus (PB14250)	Dell Pro 14 Plus (PB14250)	Dell Latitude 5540 (P127F)	Dell Latitude 5440 (P165G)	Dell Latitude 5430	Dell Latitude 7430
Dimensions						
Height (in)	8.8	8.8	9.19	8.35	8.35	8.22
Width (in)	12.30	12.30	14.1	12.65	12.65	12.65
Depth (in)	0.78	0.78	0.82	0.75	0.76	0.71
Weight (lbs.)	3.09	3.09	3.56	3.06	3.01	2.79

How we tested

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.

We concluded our hands-on testing on November 3, 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 October 18, 2025, or earlier. Unavoidably, these configurations may not represent the latest versions available when this report appears.

Detailed explanation of cost analysis

Organization and scenario

The hypothetical organization in our model has 1,000 professional employees running two previous-generation Latitude devices that are due for replacement. To meet the growing computing needs of these employees, including AI tasks, the organization is considering upgrading these older models to Dell Pro 14 Plus AI PCs with Intel Core Ultra 5 processors or Ultra 7 processors. They want to determine whether the value of increased productivity for staff would offset the purchase cost of the systems.

The systems we tested

U5 to i5 comparison

Dell Pro 14 Plus with Intel Core Ultra 5 236V vs.:

- Dell Latitude 5440 with Intel® Core™ i5-1345U (2023)
- Dell Latitude 7430 with Intel Core i5-1245U (2022)

U7 to i7 comparison

Dell Pro 14 Plus Intel Core Ultra 7 268V vs.:

- Dell Latitude 5540 with Intel Core i7-1365U (2023)
- Dell Latitude 5430 with Intel Core i7-1265U (2022)

Benchmarks we used

We tested the six systems using five UL Procyon benchmarks that time tasks using common office, graphics, video, and locally installed AI applications. (For more information on the benchmarks, see https://support.benchmarks.ul.com/support/solutions/articles/44002518216-overview-of-ai-image-generation-benchmark.) The benchmarks report both overall scores and task completion times. We base our analysis on 65 of those timed results.

- UL Procyon Office Productivity Benchmark, which uses the following Microsoft 365 applications: Word, Excel, PowerPoint, and Outlook. We use all its timed results.
- UL Procyon Photo Editing Benchmark, which uses Adobe® Lightroom® Classic and Adobe® Photoshop®. We use all its timed results.
- UL Procyon Video Editing Benchmark, which uses Adobe Premiere Pro. We use all its timed results.
- UL Procyon AI Image Generation Benchmark using Stable Diffusion. We use the Sub-score Overall image generation speed s/image result only.
- UL AI Text Generation Benchmark using multiple models. We use the Time to First Token (TTFT) result for the LLAMA 3.1 model only.

Our calculation results

Productivity cost and AI PC purchase price

We compare the productivity costs for the i5 systems with Intel Core i5 processors to the sum of productivity costs and costs for the Intel Core Ultra 5 processor-powered Dell Pro 14 Plus AI PCs.

Tables 3 and 4 show the results in USD for the U5 vs. i5 and U7 vs. i7 comparisons. (Continue reading for the assumptions we made to calculate these costs.) The Dell Pro 14 Plus AI PCs provide productivity value benefits well above the costs of those systems.

Table 3: Three-year comparison of purchase price and productivity costs for the U5 vs. i5 comparison.

Three-year U5 vs i5 comparison	Dell Pro 14 Plus Intel Core Ultra 5 236V	Dell Latitude 5440 Intel Core i5-1345U	Dell Latitude 7430 Intel Core i5-1245U
Dell Pro 14 Plus AI PC cost (USD)	$1,219,000	N/A	N/A
Staff productivity cost estimate for tested tasks (USD)	$5,340,016	$10,063,746	$8,767,286
Total	$6,559,016	$10,063,746	$8,767,286
Dell Pro 14 Plus AI PC savings (USD)		$3,504,730	$2,208,270

Table 4: Three-year comparison of purchase price and productivity costs for the U7 vs. i7 comparison.

Three-year U7 vs i7 comparison	Dell Pro 14 Plus Intel Core Ultra 7 268V	Dell Latitude 5540 Intel Core i7-1365U	Dell Latitude 5430 Intel Core i7-1265U
Dell Pro 14 Plus AI PC cost (USD)	$1,735,580	N/A	N/A
Staff productivity cost estimate for tested tasks (USD)	$4,470,417	$7,426,786	$7,602,669
Total	$6,205,997	$7,426,786	$7,602,669
Dell Pro 14 Plus AI PC savings (USD)		$1,220,789	$1,396,672

Assumptions

Employee usage groups

The benchmarks include workloads using Microsoft Office, Adobe Photoshop, Adobe Premiere, Adobe Lightroom Classic, AI image generation, and AI text generation applications. Not all of the 1,000 users in the hypothetical organization would use all of these applications, and the frequency with which users would launch them and use them to perform tasks would vary, as would the specific tasks they rely on within those applications. We divided the 1,000 users among five usage groups based on their application usage. Dell provided the Builder, Producer, Specialist, and Connector personas; we divided the Specialist role into a graphics-focused specialist and a video-focused specialist. (For further information on the Dell personas, see https://indd.adobe.com/view/f1b5a27f-e593-4537-9ce9-806983a432eb.) We estimated the percentage of workers by type and the total compensation (salary and benefits) for a representative job title for each of these groups, and defined their usage of the tested applications.

Table 5: The five groups of workers for which the model organization would provide new laptops.

Workers by type					
Persona	Builder	Producer	Specialist—Graphics	Specialist—Videos	Connector
Description	Executives and managers who work primarily with apps to write and send emails, docs, and PDFs, plus frequently query AI text tools	Everyday workers who use same apps as Builders, plus Excel for data analysis	Graphic designers who use all of these apps, heavily focusing on apps for creating graphics	Video editors and creators who use all of these apps, heavily focusing on apps for creating video content	Project managers and similar workers who frequently use office productivity apps and AI tools and occasionally work with Photoshop
Percentage of workers by type	10%	45%	15%	15%	15%
Number of workers by type	100	450	150	150	150

Hardware costs

We include hardware costs for the new Dell Pro 14 Plus AI PCs that we tested, which Dell provided. To obtain hardware costs, we configured similar devices on the Dell Online Store[1] and use the list prices of those devices for the cost side of the cost-value calculation. We do not include hardware purchase prices for the Latitude devices, because our scenario assumes that the organization already has those devices in house.

Table 6: Hardware purchase prices for the Dell Pro 14 Plus AI PCs.

	Dell Pro 14 Plus Intel Core Ultra 5 236V	Dell Pro 14 Plus Intel Core Ultra 7 268V
Hardware purchase price per unit	$1,219.00	$1,735.58

Task frequency per week usage profiles

The five benchmarks together report times for 65 tasks. For our cost analysis, we estimate the average frequency with which the five user groups in our model organization would perform each task weekly. Table 5 shows our assumptions about task usage profiles for the five worker groups. We group the Office Productivity benchmark tasks by application.

Table 7: Number of times per week each group of workers would complete each task.

Usage profiles	Builder	Producer	Specialist—Graphics	Specialist—Videos	Connector
Office Productivity - Microsoft Word					
Accept Comparison	0.5	2	0	0.5	2
Add Image	5	10	1	5	10
Add Watermark	0	1	0	0	1
Compare Documents	0	2	0	0	2
Convert From Pdf	0.5	2	0	0.5	2
Copy From Excel	1	3	0	1	3
Copy Paste	5	10	2	5	10
Cut Paste	5	10	2	5	10
Embed File	1	2	0	1	2
Export To Pdf	0.5	2	0	0.5	2
Find	25	50	12	25	50
Image Effect	5	20	0	5	20
Image Scale	5	50	0	5	50
Load	5	10	2	5	10
Save	3	5	1	3	5
Table Of Contents	0	1	0	0	1
Office Productivity - Microsoft Excel					
Copy Paste	25	200	25	25	200
Edit Cells	200	800	200	200	800
Export To Pdf	0	1	0	0	1
Format Table	6	40	6	6	40
Load	6	40	6	6	40
Load Mortgage	0	2	0	0	2

Usage profiles	Builder	Producer	Specialist—Graphics	Specialist—Videos	Connector
Modify Mortgage	0	2	0	0	2
Pivot Table	0	2	0	0	2
Save	6	40	6	6	40
Save As Csv	0	1	0	0	1
Solve Equations	40	160	40	40	160
Sort Column	2	48	2	2	48
Unique Pairs	1	10	1	1	10
Vlookup	0	8	0	0	8
Voter Analysis	2	24	2	2	24
Office Productivity - Microsoft PowerPoint					
Add Animation	0	3	60	0	3
Add Image	5	20	60	5	20
Add Video	0	0	1	0	0
Copy From Word	15	30	60	15	30
Export To Pdf	1	1	2	1	1
Export Video	0	0	0.5	0	0
Load	5	10	20	5	10
Save	2	5	10	2	5
Office Productivity - Microsoft Outlook					
Backup	0.5	0.5	0.5	0.5	0.5
Move Mails	4	4	1	1	4
New Appointment	5	5	5	5	5
Save Attachments	30	30	7.5	7.5	30
Search Mails	50	50	12	12	50
Write Mail	5	5	2	2	5
Photo Editing - Adobe Photoshop					
Batch Processing-Apply Presets Geom	0	0	10	2	0
Batch Processing-Edit Images Geom	0	0	10	2	0
Batch Processing-Enhance Details	0	0	10	2	0
Batch Processing-Export	0	0	10	2	0
Batch Processing-Face Detect	0	0	10	2	0
Batch Processing-Import	0	0	10	2	0
Batch Processing-Preview Geom	0	0	10	2	0
Batch Processing-Smart Preview	0	0	6	3	0
Image Retouching-Adjust Filters	0	0	75	37	18
Image Retouching-Adjust GPU Filters	0	0	75	37	18
Image Retouching-Export Image	0	0	75	37	18
Image Retouching-Flatten Image	0	0	50	25	12
Image Retouching-Load Image	0	0	75	37	18
Image Retouching-SaveAs	0	0	50	25	12

Usage profiles	Builder	Producer	Specialist—Graphics	Specialist—Videos	Connector
Video Editing - Adobe Premiere Pro					
Export to H.264 GPU	0	0	1	4	0
Export to H.264	0	0	1	4	0
Export to H.264 UHD GPU	0	0	1	4	0
Export to H264 UHD	0	0	1	4	0
AI Image Generation - Stable Diffusion					
AI Image Generation (using local model)	1	3	5	5	5
AI Text Generation - LLAMA 3.1					
AI Text Generation (using local model)	30	30	15	15	10

Productivity value per minute of time spent/saved on tested tasks

Using a computer that can perform tasks in less time translates to improved productivity. To determine the dollar value of this increased productivity in our model organization, we started the salary for representative job titles for each persona reported in Payscale.com. We calculated total compensation (salary and benefits) based on a Bureau of Labor Standards estimate that salary is 70.2% of total compensation (salary and benefits) for private-industry workers and benefits are 29.8%.[2]

We calculated the average employer costs per minute worked from total compensation divided by 2080, the minutes in 52x40 hour weeks. However, not every minute or second of saved time translates into increased productivity. We assumed 70 percent of the employee cost translates into productivity value for time. We multiplied the per-minute compensation by that percentage to get a per-minute productive value dollar figure for each persona.

Note that we are calculating productivity costs based on how frequently each type of worker completes each specific task we tested. We assume that every employee is also handling other tasks or work that we did not test—that the tasks we tested do not comprise a full 40-hour work week.

Table 8: Salary, per-minute compensation, and per-minute productivity value for the five personas.

Persona	Builder	Producer	Specialist-Graphics	Specialist-Videos	Connector
Role	Executive / Manager	IT Administrator	Graphic Designer	Videography	Project Manager
Job title for salary lookup	Senior Manager	Systems Administrator	Graphic Designer, Web	Video Producer	Project Manager, Operations
Salary	$123,525[3]	$79,569 27[4]	$56,10428[5]	$65,699 29[6]	$84,806 30[7]
Total compensation (salary + benefits)	$175,961	$113,346	$79,920	$93,588	$120,806
Per minute compensation (salary + benefits) (USD)	$1.4099	$0.9082	$0.6403	$0.7499	$0.9679
Per minute productivity value (USD)	$0.9869	$0.6357	$0.4482	$0.5249	$0.6775

Our test results

The five Procyon benchmarks report scores and task times. We conducted three test runs of each benchmark on each system and include scores and task times for the runs with the median overall results. For the cost analysis, we used only the task times. We completed the testing for the Office Productivity, Video Editing, and Photo Editing benchmarks in November 2025. We use earlier test results on the same systems for the AI Text and AI Image Generation benchmarks; to explore those results, see https://www.principledtechnologies.com/Dell/Dell-Pro-14-Plus-Intel-Core-Ultra-5-235U-Latitude-comp-science-0825.pdf and https://www.principledtechnologies.com/Dell/Dell-Pro-14-Plus-vs-2022-2023-Latitude-science-0725-V2.pdf.

Table 9: Procyon benchmark scores from median runs. Higher is better.

Comparison	U5 vs. i5 comparison			U7 vs. i7 comparison		
Platform	Dell Pro 14 Plus with Intel Core Ultra 5 236V	Dell Latitude 5440 with Intel Core i5-1345U	Dell Latitude 7430 with Intel Core i5-1245U	Dell Pro 14 Plus with Intel Core Ultra 7 268V	Dell Latitude 5540 with Intel Core i7-1365U	Dell Latitude 5430 with Intel Core i7-1265U
Procyon Office Productivity Benchmark v2.10.1861 64 using Microsoft Office application versions 16.0.19231.20194 en-US (64 bit)	6,398	5,034	5,258	7,388	6,242	6,208
Procyon Video Editing Benchmark v1.5.4.13 using Adobe Premiere Pro v.25.5.0.13	10,636	3,439	3,247	11,694	3,969	3,465
Procyon Photo Editing Benchmark v1.2.411 using Adobe Photoshop v26.6.1 & Lightroom Classic v14.3.1	5,159	3,190	3,558	6,556	3,956	4,087
Procyon AI Text Generation Benchmark Procyon UI - 2.10.1663.64 Workload Version - 1.0.82 Using LLAMA 3.1	765	165	131	886	177	143
Procyon AI Image Generation Benchmark using Stable Diffusion 1.5 (INT8)	3,108	523	464	3,026	602	531

Table 10: Procyon benchmark task timings from median runs. Time in seconds. Lower is better.

Comparison	U5 vs i5 comparison			U7 vs i7 comparison		
Platform	Dell Pro 14 Plus with Intel Core Ultra 5 236V	Dell Latitude 5440 with Intel Core i5-1345U	Dell Latitude 7430 with Intel Core i5-1245U	Dell Pro 14 Plus with Intel Core Ultra 7 268V	Dell Latitude 5540 with Intel Core i7-1365U	Dell Latitude 5430 with Intel Core i7-1265U
Office Productivity - Microsoft Word						
Accept Comparison	0.22723	0.48881	0.4156	0.22898	0.29306	0.30278
Add Image	1.37422	1.70264	1.70476	0.89663	1.34299	1.48258
Add Watermark	0.44983	0.77547	0.5797	0.41995	1.68642	0.55078
Compare Documents	2.01302	3.04503	3.16582	1.82562	2.31633	2.47489
Convert From Pdf	8.68001	28.9488	20.59106	8.77151	20.15696	18.06291
Copy From Excel	0.14951	0.25149	0.19788	0.11426	0.11552	0.121

Comparison	U5 vs i5 comparison			U7 vs i7 comparison		
Platform	Dell Pro 14 Plus with Intel Core Ultra 5 236V	Dell Latitude 5440 with Intel Core i5-1345U	Dell Latitude 7430 with Intel Core i5-1245U	Dell Pro 14 Plus with Intel Core Ultra 7 268V	Dell Latitude 5540 with Intel Core i7-1365U	Dell Latitude 5430 with Intel Core i7-1265U
Copy Paste	0.32465	0.45683	0.32529	0.23377	0.25416	0.2862
Cut Paste	0.23139	0.39373	0.26576	0.15274	0.17738	0.24169
Embed File	0.57854	0.91287	0.71226	0.47064	0.52846	0.61008
Export To Pdf	17.83582	21.26806	20.48218	15.32657	15.92038	18.57643
Find	0.10808	0.25935	0.21727	0.11224	0.13667	0.15449
Image Effect	0.24046	0.38703	0.30678	0.2162	0.22889	0.27204
Image Scale	0.04815	0.04145	0.07804	0.02503	0.02618	0.0645
Load	0.35972	0.55992	0.46553	0.31854	0.35085	0.36537
Save	0.29775	0.36362	0.32422	0.21562	0.24012	0.29648
Table Of Contents	1.23802	1.77502	1.51808	1.02607	1.6304	1.41926
Office Productivity - Microsoft Excel						
Copy Paste	0.56626	0.62965	0.64008	0.5051	0.71216	0.55459
Edit Cells	0.39743	1.08336	0.49365	0.35878	0.48852	0.3739
Export To Pdf	0.94788	1.82127	1.70351	0.87103	1.84553	1.53014
Format Table	5.06741	5.58462	4.00161	4.65402	3.48455	2.93675
Load	1.49616	2.05732	1.88441	1.35528	1.56504	1.67492
Load Mortgage	2.1807	2.73735	2.91616	1.94681	2.1932	2.44026
Modify Mortgage	0.72101	0.8883	0.88124	0.68844	0.83457	0.72383
Pivot Table	0.89732	0.98692	1.08417	0.81464	1.13635	0.89284
Save	4.18797	5.86724	5.10862	3.74005	4.25019	4.92732
Save As Csv	2.89919	3.3425	3.74063	2.62235	3.07599	3.44305
Solve Equations	6.21446	7.44796	5.59353	4.68132	4.6603	4.3376
Sort Column	0.81359	0.74943	1.03065	0.73338	0.69049	0.70683
Unique Pairs	5.25938	14.26739	8.13041	5.02069	6.31242	6.51536
Vlookup	0.22883	0.21135	0.23629	0.17832	0.20272	0.23298
Voter Analysis	0.50028	0.49142	0.61822	0.48553	0.48215	0.49463
Office Productivity - Microsoft PowerPoint						
Add Animation	0.2676	0.339	0.34075	0.25304	0.34836	0.30722
Add Image	0.26549	0.26537	0.2804	0.30169	0.31609	0.33843
Add Video	0.52888	0.52902	0.53301	0.44388	0.4174	0.43693
Copy From Word	0.10944	0.09783	0.10031	0.08926	0.08025	0.08248
Export To Pdf	3.68122	4.43663	4.48252	3.22625	3.64422	3.88989
Export Video	7.72968	7.95207	8.58658	6.7058	7.12989	7.51138
Load	0.19869	0.23012	0.25663	0.19684	0.21933	0.2123
Save	0.22198	0.18604	0.2143	0.18299	0.17503	0.17914

Comparison	U5 vs i5 comparison			U7 vs i7 comparison		
Platform	Dell Pro 14 Plus with Intel Core Ultra 5 236V	Dell Latitude 5440 with Intel Core i5-1345U	Dell Latitude 7430 with Intel Core i5-1245U	Dell Pro 14 Plus with Intel Core Ultra 7 268V	Dell Latitude 5540 with Intel Core i7-1365U	Dell Latitude 5430 with Intel Core i7-1265U
Office Productivity - Microsoft Outlook						
Backup	1.13396	1.18833	1.27982	1.00859	1.06845	1.16189
Move Mails	3.54182	4.26969	4.05344	3.1222	3.73293	3.57865
New Appointment	0.3516	0.38382	0.44033	0.31569	0.39259	0.33237
Save Attachments	0.31135	0.23295	0.30662	0.19032	0.19257	0.19696
Search Mails	5.42214	8.74473	7.63851	5.13532	6.58277	7.28149
Write Mail	0.25855	0.3206	0.31137	0.22009	0.31594	0.25844
Photo Editing - Adobe Photoshop						
Batch Processing-Apply Presets Geom	0.52117	0.58711	0.62049	0.40295	0.53221	0.51883
Batch Processing-Edit Images Geom	2.08628	3.79561	3.15452	1.65807	2.76001	2.57916
Batch Processing-Enhance Details	41.31022	340.4404	328.8751	31.53967	270.3181	282.0337
Batch Processing-Export	22.40247	73.06141	50.41523	19.63998	46.57786	51.50778
Batch Processing-Face Detect	22.09708	26.10533	24.10559	20.08999	22.11672	22.09645
Batch Processing-Import	2.81567	2.71894	2.91979	2.57145	2.66467	3.21005
Batch Processing-Preview Geom	0.62335	0.97148	0.97739	0.54267	0.73387	0.83715
Batch Processing-Smart Preview	13.0082	33.83648	21.31801	12.45181	16.5859	15.53408
Image Retouching-Adjust Filters	0.97274	1.50394	1.25684	0.8926	0.97128	1.06587
Image Retouching-Adjust GPU Filters	14.77202	28.49587	19.99778	9.8464	21.80654	16.77427
Image Retouching-Export Image	4.79536	6.45218	6.70524	3.09226	5.1808	6.37225
Image Retouching-Flatten Image	1.873	1.773	1.649	0.875	2.101	1.258
Image Retouching-Load Image	0.29	0.31	0.33	0.26	0.36	0.31
Image Retouching-SaveAs	60.78427	74.12805	70.30983	51.62694	55.92559	57.96366
Video Editing - Adobe Premiere Pro						
Export to H.264 GPU	114.373	367.547	392.231	102.936	314.344	355.508
Export to H.264	100.92	308.366	322.322	86.839	258.921	295.377
Export to H.264 UHD GPU	214.016	674.217	710.826	202.878	598.724	683.491
Export to H264 UHD	189.892	561.345	600.929	177.026	496.179	580.153
AI Image Generation - Stable Diffusion						
Image generation speed s/image	10.053	59.673	67.295	10.324	51.908	58.808
AI Text Generation - LLAMA 3.1						
TTFT – s	1.31	9.42	11.55	1.06	8.43	10.15

Our calculations

We calculated the three-year productivity costs across tasks for each device and user group and compare those results for the Latitude systems to the combined productivity costs and hardware costs for the Dell Pro 14 Plus Core Ultra laptops.

Productivity cost

We calculated the productivity cost for each task for each device and user group. We multiplied the following for all tasks for all six devices and five user groups: Task frequency per week for individual workers in the group. These values would be the same for all devices.

Our results: Benchmark results for median tested time (in seconds) to complete the task for each device. We summed the task results for each user group and device and multiplied that result times the number of users in the group. We converted those results from seconds to minutes and multiplied by cost per minute (calculated from estimated employer expenditure for salary and benefits described on previous page) for each persona. Those values would be the same for all devices. We then added the costs per task and device and multiplied this number by the total number of weeks in three years (52 weeks x three years).

Table 11: Productivity cost of time on tasks over three years for persona population (USD). Lower is better.

Productivity cost of time on tasks over three years for persona population (USD)		**U5 vs i5 Comparison - for persona population**			**U7 vs i7 Comparison - for persona population**		
Personas	Number in persona	Dell Pro 14 Plus Intel Core Ultra 5 236V	Dell Latitude 5440 Intel Core i5-1345U	Dell Latitude 7430 Intel Core i5-1245U	Dell Pro 14 Plus Intel Core Ultra 7 268V	Dell Latitude 5540 Intel Core i7-1365U	Dell Latitude 5430 Intel Core i7-1265U
Builder	100	$ 205,484	$ 383,949	$ 332,098	$ 177,218	$ 273,995	$ 288,712
Producer	450	$ 1,825,337	$ 3,007,398	$ 2,336,753	$ 1,543,841	$ 1,985,768	$ 1,949,664
Specialist–Graphics	150	$ 1,211,402	$ 2,516,272	$ 2,286,829	$ 982,954	$ 1,950,189	$ 1,987,872
Specialist–Videos	150	$ 1,153,242	$ 2,690,490	$ 2,644,234	$ 984,589	$ 2,209,820	$ 2,401,971
Connector	150	$ 944,551	$ 1,465,637	$ 1,167,372	$ 781,815	$ 1,007,014	$ 974,450
Totals	1,000	$ 5,340,016	$ 10,063,746	$ 8,767,286	$ 4,470,417	$ 7,426,786	$ 7,602,669

How we tested

Setting up the systems

Setting up and updating the OEM image

1. Start 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 Best Performance.
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 Enter.
    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 the Windows Start button.
    b. Type `Windows Update settings` and press Enter.
    c. From the Pause updates drop-down menu, select Pause for 5 weeks.

Testing with the Procyon AI Text Generation Benchmark

Setting up the test

1. Purchase and download the Procyon AI Text Generation benchmark from https://benchmarks.ul.com/procyon.
2. Install the Procyon benchmark.
3. Double-click the installer.
4. Click Next.
5. Click to agree to the EULA, and click Next.
6. Click Next.
7. Launch Procyon.
8. Select Settings, and input the license key.
9. Close Procyon.

Running the test

1. Launch Procyon.
2. Select the Text Generation Benchmark test.
3. For the AI Inference Engine, select Intel OpenVINO.
4. For Workloads to run, select All.
5. To begin the test, click Run.
6. When the test completes, record the results, and wait 15 minutes before rerunning.
7. Repeat steps 1 through 6 twice more.

Testing with the Procyon AI Image Generation Benchmark

Setting up the test

1. Purchase and download the Procyon AI Image Generation benchmark from https://benchmarks.ul.com/procyon.
2. Install the Procyon benchmark.
3. Double-click the installer.
4. Click Next.
5. Click to agree to the EULA, and click Next.

6. Click Next.
7. Launch Procyon.
8. Select Settings, and input the license key.
9. Close Procyon.

Running the test

1. Launch Procyon.
2. Select the Image Generation Benchmark test.
3. Under the Stable Diffusion 1.5 (FP16) test option, select Intel OpenVINO for the AI Inference Engine and select the graphics device name to be used.
4. To begin the test, click Run.
5. Complete and record three runs.
6. Under the Stable Diffusion 1.5 (INT8) test option, select Intel OpenVINO for the AI Inference Engine and if the system has an NPU, select Intel® AI Boost as the device name. Otherwise, select the graphics device.
7. To begin the test, Click Run.
8. Complete and record three runs.
9. Under the Stable Diffusion XL (FP16) test option, select Intel OpenVINO for the AI inference Engine and select the graphics device name to be used.
10. To begin the test, click Run.
11. Complete and record three runs.

Testing with the Procyon Photo Editing Benchmark

Setting up the test

1. Download and install Procyon.
2. Open Procyon.
3. Click Photo Editing Benchmark.
4. Click Register.
5. Enter the license key, and click Register.
6. Before running the benchmarks, make sure to install licensed versions of Adobe Photoshop 22.0 or higher and Adobe Lightroom Classic 10.0 or higher.

Running the test

1. Launch Procyon.
2. Click Photo Editing Benchmark.
3. Click Run.
4. When the benchmark is complete, record the results.
5. Restart the system.
6. Repeat steps 1 through 5 twice more.

Testing with the Procyon Video Editing Benchmark

Setting up the test

1. Download and install Procyon.
2. Open Procyon.
3. Click Video Editing Benchmark.
4. Click Register.
5. Enter the license key, and click Register.
6. Before running the benchmarks, make sure to install licensed versions of Adobe Premiere Pro v14.5 or higher.

Running the test

1. Launch Procyon.
2. Click Video Editing Benchmark.
3. Click Run.
4. When the benchmark is complete, record the results.
5. Restart the system.
6. Repeat steps 1 through 5 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.

Running the test

1. Launch Procyon.
2. Select the Office Productivity Benchmark.
3. To begin the test, click Office Productivity Benchmark Run.
4. When the test completes, record the results.
5. Restart the system.
6. Repeat steps 1 through 5 twice more.

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1. Dell Online Store, https://www.dell.com/en-us/shop/dell-laptops/dell-pro-14-plus-laptop-or-2-in-1/spd/dell-pro-pb14250-2-in-1-laptop/gcto_pb14250_usx?redirectto=SOC&configurationid=912c2b6d-9ef5-4e30-bcbf-3002872d1b96 not including tax or shipping, accessed 11/04/2025.
2. BLS Sept 2025 https://www.bls.gov/news.release/ecec.nr0.htm, accessed 10/5/2025.
3. Executive/Manager: Senior Manager Salary in 2025 | PayScale, accessed 11/6/2025.
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