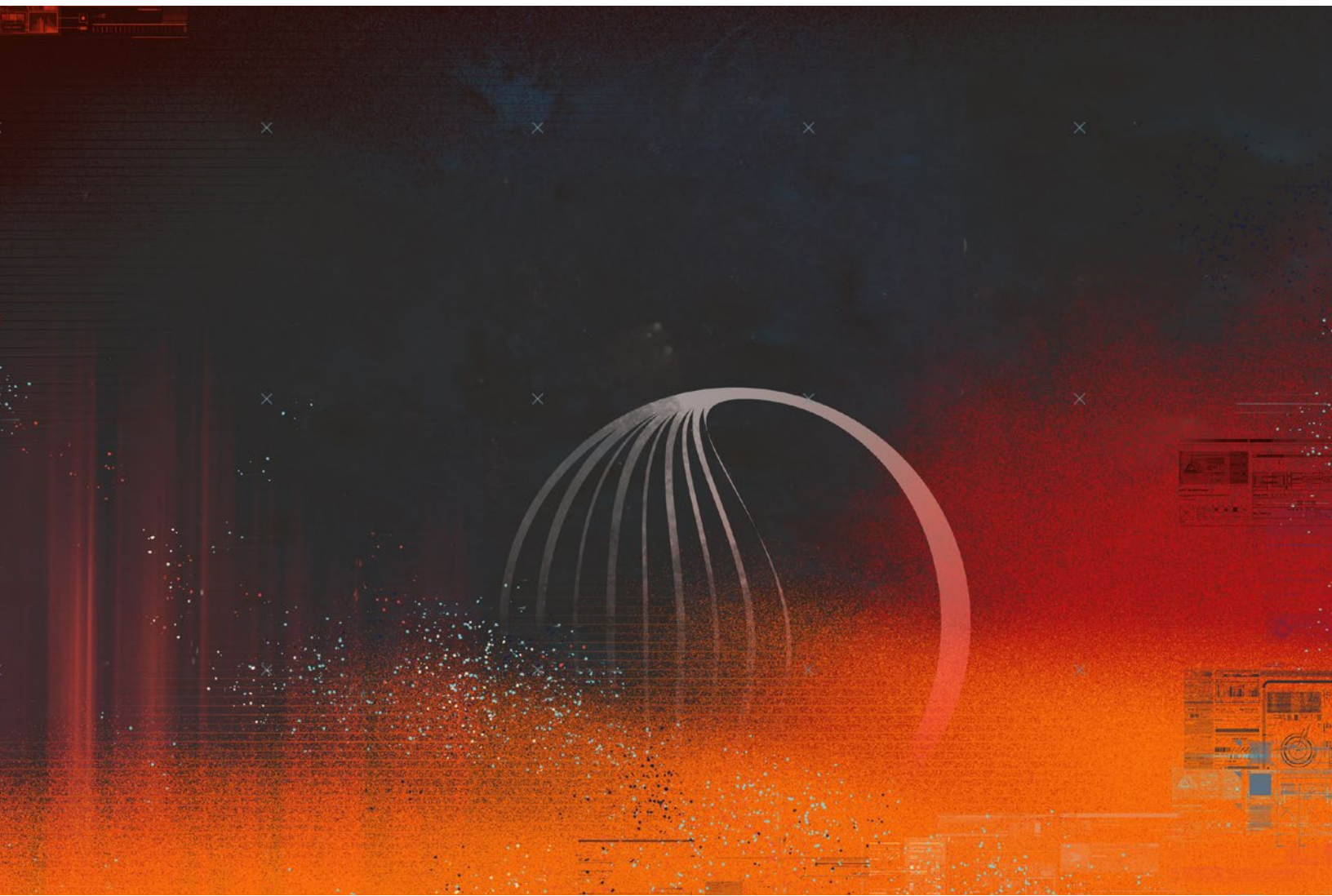




Snapdragon X2 Elite Performance

18 Cores in the Premium 14-Inch Class

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IN PARTNERSHIP WITH

Qualcomm

SEPTEMBER 2026

Introduction

The premium thin-and-light market has spent the past year consolidating around 14-inch designs, and that is where the volume of the premium Windows segment now sits. It is also where the design constraints bite hardest. A 14-inch chassis gives an OEM roughly two-thirds of the thermal envelope of a 16-inch flagship and almost none of the room for battery that a larger machine takes for granted, so the silicon inside has to be efficient before it is fast. This report measures three retail 14-inch systems, one per silicon vendor, each representative of what that vendor's silicon ships in at this tier, to see how the second-generation Snapdragon platform behaves under those constraints.



The Snapdragon X2 Elite X2E-88-100 is the standard 18-core member of the X2 Elite family, built on the new-generation Oryon CPU and paired with the Adreno X2-90 GPU and a Hexagon NPU. It carries the same core count as the X2 Elite Extreme parts we tested in our previous report at lower clocks and in a smaller chassis, which makes it the more relevant part for the segment where most buyers shop. Lenovo ships it in the Slim 7x.

The competition in this class is not the same competition we measured at 16 inches. Intel's Core Ultra X7 358H is a 16-core Panther Lake part paired with Arc B390 graphics, and the Dell XPS 14 is a serious implementation of it. AMD's entry is the Ryzen AI 7 445 in the Lenovo Yoga 7a 14, and it is a materially smaller part than the two it is being compared against, with six cores and twelve threads against sixteen and eighteen. That asymmetry shows in the results, so we have flagged it wherever a margin is driven more by core count than by architecture.

As in our previous Snapdragon family reports, every result here comes from a retail system purchased at market price. Retail hardware reflects the thermal, acoustic, and firmware decisions OEMs made, and it is the only basis on which a value analysis means anything. It also means these are comparisons of implementations as much as comparisons of silicon.

System Comparison

	Snapdragon X2 Elite X2E-88-100	Intel Core Ultra X7 358H	AMD Ryzen AI 7 445
System	Lenovo Slim 7x (83QR)	Dell XPS 14 (DA14260)	Lenovo Yoga 7a 14 (83TD)
CPU cores	18 cores / 18 threads	16 cores / 16 threads	6 cores / 12 threads ¹
Architecture	ARM64 (Oryon)	x86-64 (Panther Lake)	x86-64 (Zen 5)
Integrated GPU	Adreno X2-90	Intel Arc B390	AMD Radeon 840M
Memory	32 GB @ 9523 MHz	32 GB @ 9600 MHz	24 GB @ 8533 MHz
Battery (design)	70.0 Wh	68.6 Wh	70.0 Wh
OS build	Windows 26H1 (28000.2608)	Windows 25H2 (26200.8973)	Windows 25H2 (26200.8973)



In Best Performance on AC, the Snapdragon system led Geekbench 7 multi-core by 31% over the Intel system and 118% over the AMD system, and single-core by 24% and 36%. On battery, Snapdragon retained 97% of its plugged-in Balanced performance across a six-benchmark set, against 95% for Intel and 74% for AMD.



Battery life benchmarks favored the Snapdragon system in two of three rundowns from an essentially matched 70 Wh pack, with 16.1 hours of local video playback and 11.2 hours of Chrome browsing against 14.4 and 8.6 hours for Intel. Intel won the sustained Procyon Office rundown, 17.4 hours to 14.3 though the Snapdragon-based system performed higher.



At \$1,999.99 against \$2,749.99 for the Intel system, the Snapdragon system delivered 2.15x the Intel performance per dollar averaged across three representative benchmarks, and 2.6x in AI. The \$750 premium is large enough that the Snapdragon system has the best performance-per-dollar in 3DMark, the one test Intel wins on performance.

In a 14-inch chassis the X2 Elite 18-core system we tested leads on CPU, sustained rendering, productivity, AI, and browsing endurance at \$750 less than the Panther Lake system, and concedes only integrated graphics and the sustained Office battery rundown. Most margins are wider on battery than plugged in, because the Snapdragon processor retains nearly all of its performance unplugged while the Intel system gives up a little and the AMD system gives up a great deal.

System Configurations and Methodology

We tested three retail laptops, one per silicon vendor, all in the 14-inch premium thin-and-light class. The Lenovo Slim 7x carries the Snapdragon X2 Elite X2E-88-100, the Dell XPS 14 the Intel Core Ultra X7 358H, and the Lenovo Yoga 7a 14 the AMD Ryzen AI 7 445. Matching the class keeps the comparison honest on form factor, cooling capacity, and the design constraints every vendor faces in a thin chassis.

These results compare implementations as much as they compare silicon. Each laptop reflects the OEM's decisions on thermal design, power tuning, firmware, memory, and battery capacity, and different systems built on the same processors can and often do land differently. Battery capacity is nearly identical across the three — 70.0 Wh in both Lenovo systems and 68.6 Wh in the Dell — which removes the capacity asymmetry that complicated the runtime analysis in our 16-inch report, and memory is closely matched at 32 GB in the Snapdragon and Intel systems, with the AMD system at 24 GB.

One asymmetry is not resolvable by system selection. The Ryzen AI 7 445 is a six-core, twelve-thread part, against sixteen cores on the Intel side and eighteen on the Snapdragon side. It is the part AMD ships into this price and chassis class, so it belongs in the comparison, but multi-threaded margins against it should be read

as a statement about the configurations available in this segment rather than about Zen 5 as an architecture. Where a result is dominated by that core-count gap, we say so.

Windows power modes change benchmark results, sometimes dramatically, so we tested every system across all three Windows power modes on both wall power and battery. This report presents plugged-in results in two modes side by side. Best Performance represents the ceiling, the mode a buyer selects at a desk. Balanced represents the shipping default, the mode most systems spend their lives in. On battery we present Balanced, the state a mobile user spends most of the day in, and we use Best Power Efficiency for the battery rundown tests.

Each chart names the power mode and power source it was captured in, and each chart includes results from all three systems. Results are averages of repeated benchmark runs on each system, captured July 31st, 2026. Full system, graphics driver, software, and Windows update inventories appear in the configuration section at the end of this report.

Performance Results on AC / Plugged In

Plugged in is where flagship laptops are judged first, and where a buyer comparing spec sheets will start. Every chart in this section shows Best Performance and Balanced side by side across the three systems, so the reader can see both the ceiling and the out-of-box experience. Charts and tables are labeled by processor for readability, but every value is an as-tested result from the retail system listed in the configuration table.

CPU Performance (Geekbench 7)

Geekbench 7 is the broadest single measure of CPU performance across the workloads a premium laptop runs, and it produces the cleanest summary of this competitive field. In Best Performance mode the Snapdragon system scored 24,016 in the multi-core test, 31% ahead of the Intel system at 18,360 and 118% ahead of the AMD system at 11,008. Single-core followed the same pattern, with the Snapdragon scoring 3,237 against Intel at 2,602 and AMD at 2,384, leads of 24% and 36% respectively.

In Balanced mode the ordering holds and the margins compress only slightly. The Snapdragon multi-core score of 23,066 leads Intel by 32% and AMD by 114%, and the single-core lead holds at 23% and 35%. In the multi-core test, the Snapdragon system gives up 4% moving from Best Performance to Balanced and the Intel system gives up about 5%. The buyer who never opens a settings menu still gets a double-digit multi-core lead and a single-core lead of more than 20%.

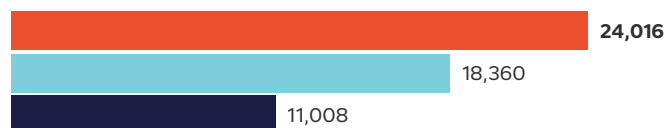
Single-core leadership is not new for this platform, and a 24% margin over a Panther Lake part that boosts higher on paper indicates the Oryon core is doing more work per clock. Multi-core is where the 18-core design pulls away from a 16-core hybrid in which four cores are low-power efficiency cores, and further still from a six-core part.

Geekbench 7 • CPU Performance, Plugged In

Higher is better • Best Performance (AC) and Balanced (AC) • Run averages

Best Performance (AC)

Multi-Core

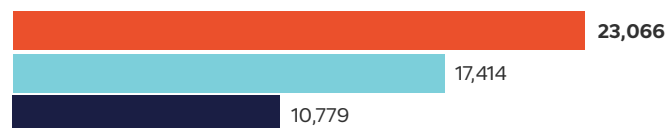


Single-Core



Balanced (AC)

Multi-Core



Single-Core



■ Snapdragon X2E-88-100 ■ Core Ultra X7 358H ■ Ryzen AI 7 445

Benchmark	Snapdragon X2E-88-100	Core Ultra X7 358H	Ryzen AI 7 445	vs Intel	vs AMD
Multi-Core — Best Performance (AC)	24,016	18,360	11,008	+31%	+118%
Multi-Core — Balanced (AC)	23,066	17,414	10,779	+32%	+114%
Single-Core — Best Performance (AC)	3,237	2,602	2,384	+24%	+36%
Single-Core — Balanced (AC)	3,209	2,604	2,383	+23%	+35%

Content Creation (Cinebench 2026)

Cinebench 2026 measures sustained rendering throughput, the workload that punishes a thin chassis hardest and separates burst performance from what a system can hold. It is also the CPU test where the 18-core design opens its widest gap over the 16-core Panther Lake part, and the Snapdragon system leads it in every mode and on both power sources.

In Best Performance on AC the Intel system produced a multi-thread score of 3,538 against 5,240 for the Snapdragon system, a 48% Qualcomm lead. The Snapdragon system was 111% ahead of the AMD system at 2,479. The N-CPU stress loop, which runs the same all-core load continuously rather than as a single iteration, landed in the same place at 4,818 for Snapdragon against 3,424 for Intel, a 41% lead. The single-thread results on AC were also a strong showing for the Snapdragon system, which scored 589 against 504 for Intel and 430 for AMD, leads of 17% and 37%.

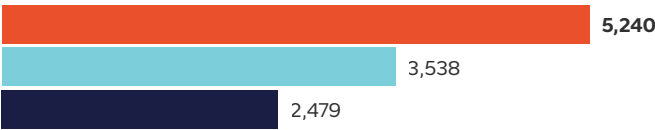
Balanced mode widens the multi-thread gap, because the Intel system gives up 18% of its Best Performance score while the Snapdragon system loses 9%, leaving the Snapdragon system 64% ahead at 4,756 against 2,892. The AMD system shed only 8% of its score, but at 2,272 it trails by 109%. In the single-thread test the Snapdragon system scored 575 against 503 for Intel and 431 for AMD, leads of 14% and 33%.

Cinebench 2026 • Rendering, Plugged In

Higher is better • Single Iteration and stress loop • Best Performance (AC) and Balanced (AC) • Run averages

Best Performance (AC)

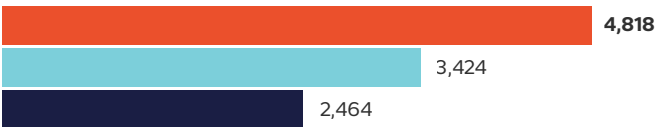
Multi-Thread



Single-Thread

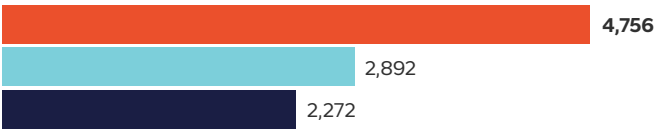


N-CPU Stress Loop



Balanced (AC)

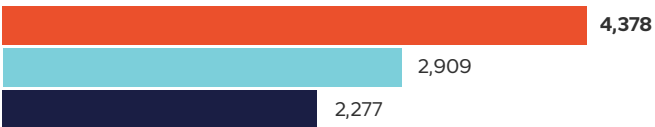
Multi-Thread



Single-Thread



N-CPU Stress Loop



■ Snapdragon X2E-88-100 ■ Core Ultra X7 358H ■ Ryzen AI 7 445

Benchmark	Snapdragon X2E-88-100	Core Ultra X7 358H	Ryzen AI 7 445	vs Intel	vs AMD
Multi-Thread — Best Performance (AC)	5,240	3,538	2,479	+48%	+111%
Multi-Thread — Balanced (AC)	4,756	2,892	2,272	+64%	+109%
Single-Thread — Best Performance (AC)	589	504	430	+17%	+37%
Single-Thread — Balanced (AC)	575	503	431	+14%	+33%
N-CPU Stress Loop — Best Performance (AC)	4,818	3,424	2,464	+41%	+96%
N-CPU Stress Loop — Balanced (AC)	4,378	2,909	2,277	+50%	+92%

Productivity (UL Procyon Office)

UL Procyon Office Productivity runs the Microsoft 365 applications natively and scores real tasks in Word, Excel, PowerPoint, and Outlook, which makes it the closest thing in this suite to a working day. All three systems ran the applications natively; no emulation is involved on any platform.

In Best Performance mode the Snapdragon system scored 8,764 overall, 10% ahead of the Intel system at 7,974 and 42% ahead of the AMD system at 6,183. PowerPoint was the widest subtest at 9,418, a 15% lead over Intel, and Excel followed at 9,235 and 9%. Word and Outlook were the narrowest, both at 7%.

Balanced mode is closer. The Snapdragon overall score of 7,654 leads Intel by 2% and AMD by 29%, and Outlook is the one subtest where the Intel system finishes marginally ahead, 4,732 to 4,677. Moving from

Balanced to Best Performance lifts the Snapdragon Office score by 15% while the Intel system gains 6%, so the Snapdragon system has more headroom above its default than the competition does.

The multi-platform variant of the benchmark, which scores the same workloads on a separate scale, agrees. At Best Performance the Snapdragon system led the overall multi-platform score by 10% over Intel and 41% over AMD; at Balanced the two leading systems are within a rounding error of each other.

UL Procyon Office Productivity • Plugged In

Higher is better • Microsoft 365 apps running natively • Best Performance (AC) and Balanced (AC) • Run averages

Best Performance (AC)

Overall Score



Word



Excel



PowerPoint



Outlook



Balanced (AC)

Overall Score



Word



Excel



PowerPoint



Outlook



■ Snapdragon X2E-88-100 ■ Core Ultra X7 358H ■ Ryzen AI 7 445

Best Performance (AC)

Benchmark	Snapdragon X2E-88-100	Core Ultra X7 358H	Ryzen AI 7 445	vs Intel	vs AMD
Overall Score	8,764	7,974	6,183	+10%	+42%
Word	9,651	8,987	6,829	+7%	+41%
Excel	9,235	8,439	6,330	+9%	+46%
PowerPoint	9,418	8,222	6,670	+15%	+41%
Outlook	5,641	5,275	4,158	+7%	+36%

Balanced (AC)

Benchmark	Snapdragon X2E-88-100	Core Ultra X7 358H	Ryzen AI 7 445	vs Intel	vs AMD
Overall Score	7,654	7,488	5,939	+2%	+29%
Word	8,943	8,782	6,496	+2%	+38%
Excel	7,829	7,615	5,988	+3%	+31%
PowerPoint	8,195	7,900	6,286	+4%	+30%
Outlook	4,677	4,732	4,361	-1%	+7%

Web and Browser (Chrome)

Browser responsiveness is the most universal workload on any laptop, and Chrome is the most universal application, so we tested JetStream 3, Speedometer 3.1, MotionMark 1.3.1, and WebXPRT 5 in Chrome across all three systems.

In Best Performance mode the Snapdragon system led Speedometer 3.1 at 47.1 against 39.2 for Intel and 31.2 for AMD, leads of 20% and 51%, and it led MotionMark 1.3.1 by a wide margin, 4,192 against 1,169 for Intel and 2,741 for AMD. JetStream 3 was a narrower Snapdragon win at 352 against 338 and 292. WebXPRT 5 went the other way, 112 for Snapdragon against 121 for Intel and 109 for AMD, leaving the Snapdragon system 7% behind.

A 3.6x MotionMark margin over Intel in a graphics-compositing browser benchmark, on a system whose GPU trails in 3DMark by 23%, is not an intuitive pairing. MotionMark measures the browser's rendering and compositing path rather than raw GPU throughput, and the Adreno X2-90 driver stack handles it far better than the Arc B390 stack does in Chrome. Edge shows the same pattern, so it is not a Chrome-specific artifact.

In Balanced mode the Snapdragon advantage narrows to a Speedometer tie with Intel at 41.0 to 39.9 and a JetStream tie at 334 to 337, while in MotionMark it holds a 3.3x lead. The tests buyers will feel are Speedometer and MotionMark, which track interactive responsiveness and animation smoothness rather than page-load throughput.

Web Browsing • Plugged In

Higher is better • Google Chrome • Best Performance (AC) and Balanced (AC) • Run averages

Best Performance (AC)

Jetstream 3



Speedometer 3.1



MotionMark 1.3.1



WebXPRT 5



Balanced (AC)

Jetstream 3



Speedometer 3.1



MotionMark 1.3.1



WebXPRT 5



■ Snapdragon X2E-88-100 ■ Core Ultra X7 358H ■ Ryzen AI 7 445

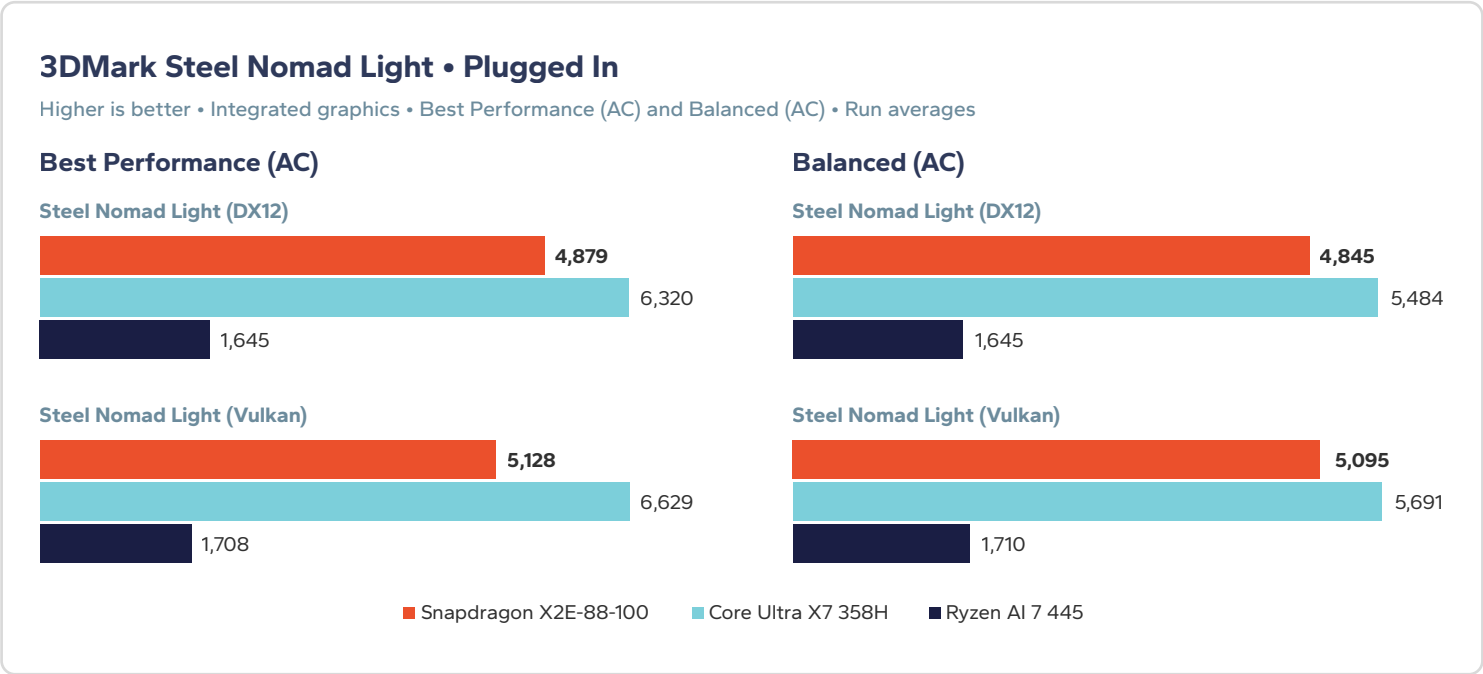
Benchmark	Snapdragon X2E-88-100	Core Ultra X7 358H	Ryzen AI 7 445	vs Intel	vs AMD
JetStream 3 — Best Performance (AC)	352.2	337.9	292.4	+4%	+20%
JetStream 3 — Balanced (AC)	334.4	336.8	288.1	-1%	+16%
Speedometer 3.1 — Best Performance (AC)	47.1	39.2	31.2	+20%	+51%
Speedometer 3.1 — Balanced (AC)	41.0	39.9	31.0	+3%	+32%
MotionMark 1.3.1 — Best Performance (AC)	4,192	1,169	2,741	+259%	+53%
MotionMark 1.3.1 — Balanced (AC)	3,787	1,156	2,358	+228%	+61%
WebXPRT 5 — Best Performance (AC)	112	121	109	-7%	+3%
WebXPRT 5 — Balanced (AC)	109	121	108	-10%	+1%

Graphics (3DMark Steel Nomad Light)

Graphics is the Intel system's strongest category. In Steel Nomad Light under DX12 at Best Performance the Intel system scored 6,320 against 4,879 for the Snapdragon system, putting the system with the Snapdragon 23% behind, and under Vulkan the margin is the same at 6,629 against 5,128. The Arc B390 is the most performant integrated GPU in this class and these results reflect that.

The Balanced column narrows the gap to 12% in DX12 and 10% in Vulkan as the Intel system gives up 13% of its DX12 score moving to Balanced while the Snapdragon system gives up 1%. A buyer who leaves the machine in its default mode sees a much closer graphics comparison than the Best Performance numbers might suggest. The truth is that both systems offer more than enough integrated graphics performance in this state to enable a solid gaming and graphics experience, as long as the software and driver roadmap for Snapdragon continues to improve.

The AMD system is well behind both, with the Radeon 840M scoring 1,645 in DX12 and 1,708 in Vulkan, roughly a third of the Snapdragon result and a quarter of the Intel result. That is a smaller GPU, and it is the clearest example in the report of the configuration disconnect described in the methodology section.



AI (UL Procyon AI Computer Vision)

In UL Procyon AI Computer Vision at Best Performance the Snapdragon system scored 4,360 against 2,302 for the Intel system and 2,002 for the AMD system, leads of 1.9x and 2.2x, the widest margin over Intel in the report outside of MotionMark and one that owes nothing to core count.

The newer Computer Vision 2.0 suite narrows the gap and keeps the ordering. On the native execution path the Snapdragon system scored 2,145 against 1,663 and 1,178, leads of 29% and 82%. On the WinML path, which routes through the Windows ML runtime rather than a vendor-specific backend, it scored 2,160 against 1,645 and 1,215, leads of 31% and 78%. The WinML result matters more for buyers, because it is the path most shipping Windows AI features will take, and it shows the Hexagon advantage surviving the abstraction layer.

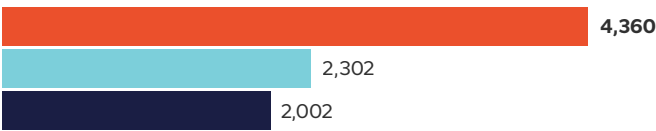
AI is also the most mode-independent and power-source-independent category in the suite. Across all three systems, Procyon AI scores move by a few percent at most between Best Performance and Balanced and between AC and DC. The Snapdragon system scored 4,360 at Best Performance on AC and 4,007 in Balanced on battery, an 8% spread across the widest configuration change in the report. Inference work runs on fixed-function hardware that is not being throttled by the same power budget the CPU cores compete for.

AI Inference • Plugged In

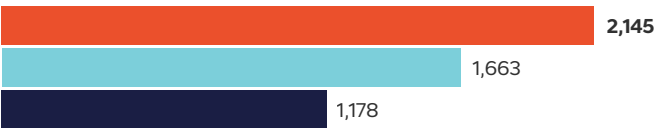
Higher is better • UL Procyon AI • Best Performance (AC) and Balanced (AC) • Run averages

Best Performance (AC)

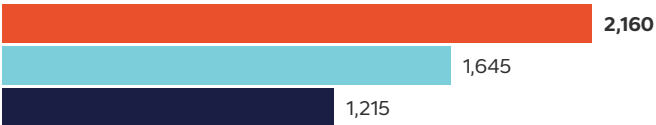
AI Computer Vision



AI CV 2.0 Native

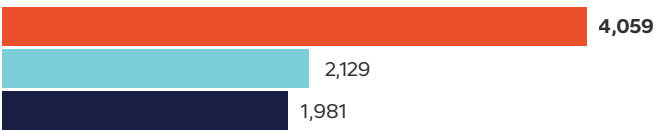


AI CV 2.0 WinML

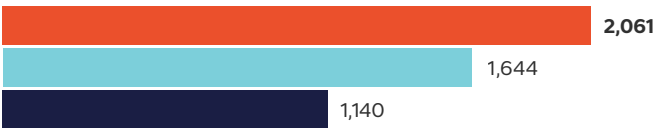


Balanced (AC)

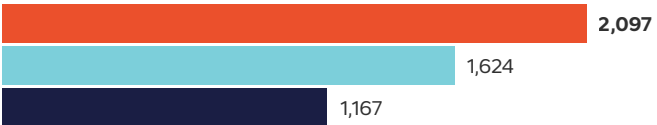
AI Computer Vision



AI CV 2.0 Native



AI CV 2.0 WinML



■ Snapdragon X2E-88-100 ■ Core Ultra X7 358H ■ Ryzen AI 7 445

Benchmark	Snapdragon X2E-88-100	Core Ultra X7 358H	Ryzen AI 7 445	vs Intel	vs AMD
AI Computer Vision — Best Performance (AC)	4,360	2,302	2,002	+89%	+118%
AI Computer Vision — Balanced (AC)	4,059	2,129	1,981	+91%	+105%
AI CV 2.0 Native — Best Performance (AC)	2,145	1,663	1,178	+29%	+82%
AI CV 2.0 Native — Balanced (AC)	2,061	1,644	1,140	+25%	+81%
AI CV 2.0 WinML — Best Performance (AC)	2,160	1,645	1,215	+31%	+78%
AI CV 2.0 WinML — Balanced (AC)	2,097	1,624	1,167	+29%	+80%

Performance Results on DC / On Battery

For this section all three systems ran on battery in Balanced mode, the default configuration for a user away from a desk. Battery behavior is where OEM power tuning matters most, so these results describe how each of these three machines manages its silicon unplugged.

Absolute Performance on Battery

On battery in Balanced mode the Snapdragon system led every CPU, productivity, and AI benchmark in the suite, and it led several of them by more than it did on wall power. Compared to Intel, Geekbench 7 multi-core went from a 32% lead on AC to a 28% lead on DC, and single-core from 23% to 27%. Procyon Office overall went from 2% to 11%. Against the AMD system the margins widen further, to 145% in Geekbench multi-core and 99% in Office.

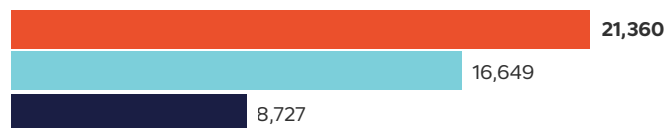
The one category that does not follow the pattern is browsing. JetStream 3, Speedometer 3.1, and WebXPRT 5 on battery are all narrow Intel wins, between 4% and 10%. The Intel system holds its browser performance on battery almost perfectly, and the Snapdragon system gives up a little. MotionMark remains a 3.3x Snapdragon lead. Graphics also stays with Intel, at a 20% DX12 margin.

Performance on Battery • Balanced Mode (DC)

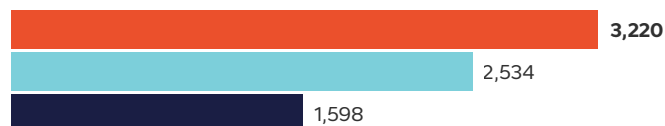
Higher is better • AI systems unplugged in Balanced mode • Run averages

CPU and productivity

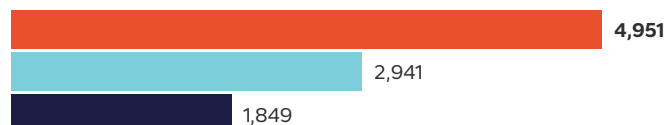
Geekbench 7 Multi-Core



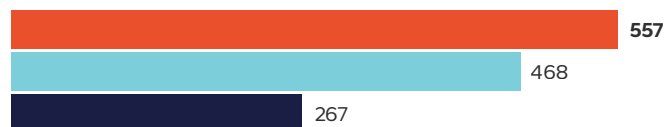
Geekbench 7 Single-Core



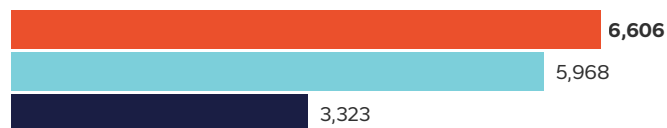
Cinebench 2026 Multi-Thread



Cinebench 2026 Single-Thread

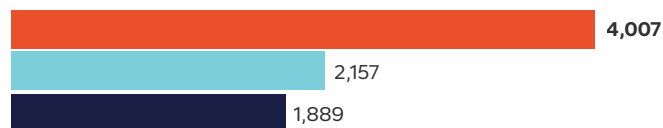


Procyon Office Overall

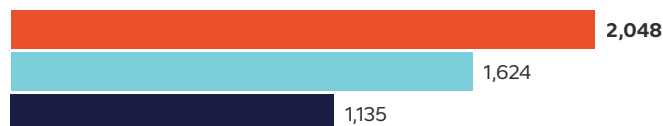


AI, browser, and graphics

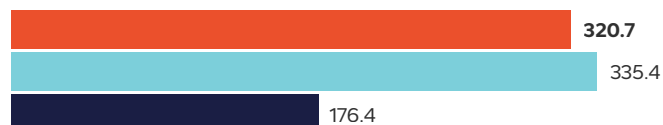
Procyon AI Computer Vision



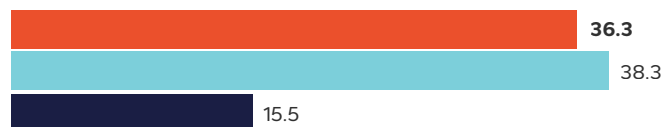
Procyon AI CV 2.0 (WinML)



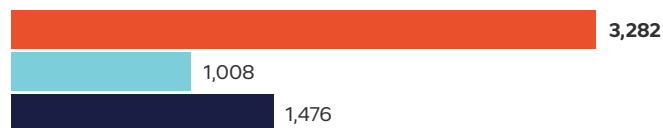
JetStream 3 (Chrome)



Speedometer 3.1 (Chrome)



MotionMark 1.3.1 (Chrome)



3DMark Steel Nomad Light (DX12)



■ Snapdragon X2E-88-100 ■ Core Ultra X7 358H ■ Ryzen AI 7 445

Benchmark	Snapdragon X2E-88-100	Core Ultra X7 358H	Ryzen AI 7 445	vs Intel	vs AMD
Geekbench 7 Multi-Core	21,360	16,649	8,727	+28%	+145%
Geekbench 7 Single-Core	3,220	2,534	1,598	+27%	+102%
Cinebench 2026 Multi-Thread	4,951	2,941	1,849	+68%	+168%
Cinebench 2026 Single-Thread	557	468	267	+19%	+109%
Procyon Office Overall	6,606	5,968	3,323	+11%	+99%
Procyon AI Computer Vision	4,007	2,157	1,889	+86%	+112%
Procyon AI CV 2.0 (WinML)	2,048	1,624	1,135	+26%	+80%
JetStream 3 (Chrome)	320.7	335.4	176.4	-4%	+82%
Speedometer 3.1 (Chrome)	36.3	38.3	15.5	-5%	+134%
MotionMark 1.3.1 (Chrome)	3,282	1,008	1,476	+225%	+122%
3DMark Steel Nomad Light (DX12)	4,440	5,569	1,622	-20%	+174%

The cross-power-state comparison

Our previous report made the claim that the Snapdragon system on battery beat the Intel system plugged in, across every CPU and AI benchmark. In this 14-inch comparison that claim holds in some categories and not others.

Against the Intel system plugged into the wall and set to Best Performance, the Snapdragon system running on battery in Balanced mode still led Geekbench 7 multi-core by 16%, single-core by 24%, Cinebench multi-thread by 40%, Cinebench single-thread by 11%, Procyon AI Computer Vision by 74%, and AI CV 2.0 WinML by 24%. It did not lead in Procyon Office, where it trailed by 17%, the Snapdragon's only loss in this comparison. Office is the one workload where the Intel system's plugged-in ceiling exceeds what the Snapdragon system delivers on battery, and in the other six benchmarks the Snapdragon system on battery outperformed the Intel system on wall power.

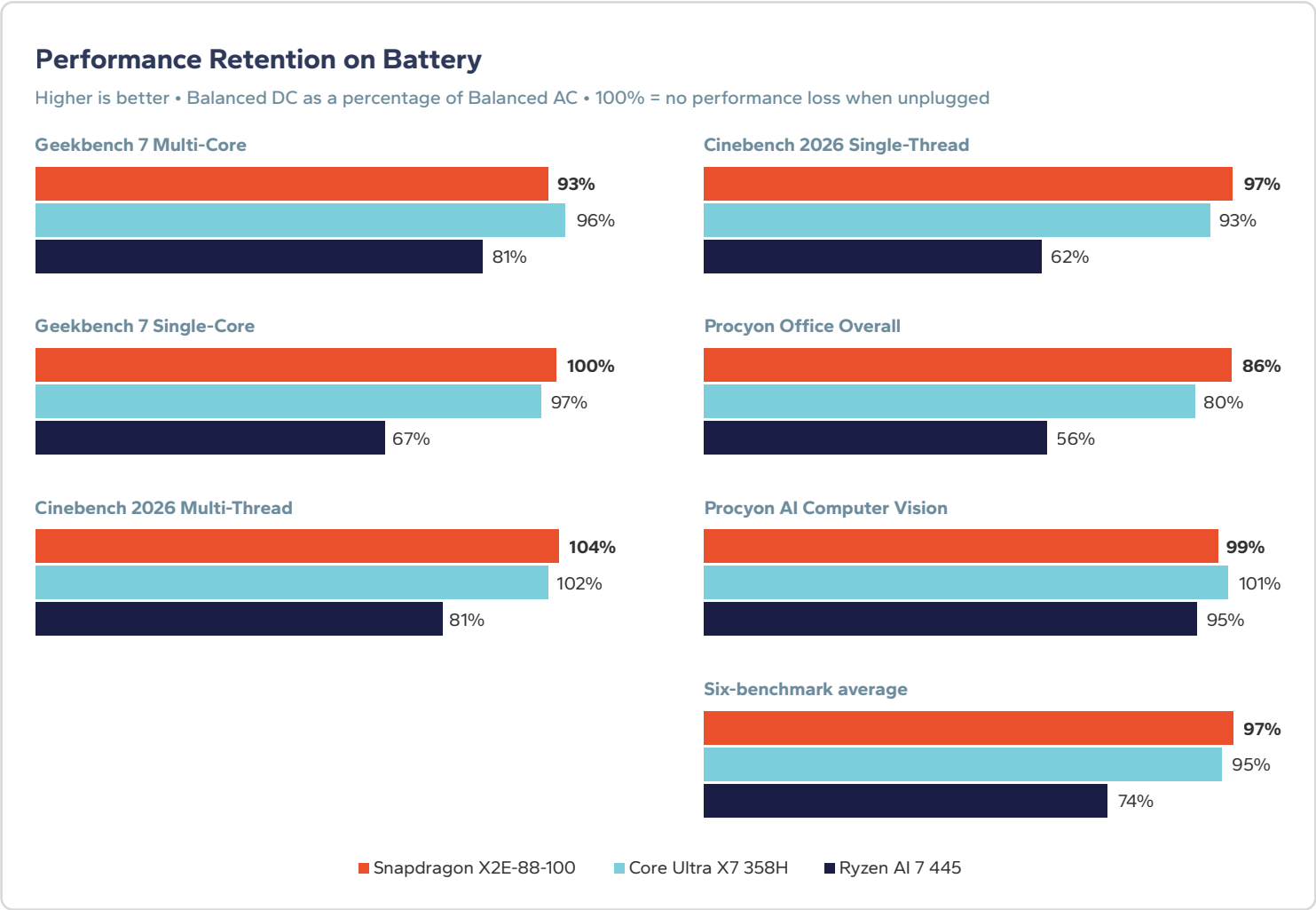
Snapdragon Balanced (DC) vs Intel Best Performance (AC)	Snapdragon on battery	Delta
Geekbench 7 Multi-Core	21,360 vs 18,360	+16%
Geekbench 7 Single-Core	3,220 vs 2,602	+24%
Cinebench 2026 Multi-Thread	4,951 vs 3,538	+40%
Cinebench 2026 Single-Thread	557 vs 504	+11%
Procyon AI Computer Vision	4,007 vs 2,302	+74%
Procyon AI CV 2.0 (WinML)	2,048 vs 1,645	+24%
Procyon Office Overall	6,606 vs 7,974	-17%

Performance Retention on Battery

Retention is the share of plugged-in performance a system keeps on battery, and it accounts for how the margins shift between the plugged-in and on-battery results. Across a six-benchmark set the Snapdragon system retained an average of 97% of its Balanced plugged-in performance, the Intel system 95%, and the AMD system 74%.

The Snapdragon figure is close to no loss at all, with Geekbench single-core, Cinebench multi-thread, and Procyon AI at 99% or better, Cinebench single-thread at 97%, and Geekbench 7 multi-core at 93%. Its weakest result is Procyon Office at 86%, which is also the Intel system's weakest at 80%. Both are dominated by the Excel and PowerPoint subtests, which are the most bursty parts of the Office suite and the most sensitive to a lowered turbo budget. In all, the Snapdragon system had the best retention in four of the six benchmarks, and in the two it did not win, Geekbench multi-core and Procyon AI, it finished within three points of the Intel system. Procyon AI held steady on all three laptops because inference runs on fixed-function NPU hardware rather than on the CPU cores that the on-battery power policy constrains.

The AMD result is the outlier by a wide margin. The Ryzen AI 7 445 system keeps 81% of its Geekbench multi-core score, 67% of single-core, 62% of Cinebench single-thread, and 56% of its Office score. A six-core part with less thermal headroom to begin with has less room to give up, and the on-battery power policy in this system is clearly aggressive. Procyon AI, at 95%, is the one place it holds thanks to the same fixed-function-hardware effect that keeps all three systems steady in that category.



Benchmark	Snapdragon X2E-88-100	Core Ultra X7 358H	Ryzen AI 7 445
Geekbench 7 Multi-Core	93%	96%	81%
Geekbench 7 Single-Core	100%	97%	67%
Cinebench 2026 Multi-Thread	104%	102%	81%
Cinebench 2026 Single-Thread	97%	93%	62%
Procyon Office Overall	86%	80%	56%
Procyon AI Computer Vision	99%	101%	95%
Average	97%	95%	74%

Battery Life

Battery life completes the mobility picture, and this comparison is cleaner than most because the three systems carry nearly identical packs, 70.0 Wh in both Lenovo systems and 68.6 Wh in the Dell, a 2% spread. Raw runtime is therefore a fair comparison, and normalizing to capacity changes almost nothing. All rundowns ran in Best Power Efficiency mode on battery.

In local 1080p video playback the Snapdragon system ran 16.1 hours, 11% longer than the Intel system at 14.4 hours and 3% longer than the AMD system at 15.7 hours. Video playback is a fixed-function decode workload and all three systems do it well; the spread is the narrowest of the three tests.

The margin opens in the Chrome browsing rundown, where the Snapdragon system ran 11.2 hours against 8.6 hours for Intel and 10.0 hours for AMD, leads of 30% and 12%. Browsing is the workload most users spend the most battery on, and it is the one that mixes idle, burst, and sustained load the way a real day does.

The sustained Procyon Office rundown is the one test where the Snapdragon system finishes last of the three, at 14.3 hours against 17.4 for Intel and 14.8 for AMD. This is the same workload where the Snapdragon system showed its lowest performance retention even though it still outperformed both the laptops using Intel and AMD processors. This is a clean trade-off of performance and battery life that each vendor makes slightly differently.

Battery Life • Rundown Tests

Longer is better • Runtime shown in hours • Best Power Efficiency mode, on battery

Local Video Playback (1080p)



Chrome Browsing Rundown



Procyon Office Rundown



■ Snapdragon X2E-88-100 ■ Core Ultra X7 358H ■ Ryzen AI 7 445

Rundown test	Snapdragon X2E-88-100	Core Ultra X7 358H	Ryzen AI 7 445	vs Intel	vs AMD
Local Video Playback (1080p)	16.1 hr	14.4 hr	15.7 hr	+11%	+3%
Chrome Browsing Rundown	11.2 hr	8.6 hr	10.0 hr	+30%	+12%
Procyon Office Rundown	14.3 hr	17.4 hr	14.8 hr	-18%	-3%

Battery Efficiency and Delivered Performance

Normalized to battery capacity the ordering does not change, because the capacities barely differ. The Snapdragon system delivers 13.8 minutes per watt-hour in video playback against 12.6 for Intel and 13.4 for AMD, and 9.6 min/Wh in browsing against 7.5 and 8.6. In the Office rundown it delivers 12.2 min/Wh against 15.3 and 12.7. We are including the normalized view for consistency with our prior reporting, but with packs this closely matched the raw hours are the more useful headline.

UL Procyon also reports a performance score in the same Best Power Efficiency configuration the rundowns use, which shows what each system delivered while those battery tests ran. The Snapdragon system led it with 4,353 in the Office overall score against 3,760 for Intel and 2,893 for AMD, leads of 16% and 50%, with the widest subtest margin in Word at 32% over Intel. The multi-platform Office score shows the same, 17% and 55%.

Runtime and delivered performance point the same direction in two of three workloads. In browsing and video the Snapdragon system lasted longer and worked faster. In the sustained Office rundown the Snapdragon system ran 18% shorter while doing 16% more work per unit time, a trade rather than a clean win for either side.

Battery Efficiency • Runtime per Watt-Hour

Higher is better • Rundown minutes divided by battery capacity • Slim 7x 70.0 Wh, XPS 14 68.6 Wh, Yoga 7a 14 70.0Wh

Local Video Playback (1080p)



Chrome Browsing Rundown



Procyon Office Rundown



■ Snapdragon X2E-88-100 ■ Core Ultra X7 358H ■ Ryzen AI 7 445

Benchmark	Snapdragon X2E-88-100	Core Ultra X7 358H	Ryzen AI 7 445
Local Video Playback (1080p)	13.8 min/Wh	12.6 min/Wh	13.4 min/Wh
Chrome Browsing Rundown	9.6 min/Wh	7.5 min/Wh	8.6 min/Wh
Procyon Office Rundown	12.2 min/Wh	15.3 min/Wh	12.7 min/Wh

Performance During Battery Testing • UL Procyon Office

Higher is better • Best Power Efficiency mode on battery, the configuration used for the battery rundowns

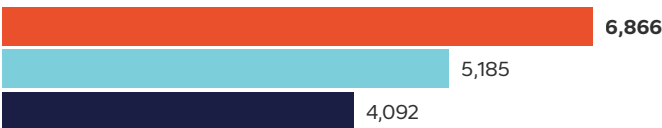
Office Overall Score



PowerPoint



Word



Outlook



Excel



■ Snapdragon X2E-88-100 ■ Core Ultra X7 358H ■ Ryzen AI 7 445

Performance per Dollar

The Lenovo Slim 7x with the Snapdragon X2 Elite X2E-88-100 sold for \$1,999.99 as tested. The Dell XPS 14 with the Core Ultra X7 358H sold for \$2,749.99, a \$750 premium, 38% more money for the same class of machine. The Lenovo Yoga 7a 14 with the Ryzen AI 7 445 sold for \$1,549.99, \$450 below the Snapdragon system.

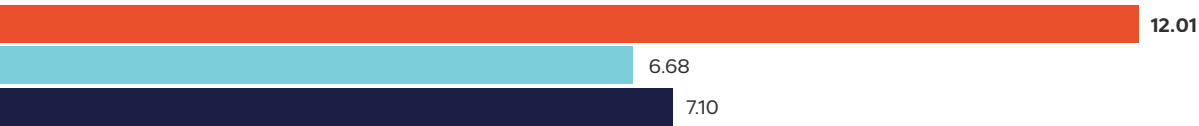
Dividing Best Performance results by price, the Snapdragon system delivered 1.8x the Geekbench 7 multi-core performance per dollar of the Intel system and 1.7x that of the AMD system. The margin widens to 2.0x and 1.6x in Cinebench 2026 multi-thread, and in Procyon AI Computer Vision the multiples reach 2.6x and 1.7x. Averaged across the three metrics, the Snapdragon system delivers 2.15x the Intel value per dollar and 1.67x the AMD value.

These three benchmarks are a selection rather than the full suite, chosen to represent multi-threaded CPU throughput, sustained rendering, and AI inference. The direction is consistent across the tests we did not chart. Even 3DMark Steel Nomad Light, the benchmark the Intel system wins by the widest margin in this report, comes out marginally in the Snapdragon system's favor on a per-dollar basis, 1.00 to 0.94, because a graphics lead of that size does not cover a 38% price premium. Prices are point-in-time retail as purchased, and the three configurations differ on memory and storage, with full details in the configuration section at the end of this report.

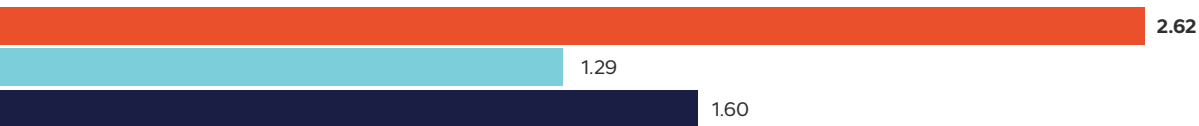
Performance per Dollar

Higher is better • Best Performance (AC) score divided by retail price as purchased • Slim 7x \$1,999.99 • XPS 14 \$2,749.99 • Yoga 7a 14 \$1,549.99

Geekbench 7 Multi-Core points per dollar



Cinebench 2026 Multi-Thread points per dollar



Procyon AI Computer Vision points per dollar



■ Snapdragon X2E-88-100 ■ Core Ultra X7 358H ■ Ryzen AI 7 445

Metric (Best Performance, AC)	Snapdragon X2E-88-100	Core Ultra X7 358H	Ryzen AI 7 445	vs Intel	vs AMD
Price as tested	\$1,999.99	\$2,749.99	\$1,549.99	-27%	+29%
Geekbench 7 Multi-Core score	24,016	18,360	11,008	+31%	+118%
Cinebench 2026 Multi-Thread score	5,240	3,538	2,479	+48%	+111%
Procyon AI Computer Vision score	4,360	2,302	2,002	+89%	+118%
Geekbench 7 MC per dollar (normalized)	1.00	0.56	0.59	1.80x	1.69x
Cinebench 2026 MT per dollar (normalized)	1.00	0.49	0.61	2.04x	1.64x
AI Computer Vision per dollar (normalized)	1.00	0.38	0.59	2.60x	1.69x
Average of the three metrics	1.00	0.48	0.60	2.15x	1.67x



Conclusions

In our testing of retail 14-inch systems, the Snapdragon X2 Elite X2E-88-100 led on CPU performance, productivity, AI inference, and browsing endurance, and most of those margins widen rather than narrow when the machine is unplugged. Against the Intel Core Ultra X7 358H it was 31% faster in Geekbench 7 multi-core and 24% faster in single-core plugged in, 1.9x faster in Procyon AI Computer Vision, and it ran 30% longer in a Chrome browsing rundown from a battery of the same size.

Intel wins clearly in one category, integrated graphics, where the Arc B390 leaves the Adreno X2-90 23% behind in Steel Nomad Light in both APIs at Best Performance, and a buyer who spends significant time gaming on integrated graphics has a real reason to choose the Intel system. The Intel system also ran longer in the sustained Office rundown and held narrow leads in three browser benchmarks on battery, while the Snapdragon system led the remaining CPU, productivity, AI, and battery tests.

The most consistent finding in the data is that the Snapdragon system does not need to be set to a higher power profile to reach its top-tier performance, while the x86 systems do. Cinebench multi-thread moves 9% between Best Performance and Balanced on the Snapdragon system and 18% on the Intel system. Across a six-benchmark set the Snapdragon system retains 97% of its performance on battery, while Intel retains 95% and AMD 74%. The practical consequence is that the Intel system's wins require the user to be plugged in and to have selected the right mode, while the Snapdragon system's wins do not. In Balanced mode on battery the Snapdragon system led every CPU, productivity, and AI test in the suite.

Those results describe the three systems we tested and not just the processors inside. Each device is one implementation of its silicon, and other systems built on the same processors will land differently as OEM design choices vary. The AMD comparison in particular should be read with care, since the Ryzen AI 7 445 is a six-core part against a sixteen-core and an eighteen-core competitor, and the widest margins against it are a statement about what AMD ships into this class rather than about Zen 5.

The Slim 7x sold for \$1,999.99 against \$2,749.99 for the XPS 14 — a \$750 gap, 38% more money for the Intel machine. That premium is larger than any performance margin Intel holds in this report. Intel's one clean win is the graphics result, and it does not survive division by price, since on a per-dollar basis the Snapdragon system leads even in 3DMark. Averaged across Geekbench multi-core, Cinebench multi-thread, and Procyon AI, it delivers 2.15x the Intel value, and 2.6x in AI alone. The AMD system is \$450 cheaper still and loses in most per-dollar metric.

Our previous report found that the X2 Elite Extreme made Snapdragon the performance leader in the 16-inch premium segment. This 18-core part, as implemented in the Slim 7x and measured against a strong Panther Lake implementation, makes a narrower and in some ways more practical case. It does not win everything, but its CPU, productivity, and AI results hold in the default power mode and on battery, and its price makes the categories it loses difficult to justify paying extra for. A buyer who specifically needs the strongest integrated graphics or the longest sustained Office runtime has a reason to spend the additional \$750, and most buyers in this segment do not.

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System Configurations

System details captured July 31st, 2026.

	Lenovo Slim 7x	Dell XPS 14	Lenovo Yoga 7a 14
Model	83QR	XPS 14 DA14260	83TD
CPU	Snapdragon X2 Elite X2E-88-100 (Qualcomm Oryon, 18C / 18T)	Intel Core Ultra X7 358H (16C / 16T)	AMD Ryzen AI 7 445 (6C / 12T)
Architecture	ARM64	x64	x64
Graphics	Qualcomm Adreno X2-90 (driver 32.0.152.6)	Intel Arc B390 (driver 32.0.101.8622)	AMD Radeon 840M (driver 32.0.22042.23002)
Memory	32 GB @ 9523 MHz	32 GB @ 9600 MHz	24 GB @ 8533 MHz
Operating System	Windows 26H1 (10.0.28000.2608)	Windows 25H2 (10.0.26200.8973)	Windows 25H2 (10.0.26200.8973)
System BIOS	LENOVO TCCN37WW (May 19th, 2026)	Dell 1.8.2 (May 21st, 2026)	LENOVO T9CN15WW (April 29th, 2026)
Battery design capacity	70,000 mWh (70.0 Wh)	68,607 mWh (68.6 Wh)	70,000 mWh (70.0 Wh)
Storage	1 TB SSD	1 TB SSD	512 GB SSD
Price as tested	\$1,999.99	\$2,749.99	\$1,549.99

Applications Used

Application	Version	Notes
UL Procyon	2.12.2641.0	Office Productivity, Office Productivity (MP), AI Computer Vision, AI CV 2.0
Geekbench 7	7.0.0	Multi-core and single-core
Cinebench 2026	2026.1.0	Single iteration and stress loop
3DMark	2.32.8874.0	Steel Nomad Light, DX12 and Vulkan
Microsoft Office	16.0.20228.20124	Native on all three platforms
Google Chrome	153.0.8010	JetStream 3, Speedometer 3.1, MotionMark 1.3.1, WebXPRT 5
Signal65 Browsing Workload	1.0.0.0	Chrome battery rundown
Signal65 Video Benchmark	1.0.0.0	Local 1080p video playback rundown (Tears of Steel)
Geekbench AI	1.7.0	Captured on all three systems but not reported, because backend coverage (CPU, GPU, NPU, DirectML) was not uniform across the platforms

Windows Updates

Update status as reported by each system on July 31st, 2026. A dash means the update was not reported by that system.

KB	Update	Slim 7x	XPS 14	Yoga 7a 14
KB2267602	Security Intelligence Update for Microsoft Defender Antivirus - KB2267602 (Version 1.455.446.0) - Current Channel (Broad)	Installed	Installed	Pending
KB4052623	Update for Microsoft Defender Antivirus antimalware platform - KB4052623 (Version 4.18.26060.3008) - Current Channel (Broad)	Installed	Installed	Pending
KB5007651	Update for Windows Security platform - KB5007651 (Version 10.0.29628.1000)	Installed	Installed	Installed
KB5100998	2026-07 .NET Framework Security Update (KB5100998)	—	Installed	Installed
KB5101002	2026-07 .NET Framework Security Update (KB5101002)	Installed	—	—
KB5101649	2026-07 Security Update (KB5101649) (28000.2525)	Installed	—	—
KB5101681	2026-07 Preview Update (KB5101681) (28000.2608)	Installed	—	—
KB5101684	2026-07 Preview Update (KB5101684) (26200.8973)	—	Installed	Installed
KB5103205	2026-06 Phi Silica AI Component Update (KB5103205)	Installed	—	—
KB5121638	2026-07 Phi Silica AI Component Update (KB5121638)	—	Installed	—
KB5121642	2026-07 Phi Silica AI Component Update (KB5121642)	—	—	Installed
KB890830	Windows Malicious Software Removal Tool x64 - v5.143 (KB890830)	—	Installed	Installed