

PT study shows that Snapdragon X processor-powered Dell laptops can balance strong performance and long battery life

In testing, Dell Latitude laptops featuring Snapdragon X processors outperformed Intel Lunar Lake-based systems in unplugged performance and battery life

AUSTIN, TX, UNITED STATES, December 17, 2025 /EINPresswire.com/ -- Today's workforce values flexibility to work from their desks, their couches, the coffee shop down the block, or airport lounges. Selecting laptops built to meet the demands of mobile workers can help them be more productive throughout their workday, even when they aren't plugged in. Principled Technologies (PT) tested a series of Snapdragon X processor-powered Dell Latitude laptops with different core counts and compared them to Intel Lunar Lake processor-based counterparts in both unplugged performance and battery life. The comparisons tested include:

- Dell Latitude 5455 with Snapdragon X Plus 8-core processors vs. HP EliteBook 8 G1i 14" with Intel Core Ultra 5 228V (Lunar Lake) processor
- Dell Latitude 7455 with Snapdragon X Plus 10-core processor vs. Lenovo ThinkPad T14 Gen 6 with Intel Core Ultra 7 268V vPro (Lunar Lake) processor
- Dell Latitude 7455 with Snapdragon X Elite 12-core processor vs. Lenovo ThinkPad T14 Gen 6 with Intel Core Ultra 7 268V vPro (Lunar Lake) processor



Principled Technologies®

A Principled Technologies report: Hands-on testing. Real-world results.

Get stronger app performance unplugged with Snapdragon X Plus processor-powered laptops

A Snapdragon X Plus 8-core processor-powered laptop outperformed an Intel Core Ultra 5 228V processor (Lunar Lake)-based system in productivity apps while delivering longer battery life for flexibility on the go

Standardizing on a system for your mobile-first PC fleet isn't just a hardware refresh—it's a way to cut help-desk workloads and battery-life complaints while giving teams the tools they need to be productive. Choosing the right laptop for your employees means weighing battery life as well as sustained performance on battery power, so employees have the freedom to work at high speed from anywhere. Laptops powered by Snapdragon® X Plus 8-core processors can help meet those needs so users can stay more productive, longer, whether they're at their desk or away from it.

We compared the general productivity performance of a Dell™ Latitude™ 5455 with Snapdragon® X Plus 8-core processor (X1P-42-100) to the HP EliteBook 8 G1i 14" with Intel® Core™ Ultra 5 228V (Lunar Lake) processor. Using a suite of benchmarks, we found that the Snapdragon X Plus 8-core processor-powered system offered longer battery life while undergoing a real-world Teams videoconference and delivered stronger productivity performance on common apps while unplugged. The performance advantages of Snapdragon X Plus-based systems can give your teams the responsiveness they need to maximize productivity, even while they're running on battery power.

Get stronger app performance unplugged with Snapdragon X Plus processor-powered laptops

December 2025

Tackle tough workloads
37.4% better multi-core performance on Cinebench 2024

Increase app responsiveness
11.1% higher Procyon Productivity scores

Join meetings on the go
with over 3 hours longer battery life while videoconferencing

Across all three comparisons, the Snapdragon X processor-powered laptops offered stronger unplugged performance across a range of performance benchmarks and delivered significantly longer battery life than the tested competitors.

According to the report with the 8-core Snapdragon X Plus processor comparison:

“Organizations looking to standardize on a new system to refresh their laptop fleet would do well to choose a Snapdragon X Plus 8-core processor-powered laptop like the Dell Latitude 5455 we tested, which demonstrated clear advantages in both unplugged productivity performance and battery life compared to the Lunar Lake processor-based HP EliteBook8 G1i 14" laptop.

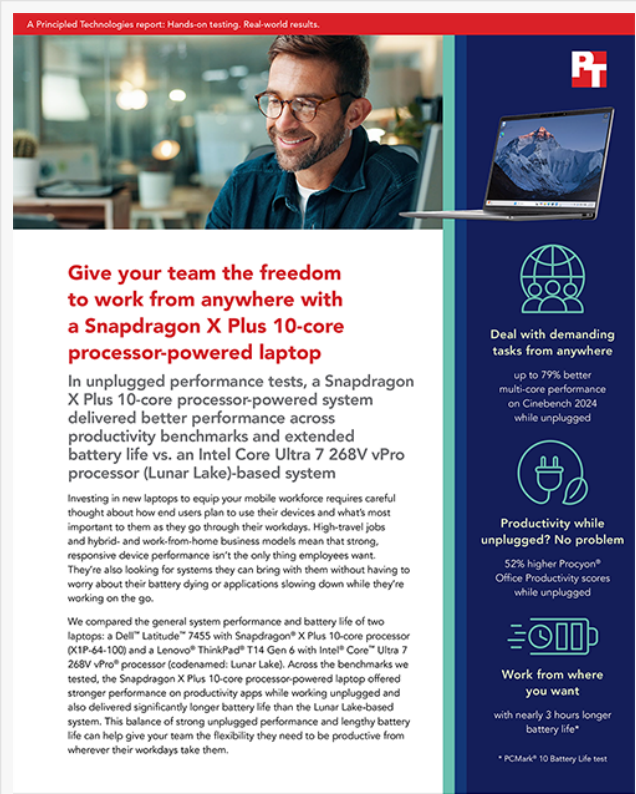
Because it delivered superior benchmark results on both demanding rendering tasks and real-world apps while unplugged, the Snapdragon X Plus 8-core processor-powered laptop could offer end users a more responsive, productive experience, even when they can't be plugged in. These performance gains plus multiple additional hours of battery life make it a compelling choice for organizations seeking reliable, high-performing laptops for their mobile workforce. By choosing a device that excels in efficiency and endurance, businesses can empower their employees to stay productive and connected wherever they choose to work.”

The study comparing the 10-core Snapdragon X Plus processor found:

“Across the benchmarks we tested, the Snapdragon X Plus 10-core processor-powered laptop offered stronger performance on productivity apps while working unplugged and also delivered significantly longer battery life than the Lunar Lake-based system. This balance of strong unplugged performance and lengthy battery life can help give your team the flexibility they need to be productive from wherever their workdays take them.”

Finally, the report showcasing the 12-core Snapdragon X Elite processor notes:

“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



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

In unplugged performance tests, a Snapdragon X Plus 10-core processor-powered system delivered better performance across productivity benchmarks and extended battery life vs. an Intel Core Ultra 7 268V vPro processor (Lunar Lake)-based system

Investing in new laptops to equip your mobile workforce requires careful thought about how end users plan to use their devices and what's most important to them as they go through their workdays. High-travel jobs and hybrid- and work-from-home business models mean that strong, responsive device performance isn't the only thing employees want. They're also looking for systems they can bring with them without having to worry about their battery dying or applications slowing down while they're working on the go.

We compared the general system performance and battery life of two laptops: a Dell™ Latitude™ 7455 with Snapdragon® X Plus 10-core processor (X1P-64-100) and a Lenovo® ThinkPad® T14 Gen 6 with Intel® Core™ Ultra 7 268V vPro® processor (codenamed: Lunar Lake). Across the benchmarks we tested, the Snapdragon X Plus 10-core processor-powered laptop offered stronger performance on productivity apps while working unplugged and also delivered significantly longer battery life than the Lunar Lake-based system. This balance of strong unplugged performance and lengthy battery life can help give your team the flexibility they need to be productive from wherever their workdays take them.

Deal with demanding tasks from anywhere
up to 79% better multi-core performance on Cinebench 2024 while unplugged

Productivity while unplugged? No problem
52% higher Procyon® Office Productivity scores while unplugged

Work from where you want
with nearly 3 hours longer battery life*

* PCMark® 10 Battery Life test

Give your team the freedom to work from anywhere with a Snapdragon X Plus 10-core processor-powered laptop December 2025

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

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.”

To learn more, read the full reports at <https://facts.pt/dTfnlD8> (8-core), <https://facts.pt/WaqsBQt> (10-core), and <https://facts.pt/9oIvmvc> (12-core).

About Principled Technologies, Inc.
Principled Technologies, Inc. is the leading provider of technology marketing and learning & development services.

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A Principled Technologies report: Hands-on testing. Real-world results.

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.

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
December 2025

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