

---

Subject: Re: Great video programs?

Posted by [Zion](#) on Sat, 20 Oct 2007 04:04:02 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

Actually, Trooprm02... And Caveman, most monitors can support upto 200Hz refresh rate. That's 200 refreshes per second. However, this isn't supported as it will damage your hardware (monitor, gfx card or both).

Monitors top 'supported' refreshrate is 75Hz, so in a way Troop is right. However, saying this, you should only run your monitor at 60Hz to increase lifetime of your hardware. I've burnt a graphics core by increasing the refresh rate too high and it displays images in a slightly more shade of blue, besides white windows/objects, which makes a nice horizontal black streak to the left of the screen.

---