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Subject: Re: Great video programs?

Posted by [light](#) on Sat, 20 Oct 2007 04:32:17 GMT

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The Merovingian wrote on Sat, 20 October 2007 17:04: 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.

Ok, I'm calling bullshit on that.

CRT: Running at 60Hz I can see the flicker. I run mine anywhere between 70 and 75 and they've lasted for years. My graphics card will happily run them at 85 if I wanted, but 75 is enough for me.

You're not going to damage your hardware unless you go to some res the monitor/card can't support.

LCD: I don't see any difference from 60 or above, so I keep it on 60.

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