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Subject: Re: CPU Temp

Posted by [dr3w2](#) on Sat, 03 Jul 2010 04:33:57 GMT

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unless you plan on doing some intense encoding/encrypting dunno why the hell people bother to overclock from "3.2" to 3.6. I have an i7 and honestly I could have went much lower and not even see the difference - kind of wish I did to save the money on it. For even the most intense gaming the cpu barely hovers around 8% usage. IDK, maybe you do processor intense applications however I just find that unlikely.

3.2ghz dual core is more then fast enough to happily run windows 7 and plenty of apps. Rather then waste your time and possible abuse to your cpu why not focus on your hdd access times (see solid state) considering where that's the biggest bottleneck on computers are now a days. You can clock your CPU all you want, but when the process idles over 90% of the time because it's waiting for the hdd or ram to respond to requests you won't be seeing any insane improvements.

Anyways, back to the temperature problems...Friend of mine had a core 2 duo running at 2.4. Had some problems with his fan, long story short the CPU had a safeguard to shutdown at 80degrees. The exact same setup on a second box they had idles at around 45 degrees. He went and purchased a new fan for 40\$ and that dropped his temperature right down to 30degrees.

I would recommend staying around 40 on idle, and below 50..maybe 55 on heavy load if you can. It'll also help extend the life of the processor. Either way you should be safe right up to 60. As someone mentioned, at 70 is when you should definitely start keeping an eye on it.

As I mentioned, I'm running an i7 2.67ghz with a stock fan. There's also a massive radeon 4870 video card right close to it. Uptime of about 7 hours right now and sitting nicely at 41degrees

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