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Subject: Screen refresh rate

Posted by [sniper12345](#) on Sun, 30 May 2004 06:20:58 GMT

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Ok, I'm a bit of an idiot when it comes to matters like these, but I just noticed my refresh rate is 60 Hertz, but I can set it up to 75. Should I do it? I made it that for a few seconds and nothing too special happened... does it increase performance or what? Would it hurt my eyes?

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