

How to check the CPU speed of Windows and Mac computers

In this article, TipsMake will guide you on how to test both the basic and maximum CPU speed on Windows and Mac computers.

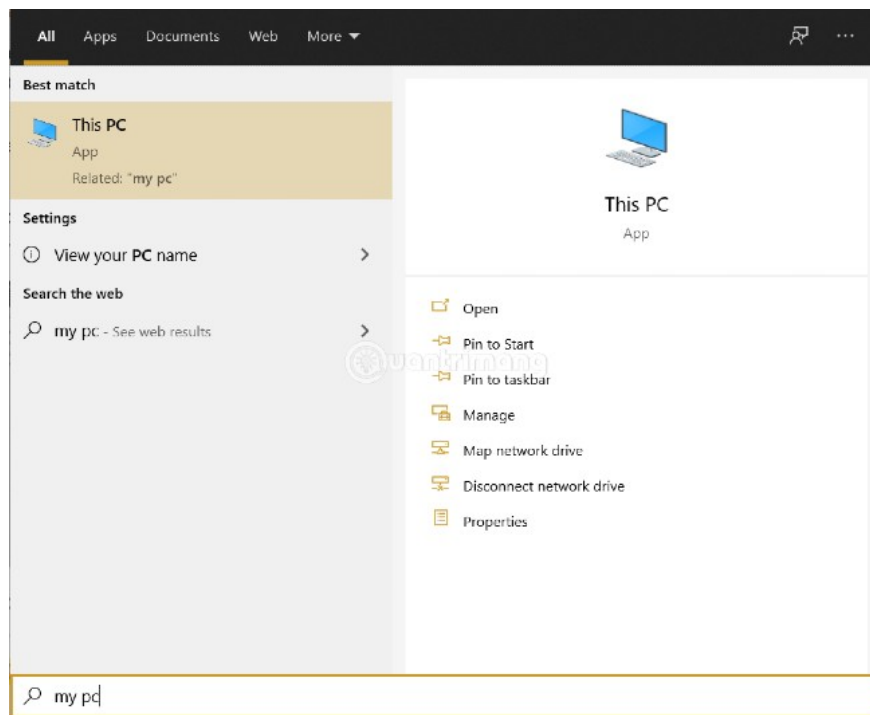
Base speed is the standard speed your CPU provides during use. Usually the CPU can run faster but this is the lowest speed your CPU can provide.

Windows and macOS have different methods of testing CPU base speed.

Windows

This method is applicable to Windows 7, 8, and 10.

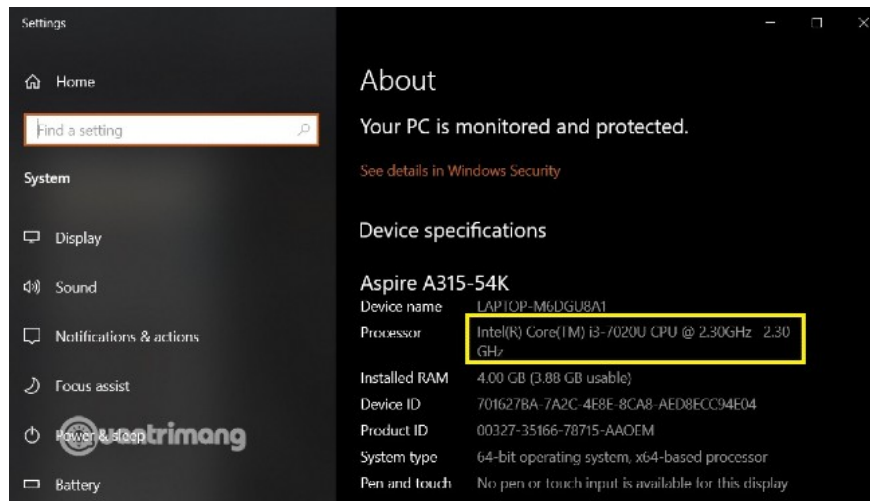
Step 1. Press the **Windows** button then enter **My PC**



Step 2. In Windows 7 and 8 you should see My PC in the results box. In Windows 10, the operating system will display This PC. Regardless of the operating system, the next step you need to do is right-click (or press and

hold with a touchscreen device) on the result and then select **Properties**.

Step 3. Your computer's CPU speed should show up in the window that just appears



On MacOS

This method works on all versions of macOS.

Step 1. Click the **Apple** logo in the upper left corner of the screen

Step 2. Select **About This Mac** from the menu that appears

Step 3. The CPU speed of your device will appear next to the name of the CPU



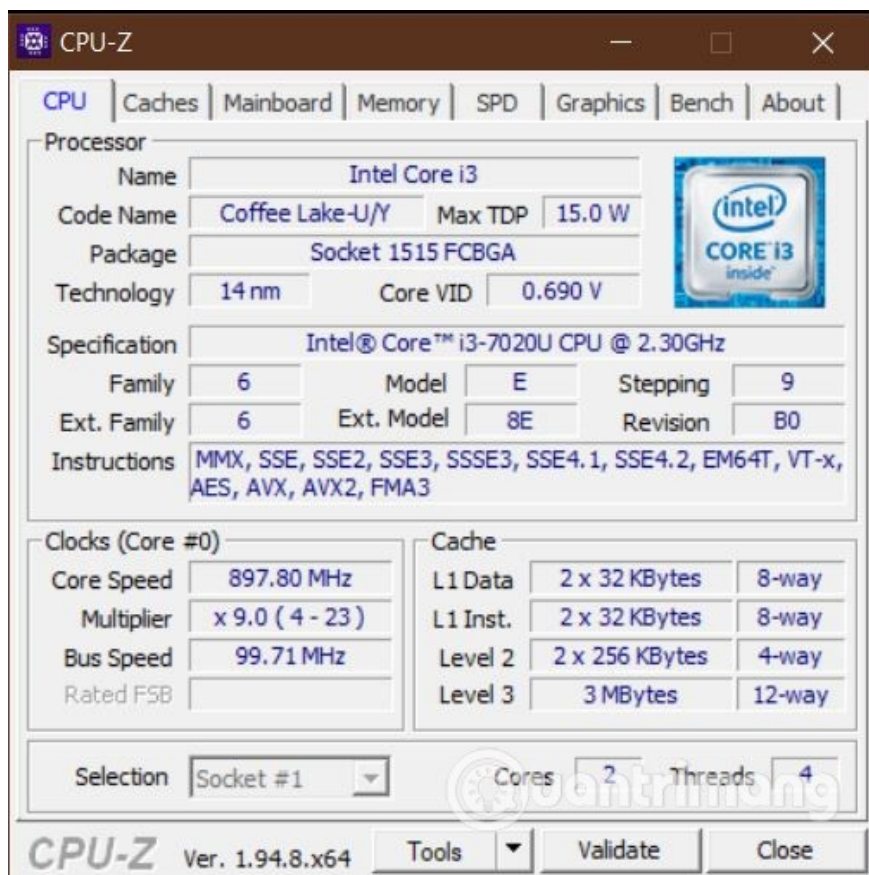
How to check the current speed and maximum CPU speed in Windows

The manufacturer rarely publishes the typical and maximum CPU speed on a computer. To know this, you must use third-party software. With Windows, CPU-Z is one of the best.

Step 1. Download **CPU-Z** and install

Step 2. Run **CPU-Z** and update if necessary

Step 3. Looking at the **Core Speed** result, you will see the current CPU speed. When dealing with games or graphics applications, Core Speed increases. This number will reach the maximum when you render graphics or play games at max setting.



Link to download CPU-Z software: [CPU Z - Download CPU-Z 1.94: Check CPU, computer configuration](#)

How to check current and maximum CPU speed on macOS

On macOS, to check the current and maximum CPU speed you also need specialized software. Ideally, you should use Intel's Power Gadget tool.

Step 1. Download **Intel Power Gadget** directly from Intel's site

Step 2. Select the package and follow the installation instructions. In **Security and Privacy System Preferences**, you need to click **Allow** (allowed) **Intel Power Gadget** can be installed on MacOS

Step 3. Once installed, run **Intel Power Gadget** from **Applications** just like any other application

Step 4. **Frequency** table on **Intel Power Gadget** will tell you current CPU speed. This speed will vary based on your activity.

Intel Power Gadget software download link: [Intel® Power Gadget](#)

What is CPU speed?

CPU speed is an important metric in evaluating the speed of your computer. CPU speed isn't absolutely decisive, especially when playing games. However, knowing how fast your CPU is running will help you figure out how to improve performance. It also helps ensure that you are getting the most out of your computer's existing hardware and knows when to upgrade.

There are many factors that affect the CPU speed when processing tasks. The number of cores and the number of threads also make a difference between CPUs. Cache size, CPU age and CPU architecture are also important in determining the CPU speed.

However, often when it comes to CPU speed people often refer to clock clocks. This is the number of cycles the CPU can perform tasks per second. In modern CPUs the unit of clock measurement is usually the gigahertz (GHz).

Currently, the fastest CPUs in the world can operate at above 5.0 GHz. Meanwhile, the vast majority of other CPUs have speeds between 2.0 and 3.0 GHz.

Will the CPU speed stay the same?

The answer is no. Modern CPUs use intelligent algorithms to accelerate when needed and decelerate at idle to save power and reduce heat generation. Therefore, if you let your CPU be covered with a lot of dirt, poor heat dissipation, it will always run at a slow rate to avoid overheating.

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