

В одном из выпусков на YouTube-канале TehnoBelka проверили, помогает ли скальпирование процессора R5 7400F или 8400F.

Процессоры начального уровня Ryzen 5 7400F и 8400F известны высокими температурами. Связано это с тем, что производитель припой под крышкой процессора заменил на обычную термопасту. Один из способов решения проблемы – скальпирование. То есть замена термопасты на жидкий металл.

Тестовый стенд включал кулер Kotetsu 2 SCKTT-2000, матплату Prime B650M-K. В играх температуры и до скальпирования, и после не превышали 80 градусов. То же самое было при разгоне процессоров через PBO.

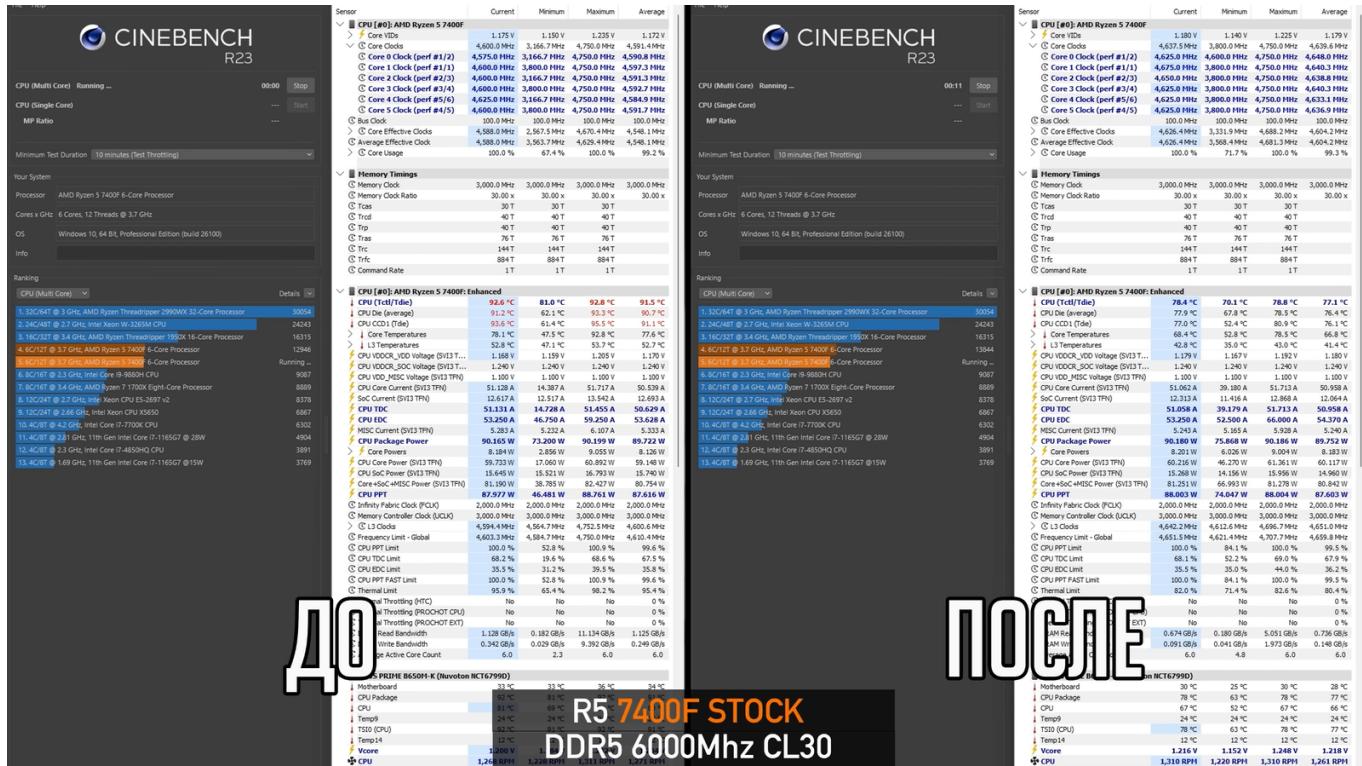
В рабочих задачах всё по-другому. Скальпирование помогло снизить температуру на 13 градусов в стоке. При использовании PBO разница до и после тоже составляла 3-4%.

Далее ведущий взял хорошую систему охлаждения Liquid Freezer 3 360 A-RGB Black и выяснил, можно ли с ней разогнать 7400F до уровня хотя бы 7500F в режиме PBO. Оказалось, что это реально.

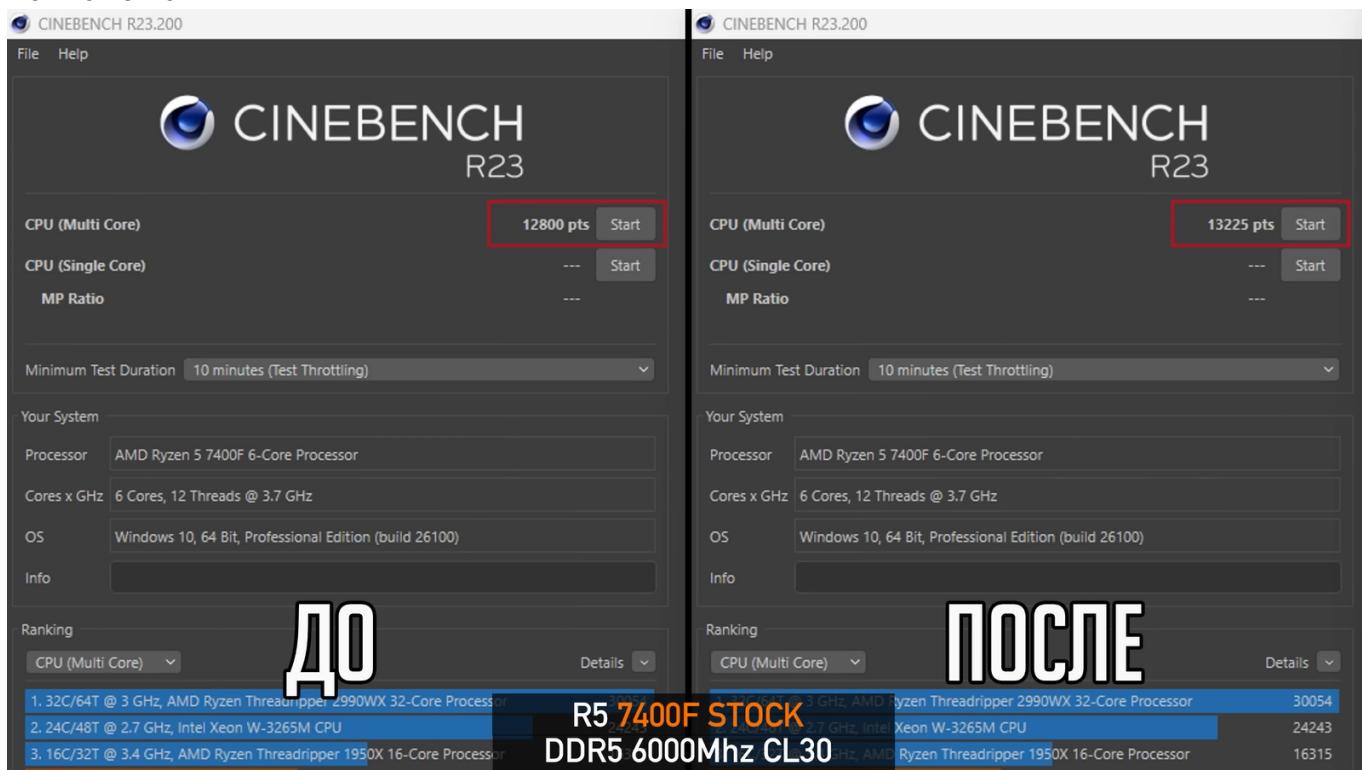
Со всеми замерами вы можете ознакомиться ниже.



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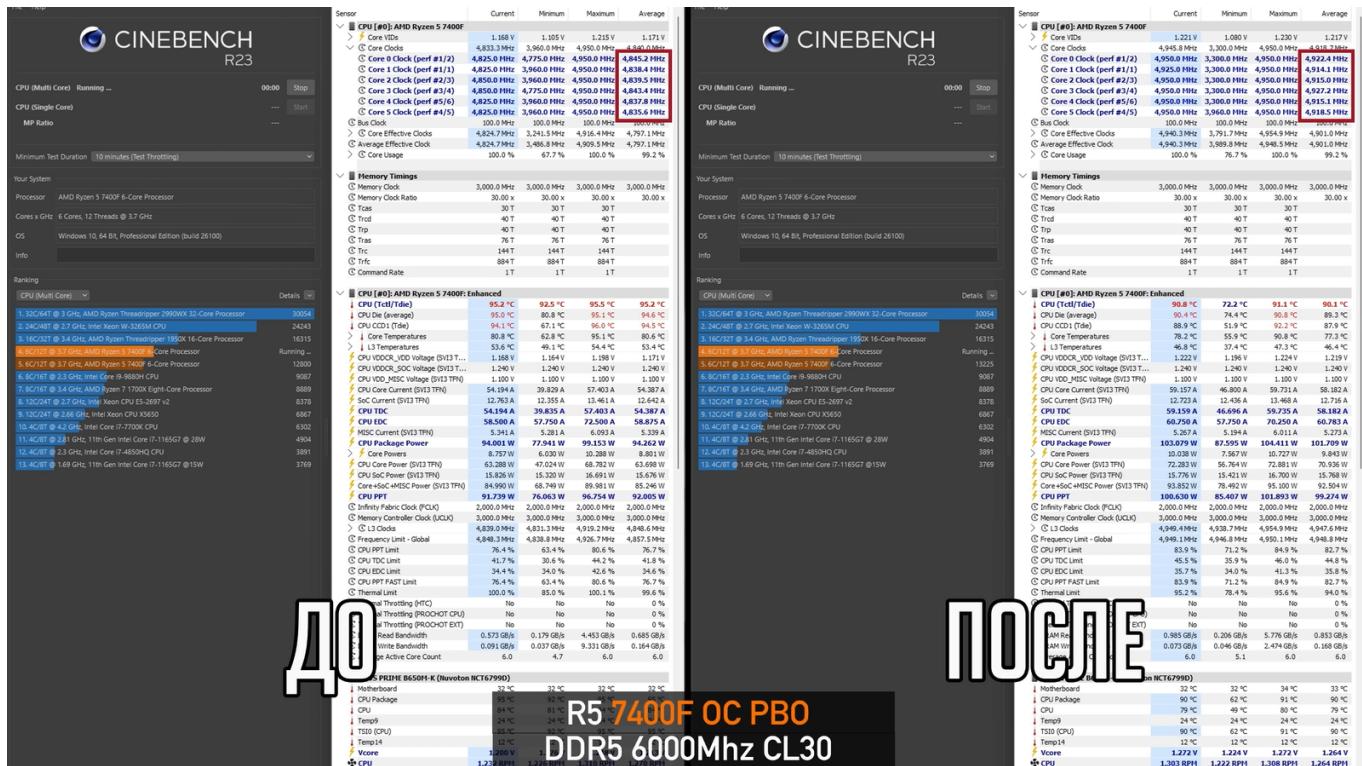


TehnoBelka

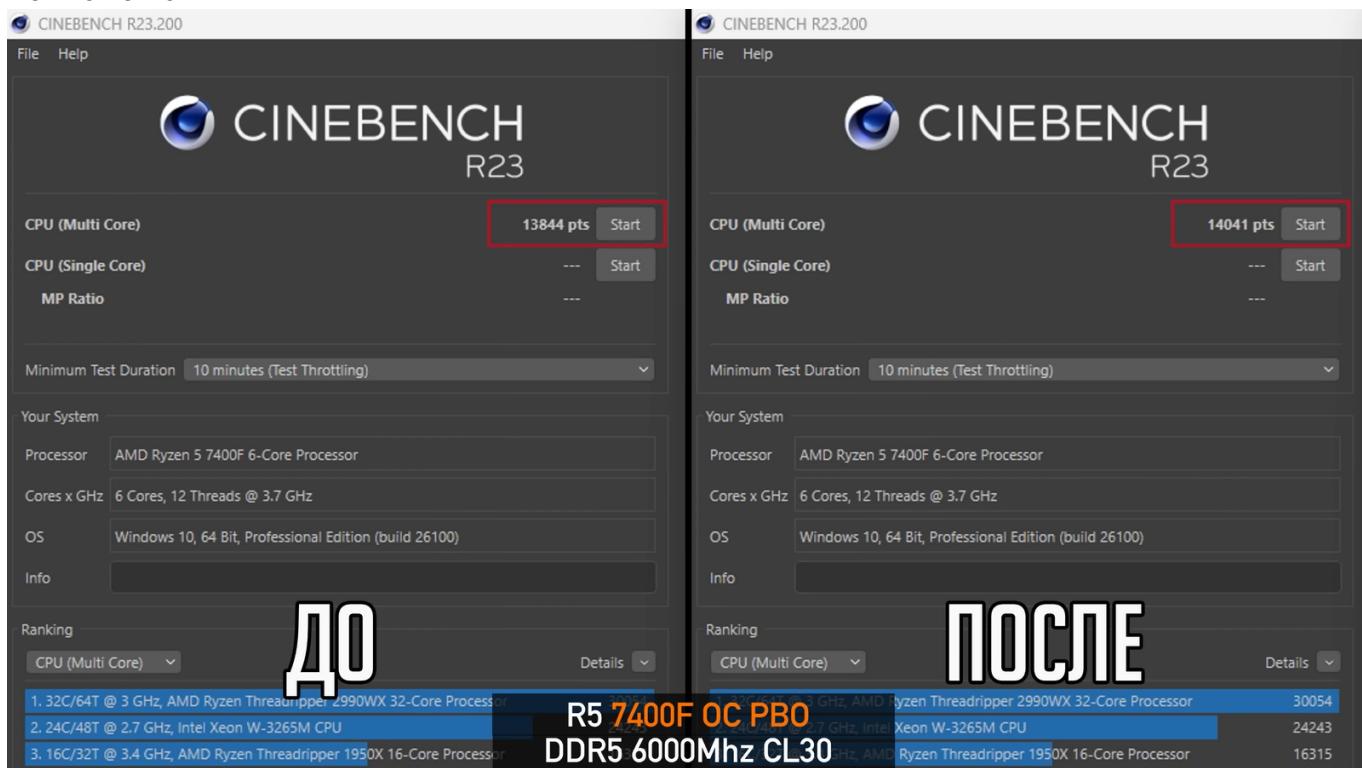


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CINEBENCH R23.00

File Help

CPU (Multi Core) Running ... 09:40 Stop

CPU (Single Core) ... Start

MP Ratio ...

Minimum Test Duration 10 minutes (Test Throttling)

Your System

Processor AMD Ryzen 5 7500F 6-Core Processor

Cores x GHz 6 Cores, 12 Threads @ 3.7 GHz

OS Windows 10, 64 Bit, Professional Edition (build 22631)

Info

Ranking

CPU (Multi Core) Details

1. 32C/64T @ 3.6 GHz, AMD Ryzen Threadripper 2990WX 32-Core Processor 30054
2. 16C/24T @ 3.42 GHz, 13th Gen Intel Core i7-13700K 29410
3. 24C/48T @ 2.7 GHz, Intel Xeon W-3265M CPU 24243
4. 16C/32T @ 3.4 GHz, AMD Ryzen Threadripper 1950X 16-Core Processor 16315
5. 8C/16T @ 2.3 GHz, Intel Core i9-9880H CPU 9087
6. 8C/16T @ 3.4 GHz, AMD Ryzen 7 1700X Eight-Core Processor 8889
7. 12C/24T @ 2.7 GHz, Intel Xeon CPU E5-2697 v2 8378
8. 12C/24T @ 2.66 GHz, Intel Xeon CPU X5650 6867
9. 4C/8T @ 4.2 GHz, Intel Core i7-7700K CPU 6302
10. 4C/8T @ 2.81 GHz, 11th Gen Intel Core i7-1165G7 @ 28W 4904
11. 4C/8T @ 2.3 GHz, Intel Core i7-4850HQ CPU 3891
12. 4C/8T @ 1.69 GHz, 11th Gen Intel Core i7-1165G7 @ 15W 3769

HWINFO64 v7.68-5300 Sensor Status [184 values hidden]

Sensor Current Minimum Maximum Average

CPU (#0): AMD Ryzen 5 7500F

Core VID 1.197 V 1.195 V 1.210 V 1.202 V

Core Clocks 5,240.5 MHz 5,240.5 MHz 5,240.5 MHz 5,240.5 MHz

Core 0 Clock (perf #1/1) 5,240.5 MHz 5,240.5 MHz 5,240.5 MHz 5,240.5 MHz

Core 1 Clock (perf #1/2) 5,240.5 MHz 5,240.5 MHz 5,240.5 MHz 5,240.5 MHz

Core 2 Clock (perf #2/3) 5,240.5 MHz 5,240.5 MHz 5,240.5 MHz 5,240.5 MHz

Core 3 Clock (perf #3/4) 5,240.5 MHz 5,240.5 MHz 5,240.5 MHz 5,240.5 MHz

Core 4 Clock (perf #4/5) 5,240.5 MHz 5,240.5 MHz 5,240.5 MHz 5,240.5 MHz

Core 5 Clock (perf #5/6) 5,240.5 MHz 5,240.5 MHz 5,240.5 MHz 5,240.5 MHz

Bus Clock 99.8 MHz 99.8 MHz 99.8 MHz 99.8 MHz

Core T (Tc/Tdie) 79.6 °C 79.3 °C 79.6 °C 79.6 °C

Core Die (average) 79.0 °C 78.6 °C 79.3 °C 79.0 °C

Core C001 (Tdie) 79.8 °C 78.3 °C 80.8 °C 79.5 °C

Core Temperatures 74.7 °C 68.3 °C 79.3 °C 74.7 °C

L3 Temperatures 42.1 °C 41.9 °C 42.1 °C 42.0 °C

Core TDC 57.394 A 57.236 A 57.646 A 57.419 A

Core EDC 58.500 A 58.250 A 58.500 A 58.438 A

Core PPT 97.307 W 97.307 W 98.422 W 97.675 W

Infinity Fabric Clock (FCLK) 1,996.4 MHz 1,996.4 MHz 1,996.4 MHz 1,996.4 MHz

Memory Controller Clock (UCLK) 3,094.4 MHz 3,094.4 MHz 3,094.4 MHz 3,094.4 MHz

Core PPT Limit 88.5 % 88.5 % 88.5 % 88.5 %

Core TDC Limit 71.7 % 71.5 % 72.1 % 71.8 %

Core EDC Limit 73.1 % 72.8 % 73.1 % 73.0 %

Core PPT FAST Limit 88.5 % 88.5 % 89.5 % 88.8 %

Thermal Limit 83.2 % 82.8 % 83.5 % 83.2 %

Thermal Throttling (HTC) No No No No

Thermal Throttling (PROCHOT CPU) No No No No

Thermal Throttling (PROCHOT EXT) No No No No

GIGABYTE B650E AORUS STEALTH ICE (ITE IT8689E)

System 34 °C 34 °C 34 °C 34 °C

PCH 41 °C 41 °C 41 °C 41 °C

CPU 79 °C 79 °C 79 °C 79 °C

PCIEx16 39 °C 39 °C 39 °C 39 °C

VRM MOS 37 °C 37 °C 37 °C 37 °C

EC_TEMP1 38 °C 38 °C 38 °C 38 °C

Vcore 1.236 V 1.236 V 1.248 V 1

CPU VCORE SoC 1.344 V 1.344 V 1.344 V 1

CPU VCORE MISC 1.128 V 1.128 V 1.128 V 1

CPU 1,890 RPM 1,890 RPM 1,901 RPM 1,897 RPM

System 1 886 RPM 881 RPM 886 RPM 883 RPM

R5 7500F OC PBO
DDR5 6000Mhz CL30

CINEBENCH R23

CPU (Multi Core) Running ... 03:19 Stop

CPU (Single Core) ... Start

MP Ratio ...

Minimum Test Duration 30 minutes (Test Stability)

Your System

Processor AMD Ryzen 5 7600X 6-Core Processor

Cores x GHz 6 Cores, 12 Threads @ 4.7 GHz

OS Windows 10, 64 Bit, Professional Edition (build 26100)

Info

Ranking

CPU (Multi Core) Details

1. 32C/64T @ 3.6 GHz, AMD Ryzen Threadripper 2990WX 32-Core Processor 30054
2. 16C/24T @ 2.7 GHz, Intel Xeon W-3265M CPU 24243
3. 16C/32T @ 3.4 GHz, AMD Ryzen Threadripper 1950X 16-Core Processor 16315
4. 8C/16T @ 2.3 GHz, Intel Core i9-9880H CPU 9087
5. 8C/16T @ 3.4 GHz, AMD Ryzen 7 1700X Eight-Core Processor 8889
6. 12C/24T @ 2.7 GHz, Intel Xeon CPU E5-2697 v2 8378
7. 12C/24T @ 2.66 GHz, Intel Xeon CPU X5650 6867
8. 4C/8T @ 4.2 GHz, Intel Core i7-7700K CPU 6302
9. 10. 4C/8T @ 2.81 GHz, 11th Gen Intel Core i7-1165G7 @ 28W 4904
11. 4C/8T @ 2.3 GHz, Intel Core i7-4850HQ CPU 3891
12. 4C/8T @ 1.69 GHz, 11th Gen Intel Core i7-1165G7 @ 15W 3769

HWINFO64 v7.68-5300 Sensor Status [184 values hidden]

Sensor Current Minimum Maximum Average

CPU (#0): AMD Ryzen 5 7600X

Core VID 1.304 V 1.245 V 1.395 V 1.304 V

Core Clocks 5,133.3 MHz 5,133.3 MHz 5,097.4 MHz 5,133.3 MHz

Core 0 Clock (perf #2/3) 5,133.3 MHz 5,133.3 MHz 5,090.0 MHz 5,133.3 MHz

Core 1 Clock (perf #1/2) 5,135.0 MHz 5,250.0 MHz 5,450.0 MHz 5,135.7 MHz

Core 2 Clock (perf #1/2) 5,150.0 MHz 5,250.0 MHz 5,450.0 MHz 5,153.3 MHz

Core 3 Clock (perf #3/4) 5,125.0 MHz 5,114.3 MHz 5,450.0 MHz 5,133.2 MHz

Core 4 Clock (perf #5/6) 5,125.0 MHz 5,114.3 MHz 5,452.0 MHz 5,133.2 MHz

Core 5 Clock (perf #5/6) 5,125.0 MHz 5,114.3 MHz 5,452.0 MHz 5,133.2 MHz

Bus Clock 100.0 MHz 100.0 MHz 100.0 MHz 100.0 MHz

Core T (Tc/Tdie) 95.4 °C 95.1 °C 95.8 °C 95.2 °C

Core Die (average) 95.0 °C 94.7 °C 95.3 °C 95.0 °C

Core C001 (Tdie) 92.2 °C 93.8 °C 96.8 °C 94.3 °C

Core Temperatures 88.4 °C 89.4 °C 90.5 °C 87.5 °C

L3 Temperatures 77.6 °C 69.6 °C 81.0 °C 76.8 °C

Core (C001) 89.2 °C 89.1 °C 91.4 °C 88.4 °C

Core (C002) 94.5 °C 94.7 °C 94.7 °C 93.2 °C

Core (C003) 94.8 °C 91.0 °C 95.0 °C 94.0 °C

Core (C004) 82.0 °C 84.4 °C 83.5 °C 80.9 °C

Core (C005) 92.5 °C 93.5 °C 94.1 °C 91.5 °C

Tcas 30 T 30 T 30 T 30 T

Trid 40 T 40 T 40 T 40 T

Trp 40 T 40 T 40 T 40 T

Tris 76 T 76 T 76 T 76 T

Trc 116 T 116 T 116 T 116 T

Trfe 884 T 884 T 884 T 884 T

Command Rate 1 T 1 T 1 T 1 T

Memory Timings

Memory Clock 3,000.0 MHz 3,000.0 MHz 3,000.0 MHz 3,000.0 MHz

Memory Clock Rate 30.00 x 30.00 x 30.00 x 30.00 x

Tas 30 T 30 T 30 T 30 T

Core (C001) 40 T 40 T 40 T 40 T

Core (C002) 40 T 40 T 40 T 40 T

Core (C003) 40 T 40 T 40 T 40 T

Core (C004) 40 T 40 T 40 T 40 T

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Core (C006) 40 T 40 T 40 T 40 T

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Core (C255) 40 T 40 T 40 T 40 T

Core (C256) 40 T 40 T 4

TehnoBelka

CINEBENCH R23

CPU (Multi Core) Running ...

CPU (Single Core) ... Start

MP Ratio ...

Minimum Test Duration 10 minutes (Test Throttling)

Your System

Processor AMD Ryzen 5 7400F 6-Core Processor

Cores x GHz 6 Cores, 12 Threads @ 5.25 GHz

OS Windows 10, 64 Bit, Professional Edition (build 26100)

Info

Ranking

CPU (#0): AMD Ryzen 5 7400F

	Current	Minimum	Maximum	Average
Core Clock	5,250.0 MHz	5,250.0 MHz	5,250.0 MHz	5,250.0 MHz
Core 0 Clock (perf #1/2)	5,250.0 MHz	5,250.0 MHz	5,250.0 MHz	5,250.0 MHz
Core 1 Clock (perf #2/3)	5,250.0 MHz	5,250.0 MHz	5,250.0 MHz	5,250.0 MHz
Core 2 Clock (perf #3/4)	5,250.0 MHz	5,250.0 MHz	5,250.0 MHz	5,250.0 MHz
Core 3 Clock (perf #4/5)	5,250.0 MHz	5,250.0 MHz	5,250.0 MHz	5,250.0 MHz
Core 4 Clock (perf #5/6)	5,250.0 MHz	5,250.0 MHz	5,250.0 MHz	5,250.0 MHz
Core 5 Clock (perf #6/7)	5,250.0 MHz	5,250.0 MHz	5,250.0 MHz	5,250.0 MHz
Average Clock	5,250.0 MHz	5,250.0 MHz	5,250.0 MHz	5,250.0 MHz
Average Effective Clock	5,250.5 MHz	5,251.4 MHz	5,251.4 MHz	5,214.3 MHz
Average Power	100.0 %	74.6 %	100.0 %	99.3 %
Core Usage	100.0 %	100.0 %	100.0 %	100.0 %

Memory Timings

	3,000.0 MHz	3,000.0 MHz	3,000.0 MHz	3,000.0 MHz
Memory Clock	3,000.0 MHz	3,000.0 MHz	3,000.0 MHz	3,000.0 MHz
Memory Clock Ratio	30.00 x	30.00 x	30.00 x	30.00 x
Tds	30 T	30 T	30 T	30 T
Lat	40 T	40 T	40 T	40 T
Trp	40 T	40 T	40 T	40 T
Tras	76 T	76 T	76 T	76 T
Trc	144 T	144 T	144 T	144 T
Trr	884 T	884 T	884 T	884 T
Command Rate	1 T	1 T	1 T	1 T

CPU (#0): AMD Ryzen 5 7400F Enhanced

	Current	Minimum	Maximum	Average
Core Clock	69.8 °C	69.8 °C	69.8 °C	69.8 °C
Core Die (average)	69.5 °C	69.2 °C	69.5 °C	69.5 °C
Core CO1 (idle)	68.0 °C	68.2 °C	69.5 °C	68.1 °C
Core Temperature	60.8 °C	49.0 °C	69.5 °C	60.0 °C
Core Current (idle)	38.1 °C	39.4 °C	37.8 °C	38.1 °C
Core VDDC, JDD Voltage (SV13 T)	1,101 V	1,000 V	1,198 V	1,101 V
Core VDDC, SOC Voltage (SV13 T)	1,290 V	1,290 V	1,290 V	1,290 V
Core VDDC, VDDC Voltage (SV13 T)	1,100 V	1,000 V	1,100 V	1,000 V
Core VDDC, VDD Voltage (SV13 T)	1,290 V	1,290 V	1,290 V	1,290 V
Core Current (SV13 TPN)	19.0 °C	18.0 °C	18.0 °C	19.0 °C
Core Current (SV13 TPN)	19.0 °C	18.0 °C	18.0 °C	19.0 °C
Core TDC	50.44 A	38.30 A	51,042 A	49,941 A
Core EDC	51,500 A	51,000 A	59,250 A	51,889 A
Memory Current (SV13 TPN)	5,252 A	5,259 A	6,020 A	5,292 A
Core Package Power	84,697 W	77,908 W	87,499 W	84,697 W
Core Power	7,541 W	5,299 W	7,944 W	7,469 W
Core Power (SV13 TPN)	55,191 W	42,228 W	56,158 W	54,965 W
Core SoC Power (SV13 TPN)	15,193 W	15,004 W	16,222 W	15,206 W
Core VDDC, VDDC Power (SV13 TPN)	76.0 W	63.7 W	76.0 W	75.0 W
Core PPT	82,931 W	70,459 W	85,409 W	82,760 W
Infinity Fabric Clock (IPO)	2,000.0 MHz	2,000.0 MHz	2,000.0 MHz	2,000.0 MHz
Memory Controller Clock (LCLK)	3,000.0 MHz	3,000.0 MHz	3,000.0 MHz	3,000.0 MHz
Core Clock	5,250.0 MHz	5,250.0 MHz	5,250.0 MHz	5,250.0 MHz
Frequency Limit - Global	4,750.0 MHz	4,750.0 MHz	4,750.0 MHz	4,750.0 MHz
CPU PPT FAST Limit	94.2 %	80.4 %	97.1 %	94.0 %
Thermal Throttling (TTC)	73.1 %	64.5 %	73.1 %	72.1 %
Thermal Throttling (HTC)	No	No	No	No
Thermal Throttling (PROCHOT CPU)	No	No	No	0 %
Thermal Throttling (PROCHOT EXT)	No	No	No	0 %
DRAM Read Bandwidth	0.405 GB/s	0.182 GB/s	5.140 GB/s	0.810 GB/s
DRAM Write Bandwidth	0.088 GB/s	0.041 GB/s	2,069 GB/s	0.161 GB/s
Average Active Core Count	6.0	4.9	6.0	6.0

ASUS PRIME B650M-K (Rivetron RCT67990)

	Current	Minimum	Maximum	Average
Motherboard	53 °C	34 °C	53 °C	53 °C
69 °C	67 °C	69 °C	69 °C	69 °C
58 °C	56 °C	58 °C	58 °C	58 °C
69 °C	67 °C	69 °C	69 °C	69 °C
121 °C	118 °C	123 °C	121 °C	121 °C
1,136 V	1,128 V	1,136 V	1,136 V	1,136 V
4,128 RPM	4,192 RPM	4,245 RPM	4,211 RPM	4,128 RPM
1,862 RPM	1,859 RPM	1,914 RPM	1,887 RPM	1,862 RPM
2,542 RPM	2,459 RPM	2,571 RPM	2,516 RPM	2,542 RPM

CINEBENCH R23

CPU (Multi Core) Running ...

CPU (Single Core) ... Start

MP Ratio ...

Minimum Test Duration 10 minutes (Test Throttling)

Your System

Processor AMD Ryzen 5 7500F 6-Core Processor

Cores x GHz 6 Cores, 12 Threads @ 3.7 GHz

OS Windows 10, 64 Bit, Professional Edition (build 22631)

Info

Ranking

CPU (#0): AMD Ryzen 5 7500F Enhanced

	Current	Minimum	Maximum	Average
Core Clock	5,211.4 MHz	4,132.4 MHz	5,240.5 MHz	5,218.2 MHz
Core 0 Clock (perf #1/2)	5,210.0 MHz	5,165.7 MHz	5,240.5 MHz	5,206.1 MHz
Core 1 Clock (perf #2/3)	5,215.6 MHz	4,192.4 MHz	5,240.5 MHz	5,206.1 MHz
Core 2 Clock (perf #3/4)	5,216.2 MHz	4,192.8 MHz	5,240.5 MHz	5,206.1 MHz
Core 3 Clock (perf #4/5)	5,215.6 MHz	4,190.6 MHz	5,240.5 MHz	5,222.5 MHz
Core 4 Clock (perf #5/6)	5,215.6 MHz	4,190.6 MHz	5,240.5 MHz	5,222.8 MHz
Core 5 Clock (perf #6/7)	5,215.6 MHz	4,190.6 MHz	5,240.5 MHz	5,222.8 MHz
Bus Clock	99.8 MHz	99.8 MHz	99.8 MHz	99.8 MHz

CINEBENCH R23

CPU (Multi Core) Running ...

CPU (Single Core) ... Start

MP Ratio ...

Minimum Test Duration 10 minutes (Test Throttling)

Your System

Processor AMD Ryzen 5 7500F 6-Core Processor

Cores x GHz 6 Cores, 12 Threads @ 3.7 GHz

OS Windows 10, 64 Bit, Professional Edition (build 22631)

Info

Ranking

CPU (#0): AMD Ryzen 5 7500F Enhanced

	Current	Minimum	Maximum	Average
Core Clock	82.8 °C	70.4 °C	82.9 °C	81.4 °C
Core Die (average)	82.4 °C	62.7 °C	82.4 °C	80.7 °C
Core CO1 (idle)	81.3 °C	55.1 °C	84.3 °C	80.8 °C
Core Temperature	76.3 °C	57.8 °C	76.3 °C	76.3 °C
L3 Temperatures	44.8 °C	36.1 °C	45.0 °C	43.7 °C
TPD	57,562 A	42,144 A	57,977 A	57,218 A
TPC	58,200 A	46,000 A	60,000 A	58,200 A
TPP	57,981 W	32,000 W	57,576 W	57,467 W
Infinity Fabric Clock (IPO)	1,096.4 MHz	1,096.4 MHz	1,096.4 MHz	1,096.4 MHz
Memory Controller Clock (UCLK)	3,094.4 MHz	3,094.4 MHz	3,094.4 MHz	3,094.4 MHz
CPU PPT Limit	89.1 %	71.1 %	89.6 %	88.6 %
CPU PPT Limit	72.8 %	72.8 %	72.8 %	71.1 %
CPU EDC Limit	72.8 %	72.8 %	75.0 %	73.1 %
CPU PPT FAST Limit	89.1 %	71.1 %	89.6 %	88.6 %
Thermal Limit	86.7 %	66.0 %	86.7 %	84.9 %
Thermal Throttling (PTC)	No	No	No	No
Thermal Throttling (PROCHOT CPU)	No	No	No	No
Thermal Throttling (PROCHOT EXT)	No	No	No	No

GIGABYTE B650M AORUS STEALTH (I7-13700F)

	Current	Minimum	Maximum	Average
Core (Tdie)	82 °C	74 °C	82 °C	82 °C
Core CO1	80 °C	69 °C	82 °C	81 °C
Core CO2	82 °C	69 °C	82 °C	81 °C
PCIE16	39 °C	39 °C	40 °C	39 °C
VBIOS	38 °C	37 °C	38 °C	38 °C
SPD (I2C)	29 °C	29 °C	29 °C	29 °C
Vcore	1,236 V	1,148 V	1,248 V	1,238 V
CPU Vcore SOC	1,344 V	1,332 V	1,344 V	1,344 V
CPU Vcore MISC	1,344 V	1,328 V	1,344 V	1,344 V
1,800 RPM	1,800 RPM	1,800 RPM	1,800 RPM	1,800 RPM
System 1	1,454 RPM	1,439 RPM	1,451 RPM	1,450 RPM
Fans	1,448 RPM	1,442 RPM	1,451 RPM	1,447 RPM
Cassis Intrusion	Yes	Yes	Yes	Yes

R5 7500F PBO DDR5 6000Mhz CL30

	Current	Minimum	Maximum	Average
Total Power	0.790 W	0.500 W	0.875 W	0.687 W
PMIC High Temperature	No	No	No	No
PMIC Over Voltage	No	No	No	No
PMIC Under Voltage	No	No	No	No

CINEBENCH R23.200

File Help

CINEBENCH R23

CPU (Multi Core) 14998 pts Start

CPU (Single Core) --- Start

MP Ratio ---

Minimum Test Duration 10 minutes (Test Throttling)

Your System

Processor AMD Ryzen 5 7400F 6-Core Processor

Cores x GHz 6 Cores, 12 Threads @ 5.25 GHz

OS Windows 10, 64 Bit, Professional Edition (build 26100)

Info

Ranking

CPU (Multi Core)

	Current	Minimum	Maximum	Average
Core Clock	5,250.0 MHz	3,000.0 MHz	5,250.0 MHz	3,000.0 MHz
Core 0 Clock	5,250.0 MHz	3,000.0 MHz	5,250.0 MHz	3,000.0 MHz
Core 1 Clock	5,250.0 MHz	3,000.0 MHz	5,250.0 MHz	3,000.0 MHz
Core 2 Clock	5,250.0 MHz	3,000.0 MHz	5,250.0 MHz	3,000.0 MHz
Core 3 Clock	5,250.0 MHz	3,000.0 MHz	5,250.0 MHz	3,000.0 MHz
Core 4 Clock	5,250.0 MHz	3,000.0 MHz	5,250.0 MHz	3,000.0 MHz
Core 5 Clock	5,250.0 MHz	3,000.0 MHz	5,250.0 MHz	3,000.0 MHz
Average Clock	5,250.0 MHz	3,000.0 MHz	5,250.0 MHz	3,000.0 MHz
Average Effective Clock	5,250.5 MHz	3,014.7 MHz	5,250.5 MHz	3,024.3 MHz
Average Power	100.0 %	74.6 %	100.0 %	99.3 %
Core Usage	100.0 %	100.0 %	100.0 %	100.0 %

CPU (Single Core)

	Current	Minimum	Maximum	Average
Core Clock	5,250.0 MHz	3,000.0 MHz	5,250.0 MHz	3,000.0 MHz
Core 0 Clock	5,250.0 MHz	3,000.0 MHz	5,250.0 MHz	3,000.0 MHz
Core 1 Clock	5,250.0 MHz	3,000.0 MHz	5,250.0 MHz	3,000.0 MHz
Core 2 Clock	5,250.0 MHz	3,000.0 MHz	5,250.0 MHz	3,000.0 MHz
Core 3 Clock	5,250.0 MHz	3,000.0 MHz	5,250.0 MHz	3,000.0 MHz
Average Clock	5,250.0 MHz	3,000.0 MHz	5,250.0 MHz	3,000.0 MHz
Average Effective Clock	5,250.5 MHz	3,014.7 MHz	5,250.5 MHz	3,024.3 MHz
Average Power	100.0 %	74.6 %	100.0 %	99.3 %
Core Usage	100.0 %	100.0 %	100.0 %	100.0 %

MP Ratio

	Current	Minimum	Maximum	Average
Core Clock	5,250.0 MHz	3,000.0 MHz	5,250.0 MHz	3,000.0 MHz
Core 0 Clock	5,250.0 MHz	3,000.0 MHz	5,250.0 MHz	3,000.0 MHz
Core 1 Clock	5,250.0 MHz	3,000.0 MHz	5,250.0 MHz	3,000.0 MHz
Core 2 Clock	5,250.0 MHz	3,000.0 MHz	5,250.0 MHz	3,000.0 MHz
Core 3 Clock	5,250.0 MHz	3,000.0 MHz	5,250.0 MHz	3,000.0 MHz
Average Clock	5,250.0 MHz	3,000.0 MHz	5,250.0 MHz	3,000.0 MHz
Average Effective Clock	5,250.5 MHz	3,014.7 MHz	5,250.5 MHz	3,024.3 MHz
Average Power	100.0 %	74.6 %	100.0 %	99.3 %
Core Usage	100.0 %	100.0 %	100.0 %	100.0 %

R5 7400F OC 5.25 DDR5 6000Mhz CL30

	Current	Minimum	Maximum	Average
32-Core Processor	30054	24243	16315	16315

R5 7500F PBO DDR5 6000Mhz CL30

	Current	Minimum	Maximum	Average
1. 32C/64T @ 3 GHz, AMD Ryzen Threadripper 1950X 16-Core Processor	24243	24243	16315	16315
2. 16C/24T @ 3.42 GHz, 13th Gen Intel Core i9-13900K 12-Core Processor	16315	16315	16315	16315
3. 24C/48T @ 2.7 GHz, Intel Xeon W-32650v CPU	16315	16315	16315	16315

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TehnoBelka

Вывод

Чаще всего 7400F и 8400F используются как игровые процессоры, но в этом случае температуры у них не критические и смысла в скальпировании нет. Но если вы планируете не только играть, но и работать, то скальпирование – довольно простой способ снизить температуры как в стоке, так и в ручном разгоне. Процессор можно довести до уровня 7500F или даже выше.