



## **Dell Latitude 7340 Ultralight: Strong performance plus business-essential features for privacy and productivity**

**vs. 13-inch Apple MacBook Air (2022)**

Whether your team is on the road, working remotely, or on-site—coworking spaces, hot desking, and office hoteling have revolutionized the corporate landscape. Ultralight laptops that give your team the features and resources they need to complete tasks quickly and comfortably go a long way to boosting productivity and job satisfaction—no matter where they're logging their hours.

In our hands-on tests, the 13-inch Dell Latitude™ 7340 Ultralight powered by an Intel vPro® with Intel® Core™ i7-1365u processor received higher general performance benchmark scores both plugged in and unplugged, provided more port types, included built-in privacy features, and was noticeably cooler while running a processor-intensive workload compared to a 13-inch Apple® MacBook Air® (2022) powered by an Apple M2 chip. Read on to see how the two business laptops can improve (or hinder) modern workforce productivity.



**Work in shared and public environments**

with more port types and built-in privacy features



**Keep your hybrid workforce productive**

with higher plugged-in and unplugged CrossMark® and WebXPRT 4 benchmark scores



**Keep your road warriors comfortable**

with cooler surface temperatures under load

## How we tested

Before we started testing, we set the Dell Latitude 7340 Ultralight to best performance power mode. At the time of testing, the 13-inch Apple MacBook Air offered only Automatic (balanced) or Low Power Mode (best battery life) power settings, but nothing designed to boost performance.<sup>1</sup> We left the MacBook Air in the Automatic power setting. Both systems contained 16 GB of memory and 512 GB of SSD storage. The systems under test:



### Dell Latitude 7340 Ultralight

Intel vPro with Intel Core i7-1365u CPU (10 cores)  
Intel Iris® X<sup>e</sup> Graphics  
FHD+ display



### 13-inch Apple MacBook Air

Apple M2 processor  
(8-core CPU and 10-core GPU)  
Liquid Retina display

We ran the following benchmarks twice to evaluate system responsiveness—once with the systems plugged in and a second time with the systems unplugged:

- **CrossMark** is a general performance benchmark that uses models of real-world applications to measure overall system performance and responsiveness.<sup>2</sup>
- **WebXPRT 4** is a browser benchmark that mimics typical online activities to quantify a system's web-browsing performance.<sup>3</sup>

We also measured the temperatures of each laptop's keyboard deck, left and right palm rests, and the underside of each chassis while running a processor-intensive Cinebench 2024 workload.

The benchmark scores and thermal testing results we report reflect the specific configurations we tested. Any difference in the configurations, as well as screen brightness, network traffic, or software additions, can affect results. For a deeper dive into our testing parameters and procedures, see the [science behind the report](#).



## Boost productivity and keep work private

Providing your team with the features and resources they need to get the job done quickly while also keeping sensitive data private is key to business success.

### Business connectivity features

Reduce dongle dependence. Thunderbolt™ technology is great for connecting a wide variety of accessories. However, having only Thunderbolt connections means members of your team may need additional dongles to utilize business-essential accessories. HDMI® ports are a common way to connect with external monitors or displays—and essential for “stunning audio and beautiful video.”<sup>4</sup> USB-A ports provide a direct link to office essentials such as printers, external hard drives, scanners, and, in some cases, Ethernet cables.<sup>5</sup> Having more than a single type of accessory connection on fleet laptops gives your team more options to plug-and-play in just about any work environment they find themselves in.

Table 1: Dell Latitude 7340 and 13-inch Apple MacBook Pro (2022) business-essential feature comparison. Source: Principled Technologies.

	Dell Latitude 7340 Ultralight	13-inch Apple MacBook Air (2022)
Touch screen	Optional	Not available
Surface area (sq. in.)	98.85	99.05
System weight (lbs.)	2.41	2.67
Ports	2x Thunderbolt 4 ports 1x USB-A port 1x HDMI port 1x headphone jack	2x Thunderbolt 4 ports No USB-A ports No HDMI ports 1x headphone jack
Connectivity	Wi-Fi 6E	Wi-Fi 6
Bluetooth	5.3	5.3
Intel EVO certification	Yes	Not available
Built-in remote manageability	Intel vPro platform <sup>6</sup>	Not available





## Built-in privacy features

With more employees working in public spaces, coworking locations, and hot-desking or office hoteling on-campus, the need for privacy is more important than ever.

The Dell Latitude 7340 Ultralight comes with Dell Optimizer Intelligent Privacy, which includes integrated Presence Detection technology. Presence Detection uses an internal sensor to monitor the user's approach and actions and react to potential privacy issues when the user looks or walks away or someone else is nearby.<sup>7</sup> The 13-inch MacBook Air (2022) included limited built-in privacy protections and no sensor-based privacy features.<sup>8</sup>

Table 2: Dell Latitude 7340 and 13-inch Apple MacBook Pro (2022) privacy-essential feature comparison. Source: Principled Technologies.

Dell Latitude 7340 Ultralight	13-inch Apple MacBook Air (2022)
<b>Onlooker detection</b> We verified that Dell Optimizer Intelligent Privacy applied a texture to the screen when someone was standing behind our tester.	Not available
<b>Look Away Dim</b> We verified that Dell Optimizer Intelligent Privacy dimmed the screen when our tester looked away.	Not available
<b>Walk Away Lock</b> We verified that Dell Optimizer Intelligent Privacy locked the screen after 30 seconds when our tester walked away.	<b>Automatic log-out</b> We verified that you could enable a function that automatically turns off the system after a specified length of keyboard inactivity. <sup>9</sup>
<b>Wake on Approach</b> We verified that Dell Optimizer Intelligent Privacy unlocked the screen when our tester reapproached the laptop.	Not available

Another bonus with the Dell Optimizer Intelligent Privacy Presence Detection technology is the zero-touch login capability. The Dell Latitude 7340 was able to sense our presence as we walked up and woke the system as we sat down in front of it. With the 13-inch Apple MacBook Air (2022), we had to login manually or use the Touch ID (fingerprint) option before the system was ready to go.



## Keep your team productive—no matter where they are

Laptops should help boost productivity wherever you typically use them, whether that's at a designed plug-in area or while flying to the next meeting. That's why it's important to see how they perform both plugged in (AC) and unplugged (DC). The cornerstone of any laptop's daily routine is repetitive, day-to-day activities. Higher overall scores here indicate an aptitude for the day-to-day activities that grease the wheels of many organizations.

Figures 1 and 2 show our plugged in performance results. Most hybrid workforce users have dedicated spaces they work in and finding a convenient plug is no problem.

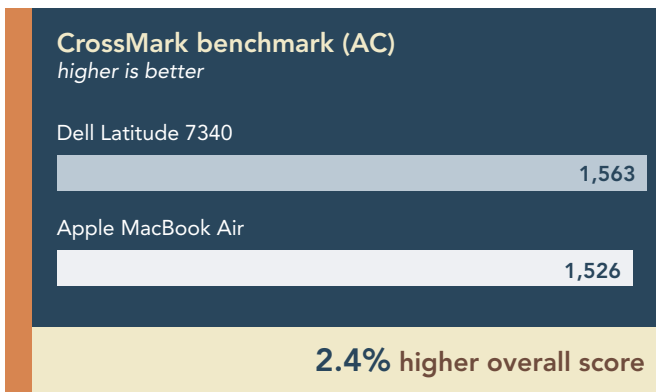


Figure 1: CrossMark benchmark plugged-in overall scores. Higher is better. Source: Principled Technologies.

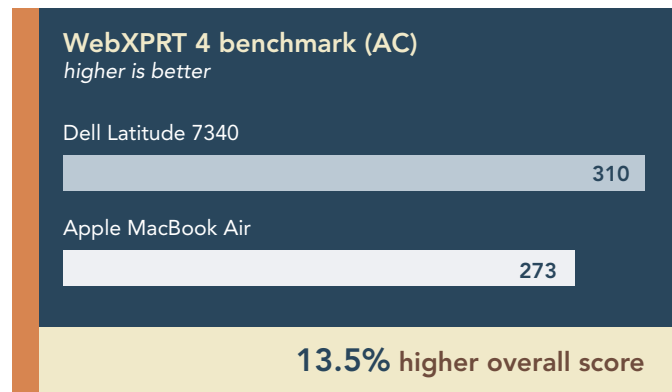


Figure 2: WebXPRT 4 benchmark plugged-in overall scores. Higher is better. Source: Principled Technologies.

Figures 3 and 4 show our unplugged performance results. Road warriors and executives are expected to perform at top output no matter where they find themselves. Their laptops should do the same.

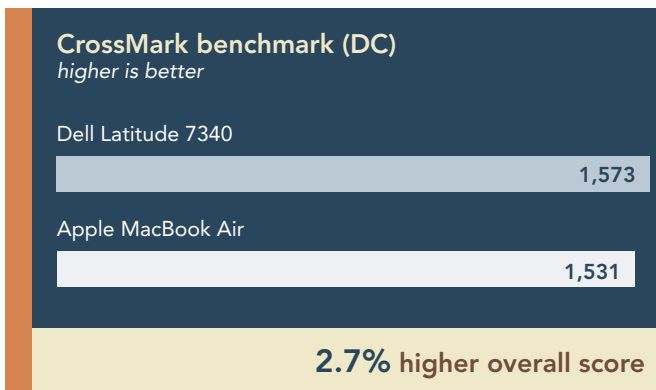


Figure 3: CrossMark benchmark unplugged overall scores. Higher is better. Source: Principled Technologies.

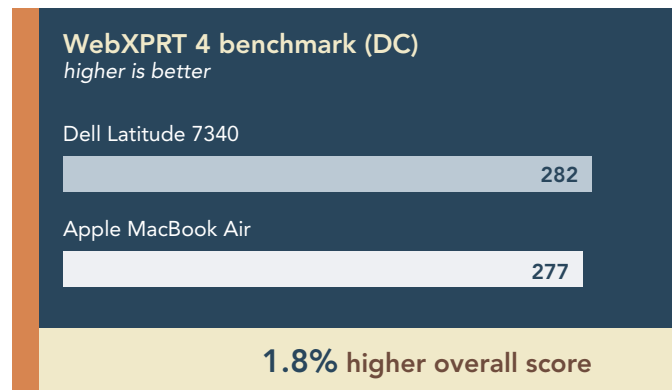


Figure 4: WebXPRT 4 benchmark unplugged overall scores. Higher is better. Source: Principled Technologies.



## Experience cooler surface temperatures

For this surface temperature comparison, we created a sustained graphics load by repeatedly running the Cinebench 2024 benchmark. Cinebench 2024 uses the Maxon Redshift render engine to stress the laptop processors.<sup>10</sup> To see how each laptop handled this compute-intensive workload in a room where the ambient temperature was 72.1° F (22.3° C), we ran the benchmark for over an hour and took temperature readings continuously. We report the maximum temperature at each location below.

While most users won't render videos every day, other compute-intensive applications that will stress the processors and create heat are demanding productivity apps, such as PowerPoint and Excel, financial analysis tools, computer-aided design (CAD) programs, and product development and design applications. Excessive heat output can be extremely uncomfortable for users who rest their hands on the palm rests or balance their laptop on their legs when they're working.

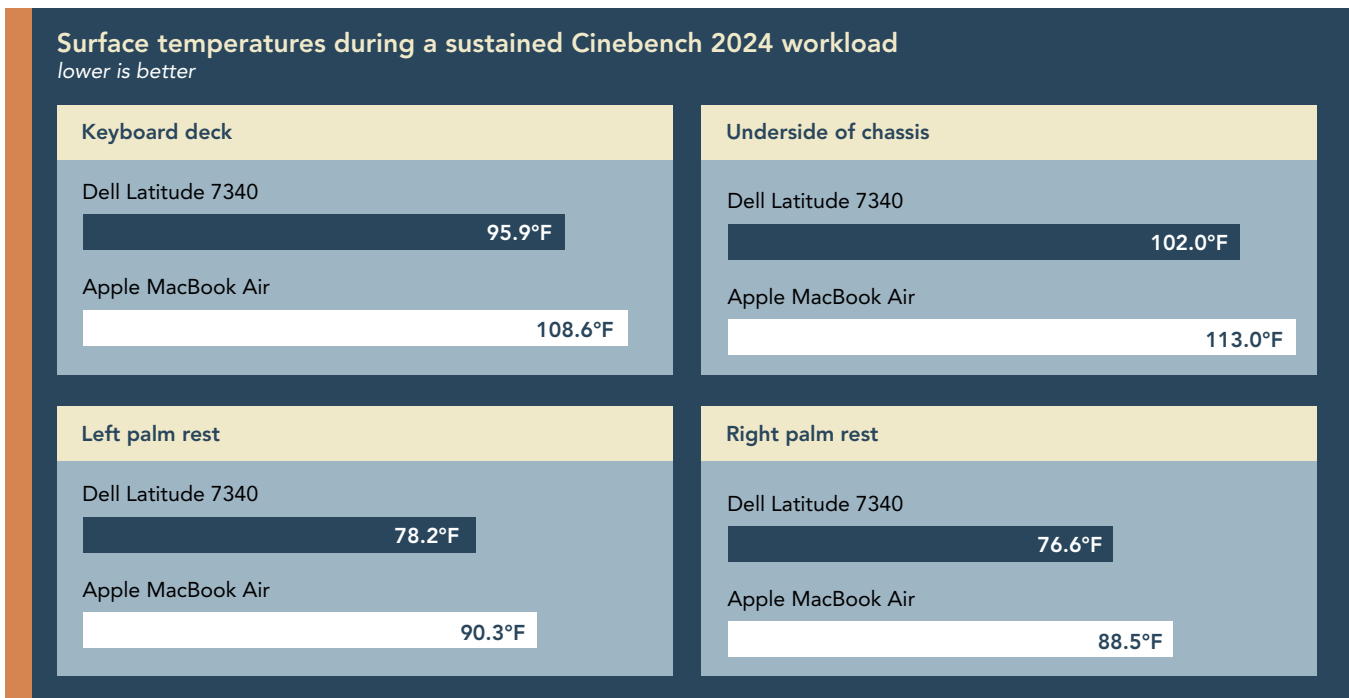



Figure 5: Thermal testing results. Lower temperatures are better. Source: Principled Technologies.





## Other advantages Dell and Intel bring to the table

### The all-business laptop

The Dell Latitude 7340 is an ultralight (~3 lbs. with adapter) business laptop that is Intel Evo™ certified. It is equipped with an Intel vPro with 13<sup>th</sup> Generation Intel Core processor, an FHD+ display (touchscreen optional), and Intel Iris X<sup>e</sup> Graphics. It also includes business-level security features, Dell Optimizer AI-based optimization software, and remote manageability features.

### The all-business processor

According to Intel, the newest iteration of Intel vPro platform-eligible 13<sup>th</sup> Gen Intel Core processors “helps keep organizations running and workers productive.”<sup>11</sup> The Intel Core i7-1365U processor we tested has 10 cores (2 Performance-cores and 8 Efficient-cores) with 12 threads, a max turbo frequency of 5.20 GHz, 12MB Intel Smart Cache, and Intel Thread Director.<sup>12</sup>

With Dell Technologies Client Command Suite, authorized IT admins can deploy, monitor, configure, and update business-issued Dell devices from a single console. These admins can also remotely manage vPro-enabled devices that are inaccessible or powered off.<sup>13</sup>

### The built-in security protections

In 2022, organizations around the world detected over 493 million ransomware attacks, and the total losses due to phishing attacks surpassed 10.3 billion U.S. dollars.<sup>14</sup> So it’s no surprise that, according to Dell, “BIOS security tops the list of questions Dell and Intel field from customers.”<sup>15</sup> In response to these concerns, Dell and Intel work together to build hardware and firmware protections into the devices themselves. First, all Intel vPro-enabled Dell commercial devices include Intel Hardware Shield, which protects the computing stack; Intel BIOS Guard, which eliminates digital attack surface areas; and Intel Boot Guard, which protects critical boot functions. Dell commercial devices also ship with SafeBIOS, which Dell defines as “a collection of capabilities that help prevent BIOS attacks, detect potential compromise and respond by alerting IT if irregularities are found.”<sup>16</sup>

After user setup, Dell Optimizer learns from your usage patterns “to automatically improve application and device performance, PC and accessory battery run-time, audio/visual settings, and privacy – all in the background while you’re working.”<sup>17</sup> This AI-based optimization software includes Presence Detection technology that uses facial recognition to wake up when you approach the PC and lock it down when you walk away. Other Intelligent Privacy features include onlooker detection, which texturizes the laptop screen when the built-in proximity sensor notices someone behind you, and Look Away Dim, which darkens the screen when you avert your eyes.<sup>18</sup>

## Conclusion

Investing in ultralight business laptops that deliver the performance employees need to finish tasks quickly no matter where they are, the ports they need to work in shared and public environments, and the built-in privacy features they need to keep sensitive work private is key to maximizing output. We found that a Dell Latitude 7340 Ultralight powered by an Intel vPro with Intel Core i7-1365u processor received higher general performance benchmark scores both plugged in and unplugged and was noticeably cooler while running a sustained, processor-intensive workload than a 13-inch Apple MacBook Air (2022) powered by an M2 processor. The Dell Latitude 7340 also provided more port types and built-in privacy features than the 13-inch Apple MacBook Air (2022). Help your team maximize their output.

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Read the science behind this report at <https://facts.pt/GbcX6O3> ►



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