SPEC CPU®2026 Integer Speed Result

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Apple

(Test Sponsor: SPEC CPU Supporting Contributor jhenning)

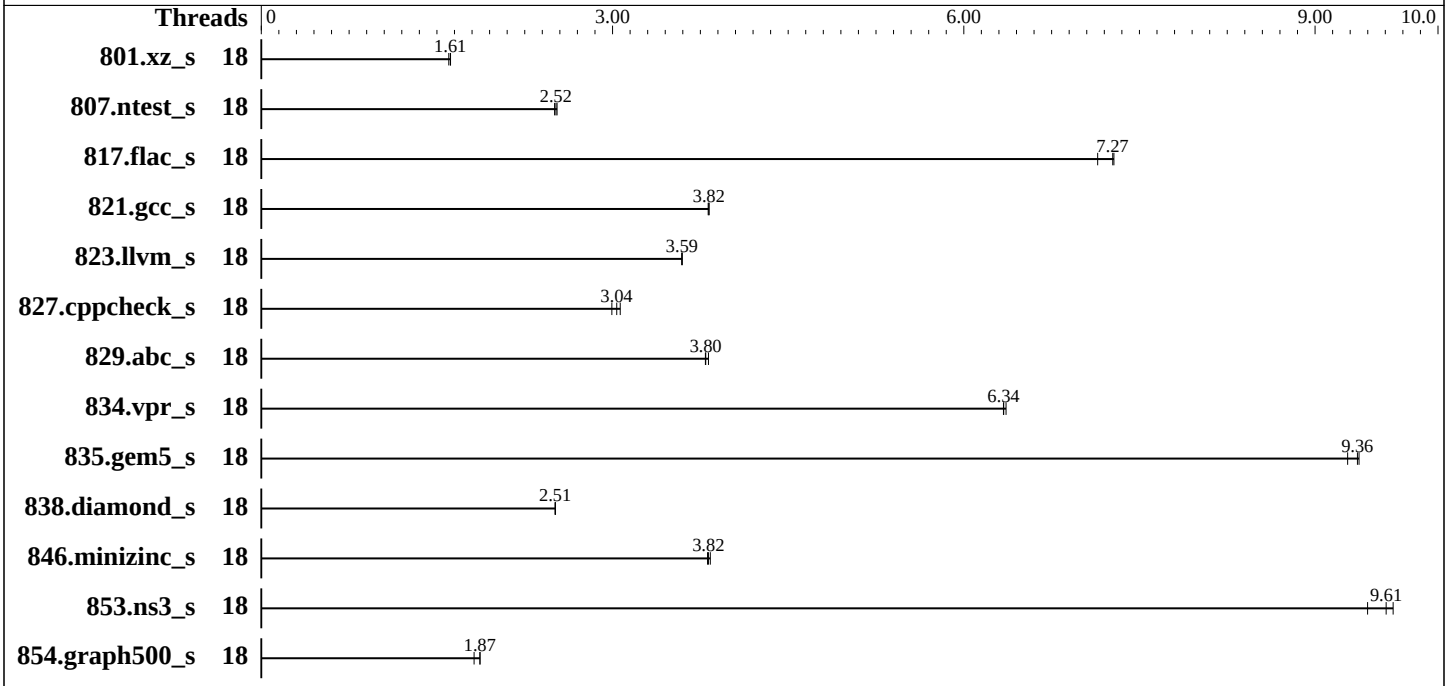
MacBook Pro (16-inch, M5 Pro)

SPECspeed®2026_int_base = 3.90

SPECspeed®2026_int_peak = Not Run

CPU2026 License: 7
Test Sponsor: SPEC CPU Supporting Contributor jhenning
Tested by: SPEC CPU Supporting Contributor jhenning

Test Date: Apr-2026
Hardware Availability: Mar-2026
Software Availability: Apr-2026



Hardware

CPU Name:	Apple M5 Pro
Max MHz:	4600 (approximate; see notes)
Nominal:	4600 (approximate; see notes)
Enabled:	18 (6 Super and 12 Performance) cores, 1 chip
Orderable:	1 chip
Cache L1:	192 KB I + 128 KB D on chip per core (Super); 128 KB I + 64 KB D on chip per core (Performance)
L2:	32 MB I+D on chip per chip, (16 MB per 6 Super cores, 8 MB per 6 Performance cores)
L3:	None disclosed
Other:	None disclosed
Memory:	64.0 GB
Storage:	4 TB APPLE SSD AP4096Z
Cooling:	Air
Other:	None

Software

OS:	macOS 26.4.1 (25E253)
Compiler:	C/C++: Version 22.1.3 of LLVM; Fortran: Version 22.1.3 of Homebrew flang
Compiler Category:	Community
Firmware:	Version 18000.101.7 released Apr-2026
File System:	apfs
System State:	Default
Base Pointers:	64-bit
Peak Pointers:	Not Applicable
Other:	See notes
Power Management:	Default

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Results Table

Benchmark	Base							Peak						
	Threads	Seconds	Ratio	Seconds	Ratio	Seconds	Ratio	Threads	Seconds	Ratio	Seconds	Ratio	Seconds	Ratio
801.xz_s	18	369	1.60	**366**	**1.61**	366	1.62							
807.ntest_s	18	455	2.50	**453**	**2.52**	451	2.53							
817.flac_s	18	243	7.14	239	7.28	**239**	**7.27**							
821.gcc_s	18	542	3.82	**541**	**3.82**	541	3.82							
823.llvm_s	18	393	3.59	393	3.59	**393**	**3.59**							
827.cppcheck_s	18	374	2.99	365	3.07	**369**	**3.04**							
829.abc_s	18	218	3.82	**219**	**3.80**	219	3.79							
834.vpr_s	18	150	6.36	151	6.34	**150**	**6.34**							
835.gem5_s	18	121	9.38	123	9.28	**122**	**9.36**							
838.diamond_s	18	**399**	**2.51**	399	2.51	398	2.51							
846.minizinc_s	18	175	3.83	176	3.81	**175**	**3.82**							
853.ns3_s	18	**120**	**9.61**	122	9.45	119	9.67							
854.graph500_s	18	327	1.87	**327**	**1.87**	336	1.82							

SPECspeed®2026_int_base = 3.90

SPECspeed®2026_int_peak = Not Run

Results appear in the order in which they were run. Bold underlined text indicates a median measurement.

Compiler Notes

NOTE - MODERATE COMPILER TUNING

The results on this page intentionally use only moderate compiler tuning. This page differs from many other SPEC CPU results which are published to demonstrate the best performance that can be achieved by a system. Such tests often use compilers that are optimized for specific chip vendors and use advanced tuning options.

Moderate optimization may be of interest to users who prefer a simple build process, or who do not know whether their application works correctly with advanced tuning options. Specifically, these tests:

- Use an open source, community-supported compiler, rather than a vendor-specific compiler.
- Specify only one optimization option, namely -O3.
- Avoid options that disregard strict standards compliance, such as -Ofast, -ffinite-math-only, or -funsafe-math-optimizations.
- Avoid options such as -march=native or -mcpu=native. Without those, the code generator cannot assume that the program will run only on systems that use the same chip as the current system.

There are many other kinds of testing can be done with SPEC CPU, such as:
- Performance modeling prior to CPU chip development.
- Hardware validation.
- Compiler regression testing (both correctness and performance).
- Academic and industrial research into new optimizations for CPUs, memory systems, and compilers.

Environment Variables Notes

```
Environment variables set by runcpu before the start of the run:
OMP_STACKSIZE = "120M"
```

General Notes

```
Yes: The test sponsor attests, as of date of publication, that CVE-2017-5715
     (Spectre variant 2) is mitigated in the system as tested and documented.
Yes: The test sponsor attests, as of date of publication, that CVE-2017-5753
     (Spectre variant 1) is mitigated in the system as tested and documented.
Yes: The test sponsor attests, as of date of publication, that CVE-2017-5754
     (Meltdown) is mitigated in the system as tested and documented.
The above 3 statements are based on https://support.apple.com/en-us/101886


Other software includes:
  Xcode 26.4.1.0.1775747724, installed via xcode-select --install
  libomp 22.1.3, installed via brew install libomp
```

Platform Notes

```
Sysinfo program /Volumes/ScratchVolume/spec/cpu2026/1.0.0/bin/sysinfo
Rev: 779ab21020787073335a329f3a45e2cd
running on i4gots-MacBook-Pro Wed Apr 22 05:23:15 2026

SUT (System Under Test) info as seen by some common utilities.

uname -srvm
  Darwin 25.4.0 Darwin Kernel Version 25.4.0: Thu Mar 19 19:33:50 PDT 2026;
  root:xnu-12377.101.15~1/RELEASE_ARM64_T6050 arm64

w
   5:23  up 3 mins, 3 users, load averages: 6.01 5.55 2.55
  USER       TTY      FROM    LOGIN@  IDLE WHAT
  i4got      console  -       5:20       2 -
  i4got      s000     -       5:21       - -bash
  i4got      s001     -       5:23       - -bash

Username
  From environment variable $USER:  i4got

ulimit -a
  core file size          (blocks, -c) 0
```

(Continued on next page)

Platform Notes (Continued)

```
   data seg size           (kbytes, -d) unlimited
   file size               (blocks, -f) unlimited
   max locked memory       (kbytes, -l) unlimited
   max memory size         (kbytes, -m) unlimited
   open files                      (-n) 256
   pipe size            (512 bytes, -p) 1
   stack size              (kbytes, -s) 65000
   cpu time               (seconds, -t) unlimited
   max user processes              (-u) 10666
   virtual memory          (kbytes, -v) unlimited

 sysinfo process ancestry
  /sbin/launchd
  /System/Applications/Utilities/Terminal.app/Contents/MacOS/Terminal
  login -pf i4got
  -bash
  /bin/bash ./run.6.sh
  runcpu -c clang5 -n 3 --reportable --nobuild intspeed
 runcpu --configfile clang5 --iterations 3 --reportable --nobuild --nopower --runmode speed --tune base
    --size refspeed intspeed --nopreenv --note-preenv --logfile
    $GOtmp/CPU2026.158/templogs/preenv.intspeed.158.0.log --lognum 158.0 --from_runcpu 2
  specperl $SPEC/bin/sysinfo
$SPEC = /Volumes/ScratchVolume/spec/cpu2026/1.0.0
$GO   = /Volumes/ScratchVolume/spec/cpu2026/out/1.0.0/

 Hardware:

     Hardware Overview:

       Model Name: MacBook Pro
       Model Identifier: Mac17,8
       Model Number: Z1N0001A3LL/A
       Chip: Apple M5 Pro
       Total Number of Cores: 18 (6 Super and 12 Performance)
       Memory: 64 GB
       System Firmware Version: 18000.101.7
       OS Loader Version: 18000.101.7

 Software:

     System Software Overview:

       System Version: macOS 26.4.1 (25E253)
       Kernel Version: Darwin 25.4.0
       Boot Volume: Macintosh HD
       Boot Mode: Normal
       Computer Name: i4got's MacBook Pro
```

(Continued on next page)

Platform Notes (Continued)

```
       User Name: i4got (i4got)
       Secure Virtual Memory: Enabled
       System Integrity Protection: Enabled
       Time since boot: 3 minutes, 4 seconds

Memory:

       Memory: 64 GB
       Type: LPDDR5
       Manufacturer: Micron

Developer:

    Developer Tools:

       Version: 26.4.1 (17E202)
       Location: /Applications/Xcode.app
       Applications:
           Xcode: 26.4.1 (24909.0.3)
           Instruments: 26.4.1 (64575.156)
       SDKs:
           DriverKit:
               25.4:
           iOS:
               26.4: (23E252)
           iOS Simulator:
               26.4: (23E252)
           macOS:
               26.4: (25E251)
           tvOS:
               26.4: (23L236)
           tvOS Simulator:
               26.4: (23L236)
           visionOS:
               26.4: (23O248)
           visionOS Simulator:
               26.4: (23O248)
           watchOS:
               26.4: (23T238)
           watchOS Simulator:
               26.4: (23T238)


From sysctl:
   machdep.cpu.core_count: 18
   machdep.cpu.thread_count: 18
   machdep.cpu.brand_string: Apple M5 Pro
```

(Continued on next page)

Platform Notes (Continued)

```
    hw.memsize: 68719476736
    hw.activecpu: 18
    hw.perflevel0.l1icachesize: 196608
    hw.perflevel0.l1dcachesize: 131072
    hw.perflevel0.l2cachesize: 16777216
    hw.perflevel1.l1icachesize: 131072
    hw.perflevel1.l1dcachesize: 65536
    hw.perflevel1.l2cachesize: 8388608
    hw.physicalcpu: 18
    hw.physicalcpu_max: 18
    hw.logicalcpu: 18
    hw.logicalcpu_max: 18
    hw.cacheconfig: 18 1 6 0 0 0 0 0 0 0
    hw.cachesize: 2995912704 65536 8388608 0 0 0 0 0 0 0
    hw.pagesize: 16384
    hw.pagesize32: 16384
    hw.cachelinesize: 128
    hw.l1icachesize: 131072
    hw.l1dcachesize: 65536
    hw.l2cachesize: 8388608
    hw.memsize_usable: 67420422144

SPEC is set to: /Volumes/ScratchVolume/spec/cpu2026/1.0.0
   Filesystem      Size    Used   Avail Capacity iused ifree %iused  Mounted on
   /dev/disk3s1   1998G    581G   1416G    30%    1.4M   14G    0%   /Volumes/ScratchVolume

(End of data from sysinfo program)


ADDITIONAL INFORMATION FROM SYSCTL

 $ sysctl hw | grep  perflevel0
 hw.perflevel0.physicalcpu: 6
 hw.perflevel0.physicalcpu_max: 6
 hw.perflevel0.logicalcpu: 6
 hw.perflevel0.logicalcpu_max: 6
 hw.perflevel0.l1icachesize: 196608
 hw.perflevel0.l1dcachesize: 131072
 hw.perflevel0.l2cachesize: 16777216
 hw.perflevel0.cpusperl2: 6
 hw.perflevel0.name: Super
 $ sysctl hw | grep  perflevel1
 hw.perflevel1.physicalcpu: 12
 hw.perflevel1.physicalcpu_max: 12
 hw.perflevel1.logicalcpu: 12
 hw.perflevel1.logicalcpu_max: 12
 hw.perflevel1.l1icachesize: 131072
```

(Continued on next page)

Platform Notes (Continued)

```
 hw.perflevel1.l1dcachesize: 65536
 hw.perflevel1.l2cachesize: 8388608
 hw.perflevel1.cpusperl2: 6
 hw.perflevel1.name: Performance
 $

The above shows cache sizes for both core types, and "cpusperl2" indicates sharing among cores. See
  https://developer.apple.com/documentation/kernel/1387446-sysctlbyname/determining_system_capabilities
Note: it is possible that the sysctl cache information may be incomplete.  There might be other cache
types or other cache characteristics that are not disclosed by the above 'sysctl' command.


ADDITIONAL INFORMATION FROM POWERMETRICS

Regarding the CPU MHz fields above, note that:
 - The vendor does not state CPU frequencies in their marketing materials.
 - Frequency levels are printed by the vendor-provided 'powermetrics' utility; these might or might
   not correspond to traditional "nominal" or "maximum" MHz.  Therefore, the values on this page for
   Nominal and Maximum MHz must be considered approximate.
 - The table below lists all of the MHz values mentioned in the dvfm_states section of powermetrics.
 - On the tested system, the maximum frequencies mentioned are 4608 for the S-cluster and 4380 for the
   P-Clusters

-----------------------------------------------------------------------------------------------------------
CPU Dynamic Frequencies                                                 From 'powermetrics --format=plist'
-----------------------------------------------------------------------------------------------------------
processor
clusters    dvfm_states
name        freq
----------  ------------------------------------------------------------------------------------------------
P0-Cluster  1344 1644 1992 2304 2652 2964 3240 3504 3696 3876 4044 4176 4284 4308 4380
P1-Cluster  1344 1644 1992 2304 2652 2964 3240 3504 3696 3876 4044 4176 4284 4308 4380
S-Cluster   1308 1620 1980 2292 2580 2880 3180 3432 3648 3828 3984 4104 4188 4236 4284 4308 4332 4428 4512 4608

The table above was extracted from powermetrics via Perl code:

open P, "powermetrics --sample-count=0  --show-initial-usage --samplers=cpu_power --format=plist|"
   or die "cannot run powermetrics";
while (<P>) {
   if (m{<key>name</key><string>(\S+Cluster)</string>}) {
      printf "%-10s  ", $1;
      $printing = 1;
      @freqs    = ();
   }
   next if ! $printing;
   if (m{^</array>}) {
      print join(" ", @freqs), "\n";
```

(Continued on next page)

Platform Notes (Continued)

```
        $printing = 0;
    }
    if (m{<key>freq</key><integer>(\d+)</integer>}) {
        push @freqs, $1;
    }
}
```

Compiler Version Notes

```
==============================================================================
C      | 854.graph500_s(base)
------------------------------------------------------------------------------
Homebrew clang version 22.1.3
Target: arm64-apple-darwin25.4.0
Thread model: posix
InstalledDir: /opt/homebrew/Cellar/llvm/22.1.3/bin
Configuration file:
  /opt/homebrew/Cellar/llvm/22.1.3/etc/clang/arm64-apple-darwin25.cfg
------------------------------------------------------------------------------

==============================================================================
C++    | 807.ntest_s(base) 827.cppcheck_s(base) 853.ns3_s(base)
------------------------------------------------------------------------------
Homebrew clang version 22.1.3
Target: arm64-apple-darwin25.4.0
Thread model: posix
InstalledDir: /opt/homebrew/Cellar/llvm/22.1.3/bin
Configuration file:
  /opt/homebrew/Cellar/llvm/22.1.3/etc/clang/arm64-apple-darwin25.cfg
------------------------------------------------------------------------------

==============================================================================
C++, C | 801.xz_s(base) 817.flac_s(base) 821.gcc_s(base) 823.llvm_s(base)
       | 829.abc_s(base) 834.vpr_s(base) 835.gem5_s(base) 838.diamond_s(base)
       | 846.minizinc_s(base)
------------------------------------------------------------------------------
Homebrew clang version 22.1.3
Target: arm64-apple-darwin25.4.0
Thread model: posix
InstalledDir: /opt/homebrew/Cellar/llvm/22.1.3/bin
Configuration file:
  /opt/homebrew/Cellar/llvm/22.1.3/etc/clang/arm64-apple-darwin25.cfg
------------------------------------------------------------------------------
```

Base Compiler Invocation

C benchmarks:
clang

C++ benchmarks:
clang++

Benchmarks using both C and C++:
clang++ clang

Base Optimization Flags

C benchmarks:
-std=c18 -g -O3 -Wno-implicit-function-declaration -fopenmp
-DSPEC_OPENMP

C++ benchmarks:

807.ntest_s: -std=c++17 -g -O3 -Wno-implicit-function-declaration
-fopenmp -DSPEC_OPENMP

827.cppcheck_s: -std=c++17 -g -O3 -Wno-implicit-function-declaration

853.ns3_s: Same as 827.cppcheck_s

Benchmarks using both C and C++:
-std=c++17 -std=c18 -g -O3 -Wno-implicit-function-declaration

Base Other Flags

C benchmarks:
-L/opt/homebrew/opt/libomp/lib

C++ benchmarks:

807.ntest_s: -L/opt/homebrew/opt/libomp/lib
-I/opt/homebrew/opt/libomp/include

The flags file that was used to format this result can be browsed at
http://www.spec.org/cpu2026/results/flags/llvm-rev-A3.html

You can also download the XML flags source by saving the following link:
`http://www.spec.org/cpu2026/results/flags/llvm-rev-A3.xml`

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For questions about this result, please contact the tester. For other inquiries, please contact info@spec.org.

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