

MacBook Pro M1 Max and M5 Performance Comparison

For comparisons of times (lower numbers are better):
Negative numbers on a green background or positive numbers on a red background indicate how much less or more time, in percent, the M5 computer required.

For comparisons of scores (higher numbers are better):
Positive numbers on a green background or negative numbers on a red background indicate how much better or worse, in percent, the M5 computer scored.

Photo Processing

	Application	Action	Each file	Average size	Method	M1 Max	Per image	M5	Per image	M5 Diff. %
Test P1	DxO Pureraw 5	Convert 100 Nikon D70 NEFs to DNG	3008x2000	6.123 MB	DeepPRIME 3	2m 32s	1s 520ms	1m 35s	950ms	-37.50%
Test P2	DxO Pureraw 5	Convert 100 Nikon D70 NEFs to DNG	3008x2000	6.123 MB	DeepPRIME XD2S	10m 25s	6s 250ms	3m	1s 800ms	-71.20%
Test P3	DxO Pureraw 5	Convert 100 Nikon D750 NEFs to DNG	6016x4016	23.04 MB	DeepPRIME XD2S	36m 35s	21s 950ms	10m 26s	6s 260ms	-71.48%
Test P4	DxO Pureraw 5	Convert 100 Fujifilm X-T30 RAFs to DNG	6240x4160	30.72 MB	DeepPRIME XD3 X-TRANS	24m 15s	14s 550ms	12m 12s	7s 320ms	-49.69%
Test P5	DxO Pureraw 5	Convert 100 Fujifilm X-T5 RAFs to DNG	7728 x 5152	47.92 MB	DeepPRIME XD3 X-TRANS	36m 59s	22s 190ms	17m 31s	10s 510ms	-52.64%
Test P6	Adobe Photoshop	Convert 100 TIFFs to 3000 x 2000 JPGs	7728 x 5152	244.63 MB	Photoshop Batch	1m 31s	910ms	1m 1s	610ms	-32.97%

Movie Processing

	Application	Action	Resulting File Size	M1 Max	M5	M5 Diff. %
Test M1	iMovie	Export 56min 41sec 1920x1080 movie with high quality and faster compression to file	8.52 GB	4m 54s	6m 27s	31.63%
Test M2	VideoProc Converter AI	Compress file resulting from M1 to 1280 x 720 in H.264 format in default Quality and AAC stereo 44100 Hz audio	1.08 GB	4m 42s	2m 30s	-46.81%

Sound Processing

	Application	Action	Resulting File Size	M1 Max	M5	M5 Diff. %
Test S1	GarageBand	Export 463.5 MB 21-track GarageBand project "Corine Corina" to to disk (AAC, Highest quality 256kbits/s)	5.6 MB	8s 180ms	5s 550ms	-32.15%
Test S2	GarageBand	Export 1.11 GB 29-track GarageBand project "Dead Roses" to to disk (AAC, Highest quality 256kbits/s)	8.0 MB	10s 200ms	8s 610ms	-15.59%

Benchmarks

	Application				M1 Max		M5		M5 Diff. %	
					Single Core	Multi-Core	Single Core	Multi-Core	Single Core	Multi-Core
Test B1	Geekbench 6				2381	12765	4063	17150	70.64%	34.35%
					Read	Write	Read	Write	Read	Write
Test B2	Blackmagic Disk Speed Test				5738.7	6764.4	5924.1	6885.4	3.23%	1.79%
					Score	Time	Score	Time	Score	Time
Test B3	Run Puget Benchmark for Creators (Photoshop Test)				8596	22m 26s	11928	17m 57s	38.76%	-19.99%

Computer Specifications

	Machine	Model	Year	CPU Cores	GPU Cores	Neural Cores	RAM	RAM Bandwidth	SSD
1	Apple MacBook Pro	M1 Max	2021	10	32	16	32 GB	400 GB/s	4 terabytes
2	Apple MacBook Pro	M5	2025	10	10	16	32 GB	153 GB/s	4 terabytes