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Windows 11 on Proxmox Slow? Symptoms and Theories

What affected power users see, which theories were tested, and what is still unresolved.

Updated **2026-10-29** · Full guide: www.mrplanb.com/blog/windows-11-proxmox-performance-broken

> Some power users with modern hybrid Intel CPUs see Windows 11 VMs on Proxmox crawl while Linux guests and the host run fine. Pinning, Hyper-V flags and CPU type theories all failed for many people. There is no universally accepted fix, and the most reliable mitigation is avoiding Windows 11 24H2 and using older builds or Windows 10.

~3,000
multi-threaded benchmark points reported, against about 30,000 expected

1997MHz
clock Windows reports, a misleading TSC base readout

24H2
Windows 11 build where the problem shows up

5GHz+
host boost clocks, which look normal

What affected systems look like

- Modern Intel CPUs with hybrid architectures, Proxmox as hypervisor, Windows 11 guest, often with GPU passthrough.
- Usually high-end workstations, not homelab toys.
- Host looks perfect: boost clocks above 5GHz, fast disks, working GPU passthrough, fine networking, snappy Linux guests.
- Inside Windows: apps crawl, File Explorer hesitates, heavy apps take minutes to launch, yet Task Manager shows almost no CPU usage.
- Windows always reports a hypervisor is present, which is expected.

Theories tested

Theory	Why people believed it	Why it did not settle things
Core pinning	Hybrid i9 mixes P-cores and E-cores; Linux enumerates them oddly	Users verified with `lstopo`, pinned only P-cores, and performance did not budge
Hyper-V enlightenments	Removing them plus `kvm=off` forces a worst-case compatibility path	Some restored all recommended flags, removed `kvm=off`, and saw no improvement
Windows 11 24H2	Windows 10, 11 23H2 and Linux are fine; fresh 24H2 installs are not	Strongest lead, but could be Windows itself or how QEMU presents CPU features
CPU type	Switching from `host` to generic x86-64 v2 or v3 and reinstalling	Many tried it with no change; a dice roll

What users tried

None of these is a confirmed fix. They are what the affected users report trying.

- [ ] Verify the core map with `lstopo`, since `lscpu` can lie by omission.
- [ ] Pin only confirmed P-cores and match sockets, cores and threads.
- [ ] Restore the recommended Hyper-V flags and remove `kvm=off`.
- [ ] Avoid `cpu: host`, try x86-64 v2 or v3, then reinstall Windows.
- [ ] Install from an older Windows ISO and compare on the same host and VM config.
- [ ] Remember the 1997MHz reading is cosmetic; judge by benchmarks and feel.

The 2.0GHz red herring

The number
Windows reports the CPU maxing out at roughly 1997MHz.

Why it misleads
Under KVM, Windows lacks reliable real-time frequency data and often shows the TSC base clock.

What matters
Here the low Cinebench scores and sluggishness are real, so the problem goes beyond a cosmetic readout.

Why it still hurts
The readout is a red herring, but the sluggishness is real, so do not stop at explaining the number.

Where things stand

- No universally accepted fix.
- Most reliable mitigation: avoid Windows 11 24H2, stick to older builds, or fall back to Windows 10.
- Blame is split three ways: Proxmox, QEMU or Microsoft.
- Missing: a confirmed bug report and reproducible test case.
- If you plan a new high-end build, note that hybrid CPUs and fast-moving Windows releases are a risky mix.

Sources and notes: Proxmox VE documentation and QEMU CPU model documentation · r/Proxmox community reports · Microsoft Hyper-V enlightenments documentation