CPU	pre-SB i3 or slower	SB/IB i3 pre-SB i5	i5 2500/2500K i7 2600K/2700K	i7 3770K i7 3820 i7 990X	i7 3930K i7 3960X
Upload speed (Mbps)					
< 0.7	360p @25fps, Low	360p @25fps, Low	360p @25fps, Low	360p @25fps, Low	360p @25fps, Low
0.7-1.5	480p @25fps, Low	480p @30fps, Low	480p @30fps, Low	480p @30fps, Low	480p @30fps, Low
1.5-3.0	480p @25fps, High	480p @30fps, High	720p @30fps, Low	720p @30fps, Low	720p @30fps, Low
3.0-4.0	480p @25fps, Extreme	480p @30fps, Extreme	1080p @30fps, Low	1080p @30fps, Low	1080p @30fps, Low
4.0-6.0	480p @25fps, Extreme	480p @30fps, Extreme	1080p @30fps, Low	1080p @45fps, Low	1080p @45fps, Low
6.0-8.0	480p @25fps, Extreme	480p @30fps, Extreme	1080p @30fps, High	1080p @45fps, Low	1080p @45fps, Low
8.0-10.0	480p @25fps, Extreme	480p @30fps, Extreme	1080p @30fps, High	1080p @45fps, High	1080p @60fps, Low
10.0+	480p @25fps, Extreme	480p @30fps, Extreme	1080p @30fps, High	1080p @45fps, Extreme	1080p @60fps, Extreme

	VBV max Bitrate (kbps)				
Stream type	Low Quality	High Quality+	Extreme Quality+	Other settings	
360p @25fps	500	800	1200	Quality	10 (lower for less CPU)+
480p @25fps	750	1200	1600	VBV buffer size:	2x bitrate
480p @30fps	1000	1400	1800	Preset	veryfast*
720p @30fps	2000	2750	3500	* i7 3770 & 39XX supports "faster" preset @ 1080p	
1080p @30fps	3200	6000**	9000**		
1080p @45fps	4200	7000**	11000**		
1080p @60fps	5500**	8000**	14000**	+ at high/extreme quality bitrates, try setting quality to "Not Set" and preset to "veryfast&x:crf:21" or "faster&x:crf:21" to improve picture quality even more. Uses more CPU	

** At least 30% of viewers have < 6 Mbps download. Provide a 2nd low resolution/low bitrate stream for them!

(Partner program with Twitch/Hashd suffices)