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VALIDATION REPORT · TEXT GENERATION

# Llama 3.2 3B Instruct

on RTX 4070 Ti Super · 8-bit (Q8_0) · Ollama / LM Studio · Chat

STATUS · NOV 22, 2026

**Validated**

5 of 5 checks pass

**Llama 3.2 3B Instruct at 8-bit runs on the RTX 4070 Ti Super with 96K of context at about 124 tokens a second.**

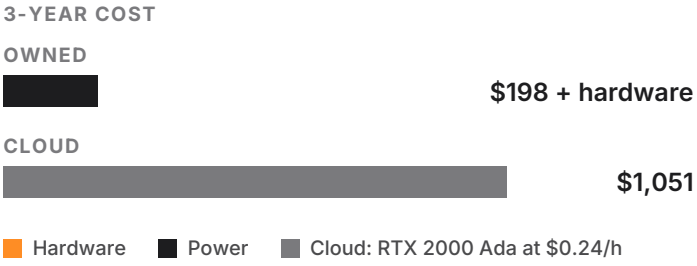
## VALIDATION

| CHECK | TARGET | RESULT | STATUS |
|---|---|---|---|
| Fits in GPU memory | 16.0 GB usable | 14.5 GB needed | PASS |
| Headroom | 5% free | 1.5 GB free (10%) | PASS |
| Context for chat | 16K or more | 96K | PASS |
| Writing speed | 15 tok/s or more | 124 tok/s | PASS |
| First reply | under 3 s, 2K prompt | 0.1 s | PASS |

Targets: a reply you can read along with, a first reply the use case tolerates, and 5% of memory left free. Calculated from published specs, not benchmarked.

## BUDGET

| | |
|---|---|
| HARDWARE, ONE-TIME | MSRP not entered |
| POWER, PER YEAR | $66 · 251 W at the wall |
| CLOUD INSTEAD, PER YEAR | $350 |
| 3-YEAR TOTAL, OWNED | Hardware + $198 power |
| 3-YEAR TOTAL, CLOUD | $1,051 |
| BREAK-EVEN | Needs the hardware MSRP |




Budget basis: 4 h a day, power at $0.18 per kWh, cloud at RunPod on-demand prices as of Nov 22, 2026. Hardware at the MSRP entered in the calculator, not a GPU Partner quote. A 3-year view; resale value, staff time and taxes aren't counted.

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TECHNICAL DETAIL · TEXT GENERATION

# Llama 3.2 3B Instruct

on RTX 4070 Ti Super · 8-bit (Q8_0) · Ollama / LM Studio · Chat

## SETUP

| | |
|---|---|
| PARAMETERS | 3.2B |
| PRECISION | 8-bit (Q8_0) |
| CONTEXT | 96K, auto |
| CHATS AT ONCE | 1 |
| USE | Chat |
| RUNS IN | Ollama / LM Studio |
| HARDWARE | RTX 4070 Ti Super |
| GPU CAN USE | 16.0 GB of 16.0 GB |

## SAME MODEL, OTHER MACHINES

| | |
|---|---|
| RTX 4090 | 8-bit · 176 tok/s |
| RTX 5090 | 8-bit · 281 tok/s |
| RTX PRO 6000 BLACKWELL | 8-bit · 281 tok/s |
| M5 MAX 128 GB | 8-bit · 104 tok/s |
| M3 ULTRA 256 GB | 8-bit · 116 tok/s |
| DGX SPARK 128 GB | 8-bit · 53 tok/s |
| RYZEN AI MAX+ 395 128 GB | 8-bit · 42 tok/s |

## MEMORY

| | |
|---|---|
| WEIGHTS | 3.2 GB |
| CONTEXT | 10.5 GB |
| RUNTIME | 807 MB |
| SYSTEM | 0.0 GB |
| FREE | 1.5 GB |

## HOW TO RUN IT

| | |
|---|---|
| LLAMA.CPP | `llama-server -hf unsloth/Llama-3.2-3B-Instruct-GGUF` |
| VLLM | `vllm serve meta-llama/Llama-3.2-3B-Instruct` |
| MODEL CARD | huggingface.co/meta-llama/Llama-3.2-3B-Instruct |

## METHOD AND ASSUMPTIONS

Memory is the weights (parameters times bits per weight, read from each model's config.json), the context cache for every chat, and the runtime, against the memory this GPU can use after the OS and display take theirs. Writing speed is memory bandwidth over the bytes read per token, plus a per-layer latency, calibrated against llama.cpp benchmarks. First reply is the prompt's FLOPs over the chip's dense 16-bit TFLOPS at the runtime's measured efficiency. Running cost is power at the wall at your rate and hours; the cloud figure is the cheapest RunPod on-demand GPU that runs the same job. Accuracy: memory lands within about a gigabyte; speeds and times are rough, about ±25%. Model data and hardware specs checked Nov 2026; cloud prices are RunPod's on-demand list as of Nov 22, 2026. Report VR-0H7123G, generated November 22, 2026.