Posted by General Havoc on Wed, 13 Aug 2003 21:17:15 GMT
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SATA (Serial Advanced Technology Attachment) is faster than PATA (Parallel Advanced Technology Attachment). The current system in use now is PATA with the wider 40 pin connectors. With PATA 133 (akak ATA 133) the speed is up to 133 MBps STR (Sustained Transfer Rate).

SATA is the next generation of drives using the small 7 pin cable and the 15 power connector. Currently as the technology is new the maximum STR is around 150 MBps but it is likely to go up over time as the technology evolves (600 MBps in the next few years). Also SATA drives are hot swappable so you can unplug them as they were a USB device.

I know this stuff from building the systems. The info above is what I know from working with them. The SATA drives i've used are 150 MBps STR so i normall install ATA 133 drives because there cheaper at the moment and there is not much performance differenct at the moment.