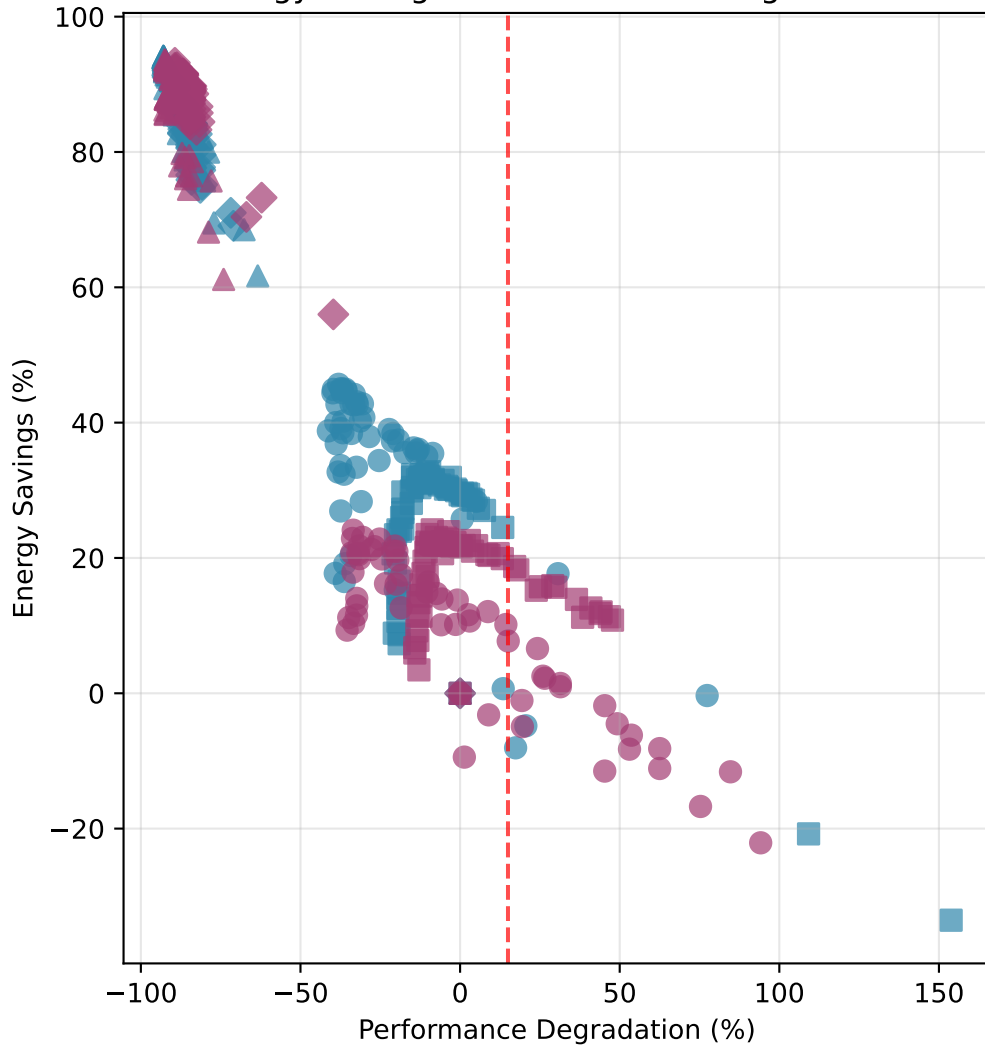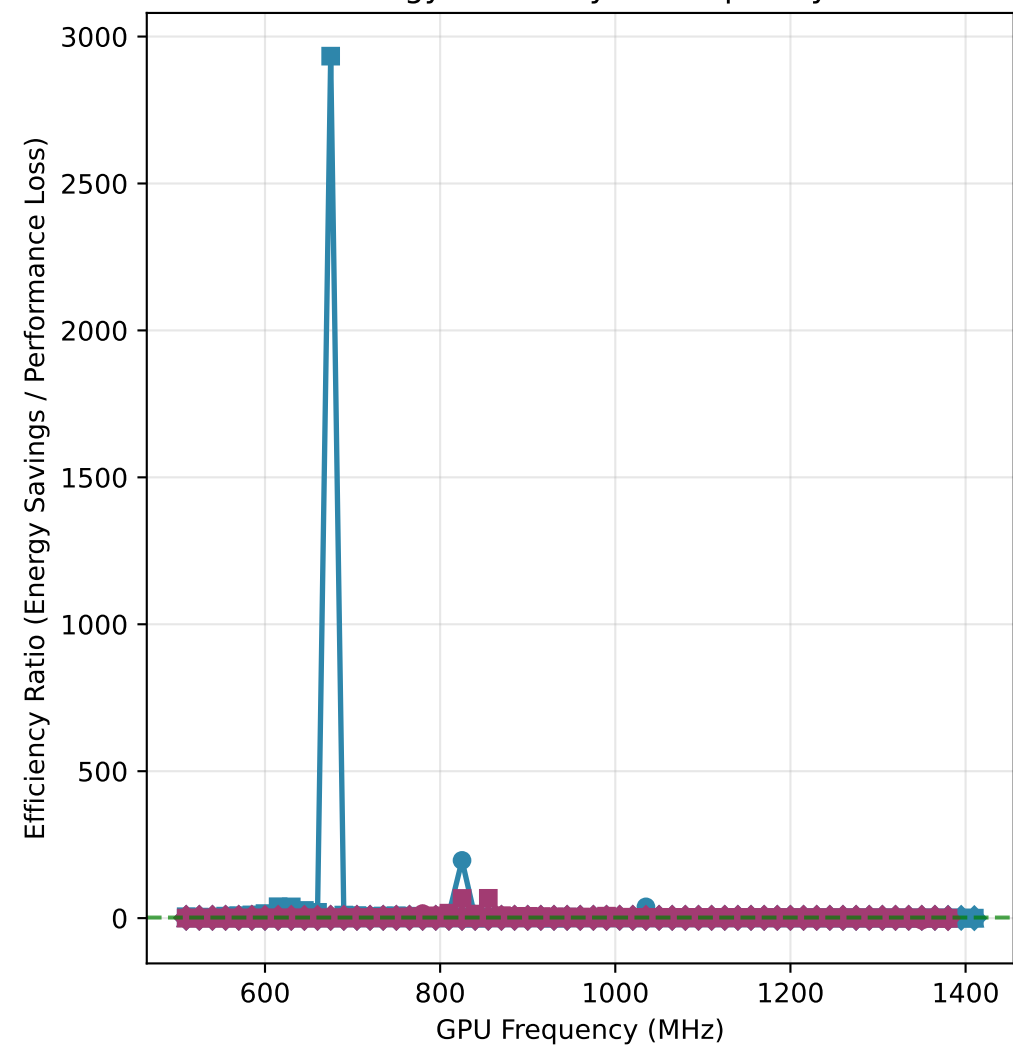GPU Frequency Optimization: Performance vs Energy Trade-offs