We made two programs as said and here are our results:

* Using RTC almost took 2 mins for 60 LED toggles, our results showed that there was a second delay. We think it might be because of our delay in response (human error), so in conclusion it is really accurate.
* Using the normal delay function took 3 second more than 2 minutes, and if we deduct a second from it because of human error then we are still left with two seconds. So in this test, it was a little bit slower to complete the 2 minute task.

RTC is more accurate because normal delay function is a blocking function. Blocking functions prevent a program from doing anything else until that particular task has completed. If you need multiple tasks to occur at the same time, you simply cannot use *delay()*. Because of this there was a two second error.