Might install Ren again to try this out. Even with a 6800GS my FPS was never exceptional (70-80) but it'll be interesting to see how this works. On my old Radeon there was a DX option to unlimit the FPS and I got about 300 on the menu screen but I can't remember what it was.

As for Vsync, it basically sychronizes the FPS with the screen refresh rate which somebody has already said. A CRT draws the screen with a single point/dot spanning the screen from top to bottom really fast (refresh rate speed), drawing each dot/pixel in horizontal lines and Vsync allows it to keep up. Atleast that's how I think it works. I dunno about TFTs. Do you get ripping on them? I'm guessing you do but the screen must draw differently.