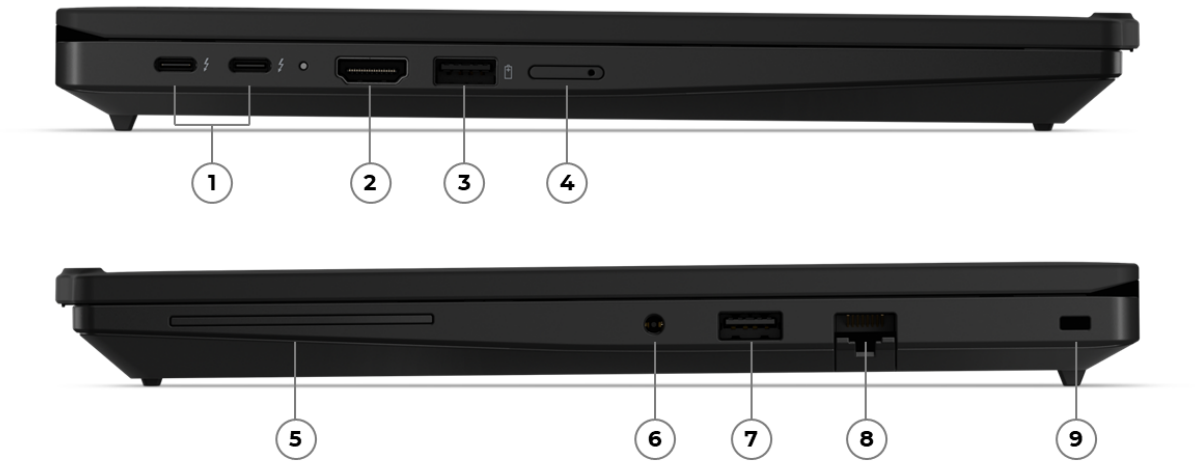
OVERVIEW



1. 2x Thunderbolt 4	6. Headphone / microphone combo jack (3.5mm)
2. HDMI	7. USB-A (USB 5Gbps)
3. USB-A (USB 5Gbps), Always On	8. Ethernet (RJ-45)
4. Nano-SIM card slot *	9. Kensington Nano Security Slot
5. Smart card reader *	

Notes:
- Items with * are only available on selected models

PERFORMANCE

Processor

Processor Family

Intel® Core™ Ultra 5 / 7 / X7 Processor (Series 3)

Processor[**[1]]

Processor Name	Cores	Threads	Base Frequency	Max Frequency	Cache	Processor Graphics	NPU
Core Ultra 5 325	8 (4 P-core + 4 LP E-core)	8	P-core 2.1GHz / LP E-core 1.6GHz	P-core 4.5GHz / LP E-core 3.4GHz	12MB Intel® Smart Cache	Intel® Graphics, up to 40 TOPS	Up to 47 TOPS
Core Ultra 5 332	6 (2 P-core + 4 LP E-core)	6	P-core 2.5GHz / LP E-core 1.9GHz	P-core 4.4GHz / LP E-core 3.3GHz	12MB Intel® Smart Cache	Intel® Graphics, up to 18 TOPS	Up to 46 TOPS
Core Ultra 5 335	8 (4 P-core + 4 LP E-core)	8	P-core 2.2GHz / LP E-core 1.6GHz	P-core 4.6GHz / LP E-core 3.4GHz	12MB Intel® Smart Cache	Intel® Graphics, up to 40 TOPS	Up to 47 TOPS
Core Ultra 5 336H	12 (4 P-core + 4 E-core + 4 LP E-core)	12	P-core 1.9GHz / E-core 1.5GHz / LP E-core 1.5GHz	P-core 4.6GHz / E-core 3.4GHz / LP E-core 3.2GHz	18MB Intel® Smart Cache	Intel® Graphics, up to 37 TOPS	Up to 47 TOPS
Core Ultra 5 338H	12 (4 P-core + 4 E-core + 4 LP E-core)	12	P-core 1.9GHz / E-core 1.5GHz / LP E-core 1.5GHz	P-core 4.7GHz / E-core 3.4GHz / LP E-core 3.3GHz	18MB Intel® Smart Cache	Intel® Arc™ B370 GPU, up to 98 TOPS	Up to 47 TOPS
Core Ultra 7 355	8 (4 P-core + 4 LP E-core)	8	P-core 2.3GHz / LP E-core 1.7GHz	P-core 4.7GHz / LP E-core 3.5GHz	12MB Intel® Smart Cache	Intel® Graphics, up to 40 TOPS	Up to 49 TOPS
Core Ultra 7 356H	16 (4 P-core + 8 E-core + 4 LP E-core)	16	P-core 1.9GHz / E-core 1.5GHz / LP E-core 1.5GHz	P-core 4.7GHz / E-core 3.5GHz / LP E-core 3.3GHz	18MB Intel® Smart Cache	Intel® Graphics, up to 40 TOPS	Up to 50 TOPS
Core Ultra 7 365	8 (4 P-core + 4 LP E-core)	8	P-core 2.4GHz / LP E-core 1.8GHz	P-core 4.8GHz / LP E-core 3.6GHz	12MB Intel® Smart Cache	Intel® Graphics, up to 40 TOPS	Up to 49 TOPS
Core Ultra 7 366H	16 (4 P-core + 8 E-core + 4 LP E-core)	16	P-core 2.0GHz / E-core 1.6GHz / LP E-core 1.6GHz	P-core 4.8GHz / E-core 3.6GHz / LP E-core 3.4GHz	18MB Intel® Smart Cache	Intel® Graphics, up to 40 TOPS	Up to 50 TOPS
Core Ultra X7 358H	16 (4 P-core + 8 E-core + 4 LP E-core)	16	P-core 1.9GHz / E-core 1.5GHz / LP E-core 1.5GHz	P-core 4.8GHz / E-core 3.5GHz / LP E-core 3.3GHz	18MB Intel® Smart Cache	Intel® Arc™ B390 GPU, up to 122 TOPS	Up to 50 TOPS
Core Ultra X7 368H	16 (4 P-core + 8 E-core + 4 LP E-core)	16	P-core 2.0GHz / E-core 1.6GHz / LP E-core 1.6GHz	P-core 5.0GHz / E-core 3.8GHz / LP E-core 3.6GHz	18MB Intel® Smart Cache	Intel® Arc™ B390 GPU, up to 122 TOPS	Up to 50 TOPS

Notes:

[1] Processors with an “H” suffix are not available in NA.

AI (Artificial Intelligence)

AI PC Category

Copilot+ PC[1]

NPU

Up to 50 TOPS

Notes:

[1] Copilot+ PCs have at least 16GB RAM, 256GB storage, and a NPU that runs 40+ TOPs to run the latest AI tools build-in latest Windows® 11 to accelerate productivity and creativity.

Operating System

Operating System**

- Windows® 11 Pro
- Windows® 11 Home
- Fedora Linux[1]
- Ubuntu Linux[2]
- Linux[3]
- No preload operating system

Notes:

[1], [2], [3] Some features may not be supported on the system with Linux preload, including but not limited to Intel® RST RAID, MIPI computer vision camera, WWAN, Human Presence Detection, etc.

Graphics

Graphics**

Graphics	Type	Memory	Key Features
Intel® Graphics	Integrated	Shared	DirectX® 12 Ultimate
Intel® Arc™ B370 GPU	Integrated	Shared	DirectX® 12 Ultimate
Intel® Arc™ B390 GPU	Integrated	Shared	DirectX® 12 Ultimate

Monitor Support

Monitor Support[1]

Supports up to 4 independent displays (native display and 3 external monitors via HDMI® and Thunderbolt™)
• HDMI® supports up to 4K@60Hz
• Thunderbolt™ supports up to 8K@60Hz[2]

Notes:

[1] Refresh rates >60hz also supported, however max resolution will be limited.
[2] 8K resolution support needs 2 display pipes. That is, simultaneous display number will “-1” when 8K resolution displayed.

Chipset

Chipset

Intel® SoC (System on Chip) platform

Memory

Max Memory[1]

Up to 64GB LPCAMM2 LPDDR5X-7467

Memory Slots

One LPCAMM2 memory module, dual-channel

Memory Type**

- LPDDR5X-6800[2]
- LPDDR5X-7467[3]

Notes:

[1] The max memory is based on the test results with current Lenovo® memory offerings.
[2] Installed memory is actually LPDDR5X-8533 but runs as LPDDR5X-6800 due to platform limitation.
[3] Installed memory is actually LPDDR5X-8533 but runs as LPDDR5X-7467 due to platform limitation.

Storage

Max Storage Support[1]

One drive, up to 2TB M.2 2280 SSD

Storage Slot[2]

One M.2 2280 PCIe® 5.0 x4 slot

Storage Type**

Disk Type	Interface	Offering	Security
M.2 2280 SSD	PCIe® NVMe®, PCIe® 4.0 x4	256GB / 512GB / 1TB	Opal 2.0
M.2 2280 SSD	PCIe® NVMe®, PCIe® 5.0 x4 Performance	512GB / 1TB / 2TB	Opal 2.0

Notes:

[1] The storage capacity supported is based on the test results with current Lenovo® storage offerings.
[2] The actual data transfer rate of the following PCIe® interface also depends on the capabilities of the connected PCIe® device. The listed values represent theoretical maximums.
PCIe® 3.0 (x2 / x4): 2 GB/s (16 Gbps) / 4 GB/s (32 Gbps);
PCIe® 4.0 (x2 / x4): 4 GB/s (32 Gbps) / 8 GB/s (64 Gbps);
PCIe® 5.0 (x2 / x4): 8 GB/s (64 Gbps) / 16 GB/s (128 Gbps).

Removable Storage

Card Reader

No card reader

Multi-Media

Audio Chip

High Definition (HD) Audio, Realtek® ALC3287 codec

Speakers

Stereo speakers, 2W x2, Dolby Atmos®

Microphone

- Dual-microphone array, 360° far-field, Dolby Voice®
- No microphone[1]

Camera**

- 5.0MP + IR discrete, with privacy shutter, fixed focus, temporal noise reduction
- 5.0MP + IR discrete, with privacy shutter, fixed focus, vHDR, Computer Vision on Image Signal Processor (ISP), temporal noise reduction[2]
- 5.0MP, with privacy shutter, fixed focus, temporal noise reduction
- No camera[3]

Notes:

[1] No microphone is for special bid only.
[2] Computer Vision on ISP is only available on the models with preloaded OS.
[3] No camera is for special bid only.

Battery

Battery[1]

- 60Wh Rechargeable Li-ion Battery, supports Rapid Charge (charge up to 80% in 1hr) with 65W AC adapter
- 75Wh Rechargeable Li-ion Battery, supports Rapid Charge (charge up to 80% in 1hr) with 100W AC adapter

Battery Life[2]

Configuration 1 (max battery life)
MobileMark® 30: up to 19.8 hr with 675 performance score @250nits
JEITA-BAT 3.0 (Video/Idle): up to 20.3 hr / 36.9 hr @200nits
Local video playback: up to 35.2 hr @150nits

Alternate configuration 2
MobileMark® 30: up to 16.2 hr with 1047 performance score @250nits
JEITA-BAT 3.0 (Video/Idle): up to 17.9 hr / 28.8 hr @200nits
Local video playback: up to 26.8 hr @150nits

Notes:

[1] Rapid charge is only guaranteed when the computer is turned off or in standby mode or in hibernation mode. When the computer is powered on, the Charge Time will vary depending on system power consumption and AC adapter power.
[2] Configuration 1 (max battery life): WUXGA low power (touch), Intel® Core™ Ultra 5 332, 16GB LPCAMM2, Win 11, 60Wh

battery, best power efficiency power mode
Alternate configuration 2: WUXGA (non-touch), Intel® Core™ Ultra 5 335, 16GB LPCAMM2, Win 11, 60Wh battery, best power efficiency power mode

All battery life claims are approximate maximum and based on results using MobileMark® 30, JEITA 3.0, continuous 1080p local video playback (using default Media Player in Fullscreen mode with 150nits brightness and default volume level), or Google Power Load Test (PLT) battery-life benchmark tests.
Actual battery life will vary depending on many factors such as product configuration, software, wireless functionality, power management settings, and screen brightness.
The maximum capacity of the battery will decrease with time, ambient temperature and use.
Refer to Microsoft® link for more information about the Windows® Performance power slider.

Power Adapter

Power Adapter[**][1]

- 65W USB-C® (2-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- 65W USB-C® (3-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- 65W USB-C® nano GaN (2-pin, wall-mount) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- 65W USB-C® nano GaN (3-pin, wall-mount) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- 65W USB-C® slim GaN (2-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- 65W USB-C® slim GaN (3-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- 100W USB-C® slim (3-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- 100W dual-port USB-C® GaN (2-pin, wall-mount) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- 100W dual-port USB-C® GaN (3-pin, wall-mount) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- No power adapter

Notes:
[1] AC adapter offerings depend on the country.

DESIGN

Display

Display[**][1]

Size	Resolution	Touch	Type	Brightness	Surface	Aspect Ratio	Contrast Ratio	Color Gamut	Refresh Rate	Viewing Angle (L/R/U/D)	Key Features
14″	WUXGA (1920x1200)	Non-touch	IPS[2]	400nits	Anti-glare	16:10	1000:1	45% NTSC	60Hz	89° / 89° / 89° / 89°	3M™ DBEF5
14″	WUXGA (1920x1200)	On-cell touch	IPS[3]	500nits	Anti-glare	16:10	1500:1	100% sRGB	60Hz	89° / 89° / 89° / 89°	ThinkPad® Privacy Guard, Eyesafe® Certified 2.0
14″	WUXGA (1920x1200)	In-cell touch	IPS[4]	500nits	Anti-glare	16:10	1500:1	100% sRGB	60Hz	89° / 89° / 89° / 89°	Low power, Eyesafe® Certified 2.0
14″	2.8K (2880x1800)	Non-touch	OLED	500nits	Anti-glare	16:10	100,000:1	100% DCI-P3	120Hz VRR	85° / 85° / 85° / 85°	DisplayHDR™ True Black 1000, Dolby Vision®, Eyesafe® Certified 2.0

Touchscreen[**]

- In-cell multi-touch, supports 10-point touch
- On-cell multi-touch, supports 10-point touch
- Non-touch

Screen-to-Body Ratio

87.44%

Notes:

[1] 3M™ DBEF5 (Dual Brightness Enhancement Film) improves the experience with higher brightness and lower energy.
[2], [3], [4] IPS (in-plane switching) technology may refer to IPS, PLS, ADS, AHVA, AAS.

Input Device

Pen

No support

Keyboard

6-row, spill-resistant, multimedia Fn keys, key travel 1.5mm / 1.35mm (Fn row & G/H/B), Copilot key

Keyboard Backlight

- LED backlight
- Non-backlight

UltraNav™

TrackPoint® pointing device, double-tap to open the TrackPoint® Quick Menu
Glass-like Mylar® surface multi-touch 3-button Trackpad, 74.3 x 115 mm (2.93 x 4.53 inches)

Mechanical

Dimensions (WxDxH)[1]

313.6 x 221.7 x 11.3/15.88 (front/rear), 21.95 (maximum) mm
12.35 x 8.73 x 0.44/0.63 (front/rear), 0.86 (maximum) inches

Weight[2]

Models	Weight
WLAN models with 60Wh battery	Starting at 1.27 kg (2.80 lbs)
WWAN models with 60Wh battery	Starting at 1.36 kg (2.99 lbs)
WLAN models with 75Wh battery	Starting at 1.37 kg (3.02 lbs)
WWAN models with 75Wh battery	Starting at 1.42 kg (3.13 lbs)

Case Color**

- Black
- Blue

Case Material**

- WLAN models: PC + 20% CF (top), PC + 20% CF (bottom)
- WWAN models: PC + 20% CF (top), PC + 40% GF (bottom)

Notes:

[1] The system dimensions may vary depending on configurations.
[2] The system weight is approximate and based on results in Lenovo® lab, which varies depending on the source of component, variance of the distribution of each component, and manufacturing process. It may not be the exact weight for each specific model.

CONNECTIVITY

Network

WLAN + Bluetooth®**[1]

- Intel® Wi-Fi® 7 BE211, 802.11be 2x2 Wi-Fi® + Bluetooth® 5.4 (Bluetooth® 6.0 hardware ready)
- Intel® Wi-Fi® 7 BE211, 802.11be 2x2 Wi-Fi® + Bluetooth® 5.4 (Bluetooth® 6.0 hardware ready), Intel® vPro® technology support[2]

WWAN**

- Wireless WAN upgradable to 4G (with antenna ready)
- Wireless WAN upgradable to 5G (with antenna ready)
- Rolling Wireless RW220-GL, 4G LTE CAT1, M.2 card, with embedded eSIM functionality
- Snapdragon® X12 LTE Modem, 4G LTE CAT6, M.2 card, with embedded eSIM functionality
- Snapdragon® X61 5G Modem-RF System, Sub-6 GHz, M.2 card, with embedded eSIM functionality
- No support

SIM Card**[3]

- KDDI eSIM Program 3-year (Japan)
- KDDI eSIM Program 3-year with international roaming (Japan)
- KDDI eSIM Program 4-year (Japan)
- KDDI eSIM Program 4-year with international roaming (Japan)
- KDDI eSIM Program 5-year (Japan)
- KDDI eSIM Program 5-year with international roaming (Japan)
- No physical SIM card included

Ethernet**

- Gigabit Ethernet, Intel® Ethernet Connection I219-LM (vPro® models), 1x RJ-45, supports Wake-on-LAN
- Gigabit Ethernet, Intel® Ethernet Connection I219-V (non-vPro® models), 1x RJ-45, supports Wake-on-LAN

NFC

- Near Field Communication
- No support

Notes:

[1] Wi-Fi® operation (including Wi-Fi® 6, Wi-Fi® 6E, Wi-Fi® 7, etc.) is subject to the regulatory requirements of each country. Bluetooth® may operate at a lower version than hardware design depending on the factors such as operating system, driver, etc.

[2] Intel® vPro® platform requires the hardware and software necessary to deliver the manageability use cases, security features, system performance, and stability that define the platform. For detailed vPro® support information, please refer to the System Management section.

[3] KDDI eSIM Program has no physical SIM card inbox and is for special bid only.

Ports[1]

Standard Ports

- 1x USB-A (USB 5Gbps), Always On
- 1x USB-A (USB 5Gbps)
- 2x Thunderbolt™ 4, with USB PD 15-100W and DisplayPort™ 2.1
- 1x HDMI® 2.1, up to 4K/60Hz
- 1x Headphone / microphone combo jack (3.5mm)
- 1x Ethernet (RJ-45)

Optional Ports***

- 1x Nano-SIM card slot (WWAN support models)
- 1x Smart card reader

Notes:

[1] The transfer speed of the ports will vary and, depending on many factors, such as the processing speed of the host device, file attributes and other factors related to system configuration and your operating environment, will be slower than theoretical speed.

Docking

Docking

Various docking solutions supported via Thunderbolt™ / USB-C®.
For more compatible docking solutions, please visit Docking for ThinkPad® T14 Gen 7 (Intel®)

SECURITY & PRIVACY

Security

ThinkShield

ThinkShield is a comprehensive security solution that encompasses hardware, software, and supply chain components. For more details, visit here

Security Chip

Discrete TPM 2.0, TCG certified

Physical Locks

Kensington® Nano Security Slot™, 2.5 x 6 mm

Smart Card Reader

- Smart card reader, supports ISO 7816 and EMV

- No smart card reader

Fingerprint Reader

- Touch style fingerprint reader integrated in power button, match-on-chip
- No fingerprint reader

BIOS Security

- Certificate-based BIOS authentication
- FIDO (Fast Identity Online) authentication
- NVMe® password
- Power-on password
- Supervisor password
- System management password
- Self-healing BIOS
- More BIOS security features, please visit BIOS Simulator[1]

Other Security

- (Optional) Computer Vision-based Human Presence Detection on Image Signal Processor (ISP)
- Camera privacy shutter (camera models)
- (Optional) IR camera for Windows® Hello (facial recognition)
- Privacy Guard with Privacy Alert (models with ThinkPad® Privacy Guard display)

Notes:

[1] The BIOS simulator is just for reference. Default settings and some options may vary depending on the hardware, operating system and BIOS version.

MANAGEABILITY

System Management

System Management[1]

- Intel® vPro® Enterprise[2]
- Non-vPro®

Notes:

[1] Intel® vPro® platform require an eligible Intel® processor, a supported operating system, Intel® LAN and/or WLAN silicon, firmware enhancements, and other hardware and software necessary to deliver the manageability use cases, security features, system performance, and stability that define the platform. See Intel® vPro® Platform for details.

[2] Intel® vPro® offers a superset of DASH's defined capabilities.

SERVICE

Warranty

Base Warranty**

- 1-year courier or carry-in service
- 1-year courier or carry-in with 2-year system board service (Korea only)
- 1-year limited onsite service
- 3-year (1-yr battery) courier or carry-in service
- 3-year (1-yr battery) limited onsite service
- No base warranty

ACCESSORIES

Bundled Accessories

Bundled Accessories*[1]**

- Lenovo® HDMI® to VGA Monitor Adapter
- Lenovo® USB-C® to DisplayPort™ Adapter
- Lenovo® USB-C® to VGA Adapter
- None

Notes:

[1] For more compatible accessory solutions, please visit Accessories for ThinkPad® T14 Gen 7 (Intel®).

OPERATING REQUIREMENTS

Operating Environment

Temperature[1]

- Operating: 5°C (41°F) to 35°C (95°F)
- Storage and transportation in original shipping package: -20°C (-4°F) to 60°C (140°F)
- Storage without package: 5°C (41°F) to 43°C (109°F)

Relative Humidity

- Operating: 8% to 95% at wet-bulb temperature 23°C (73°F)
- Storage and transportation: 5% to 95% at wet-bulb temperature 27°C (81°F)

Altitude

Maximum altitude (without pressurization): 3048 m (10,000 ft)

Notes:

[1] When you charge the battery, its temperature must be no lower than 10°C (50°F).

ENVIRONMENTAL

Sustainability

Material[1]

Top cover: PC/GF (50%) + PC/CF (20%)
Keyboard frame: 90% recycled magnesium
Bottom cover: PC/CF 30% PCC (WLAN models) or PC/GF 45% PCC (WWAN models)
Keyboard (keycaps): 85% PCC Plastic
Keyboard (Frame): 65% PCC
Keyboard (base plate): 90% recycled stainless steel
Speaker enclosure: 90% PCC recycled plastic
Battery: 100% recycled cobalt
Battery frame: 90% PCC recycled plastic
Adapter: 90% PCC recycled plastic
Cable/antenna holders: 30% PCC+5% Lenovo® closed-loop PCC
Fan housing: 25% PCC plastic, 90% Recycled steel
Packaging: Plastic-free packaging with FSC-certified paper

Notes:

[1] PCC: Post Consumer Content, recycled materials from customers.

CERTIFICATIONS

Green Certifications[1]

Green Certifications[2]

- ENERGY STAR® 9.0
- EPEAT 2.0 Gold Registered[3]
- ErP Lot 6/26
- RoHS compliant
- TCO Certified, generation 10

Notes:

[1] The items listed under the "Green Certifications" section may not only refer to certification but also registration or self-declaration. For ESG & regulatory compliance documents, please visit https://compliance.lenovo.com.
[2] EPEAT registration and ENERGY STAR® certification are optional and only available on the models with preloaded OS. Please visit epeat.net and energystar.gov for more information.
[3] EPEAT is registered where applicable, please visit epeat.net for registration status by country.

Other Certifications

Mil-Spec Test

MIL-STD-810H military test passed

Other Certifications

(Optional) Eyesafe® Certified 2.0

- Feature with ** means that only one option listed under the feature can be configured on selected models. Please refer to the model configuration for specific information.
- Feature with *** means that one or more options listed under the feature can be configured on selected models. Please refer to the model configuration for specific information.
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Copilot+PC

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