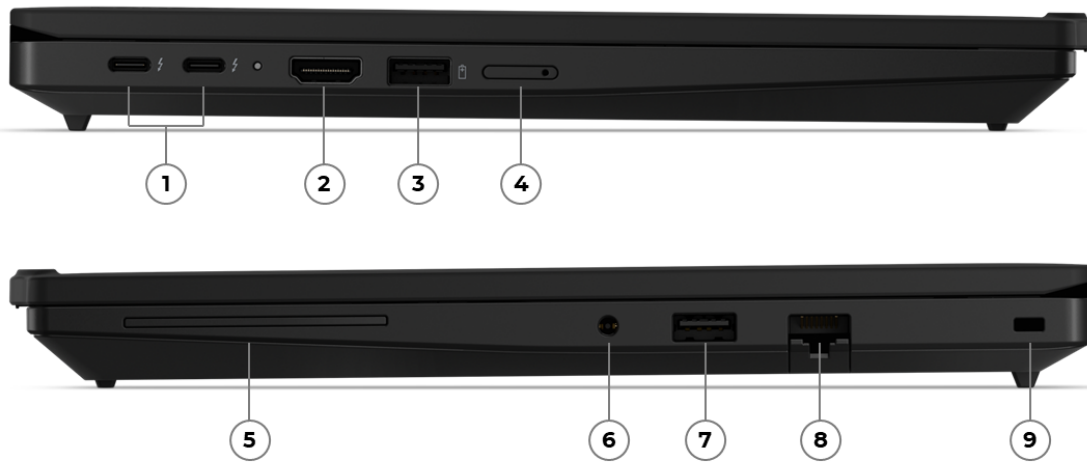


## OVERVIEW



|                                 |  |
|---------------------------------|--|
| 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\*\*

- AMD Ryzen™ 5 / 7 PRO 200 Series Processor - Hawk Point (HWK)
- AMD Ryzen™ AI 5 / 7 PRO 400 Series Processor - Gorgon Point (GPT)

#### Processor\*\*

| Processor Name                | Cores | Threads | Base Frequency | Max Frequency | Cache              | Processor Graphics | NPU                          | Overall TOPS  |
|-------------------------------|-------|---------|----------------|---------------|--------------------|--------------------|------------------------------|---------------|
| AMD Ryzen™ 5 PRO 215 (HWK)    | 6     | 12      | 3.2GHz         | 4.7GHz        | 6MB L2 / 16MB L3   | AMD Radeon™ 740M   | -                            | -             |
| AMD Ryzen™ 5 PRO 230 (HWK)    | 6     | 12      | 3.5GHz         | 4.9GHz        | 6MB L2 / 16MB L3   | AMD Radeon™ 760M   | AMD Ryzen™ AI, up to 16 TOPS | Up to 31 TOPS |
| AMD Ryzen™ 7 PRO 250 (HWK)    | 8     | 16      | 3.3GHz         | 5.1GHz        | 8MB L2 / 16MB L3   | AMD Radeon™ 780M   | AMD Ryzen™ AI, up to 16 TOPS | Up to 38 TOPS |
| AMD Ryzen™ AI 5 PRO 440 (GPT) | 6     | 12      | 2GHz           | 4.8GHz        | 6 MB L2 / 16 MB L3 | AMD Radeon™ 840M   | AMD Ryzen™ AI, up to 50 TOPS | Up to 59 TOPS |
| AMD Ryzen™ AI 7 PRO 450 (GPT) | 8     | 16      | 2GHz           | 5.1GHz        | 8MB L2 / 16MB L3   | AMD Radeon™ 860M   | AMD Ryzen™ AI, up to 50 TOPS | Up to 66 TOPS |

### AI (Artificial Intelligence)

#### AI PC Category\*\*<sup>[1]</sup>

- Copilot+ PC (Gorgon Point)<sup>[2]</sup>
- AI PC (Hawk Point)<sup>[3]</sup>

#### NPU

Integrated AMD Ryzen™ AI, up to 50 TOPS

#### Notes:

[1] AI PC is only available for the models with AMD Ryzen™ 5 PRO 230 or AMD Ryzen™ 7 PRO 250 processor.

[2] 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.

[3] AI PCs have a NPU capable of 10+ TOPs to run the Copilot assistant by pressing the optional Microsoft® Copilot key or using Win + C.

### Operating System

#### Operating System\*\*

- Windows® 11 Pro
- Windows® 11 Home
- Windows® 11 Home Single Language
- Fedora Linux<sup>[1]</sup>
- Ubuntu Linux<sup>[2]</sup>
- Linux<sup>[3]</sup>
- 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 |
|------------------|------------|--------|--------------|
| AMD Radeon™ 740M | Integrated | Shared | DirectX® 12  |
| AMD Radeon™ 760M | Integrated | Shared | DirectX® 12  |
| AMD Radeon™ 780M | Integrated | Shared | DirectX® 12  |
| AMD Radeon™ 840M | Integrated | Shared | DirectX® 12  |
| AMD Radeon™ 860M | Integrated | Shared | DirectX® 12  |

## Monitor Support

### Monitor Support<sup>[1]</sup>

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 5K@60Hz (Hawk Point) or 8K@30Hz (Gorgon Point)<sup>[2]</sup>

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

AMD SoC (System on Chip) platform

## Memory

### Max Memory<sup>[1]</sup>

- Hawk Point: up to 64GB DDR5-5600
- Gorgon Point: up to 96GB DDR5-5600

### Memory Slots

Two DDR5 SODIMM slots, dual-channel capable

### Memory Type

DDR5-5600

Notes:

[1] The max memory is based on the test results with current Lenovo® memory offerings.

## Storage

### Max Storage Support\*\*<sup>[1]</sup>

- Gorgon Point: one drive, up to 2TB M.2 2280 SSD
- Hawk Point: one drive, up to 1TB M.2 2280 SSD

### Storage Slot<sup>[2]</sup>

One M.2 2280 PCIe® 4.0 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 <sup>[3]</sup> | PCIe® NVMe®, PCIe® 5.0 x4 Performance | 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).

[3] Installed PCIe® 5.0x4 SSD will run at PCIe® 4.0x4 due to platform limitation.

## 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<sup>[1]</sup>

### 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<sup>[2]</sup>
- 5.0MP, with privacy shutter, fixed focus, temporal noise reduction
- No camera<sup>[3]</sup>

---

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\*\*<sup>[1]</sup>

- 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<sup>[2]</sup>

Configuration 1 (max battery life)

MobileMark® 30: up to 18.93 hr with 1092 performance score @250nits

JEITA-BAT 3.0 (Video/Idle): up to 18 hr / 38.95 hr @200nits

Local video playback: up to 34.9 hr @150nits

Alternate configuration 2

MobileMark® 30: up to 17.02 hr with 1118 performance score @250nits

JEITA-BAT 3.0 (Video/Idle): up to 17.87 hr / 31.8 hr @200nits

Local video playback: up to 29 hr @150nits

Alternate configuration 3

MobileMark® 30: up to 17.0 hr with 928 performance score @250nits

JEITA-BAT 3.0 (Video/Idle): up to 15 hr / 33.5 hr @200nits

Local video playback: up to 25.9 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), AMD Ryzen™ AI 7 PRO 450, 16GB DDR5, Win 11, 75Wh battery, best power efficiency power mode

Alternate configuration 2: WUXGA (non-touch), AMD Ryzen™ AI 5 PRO 440, 32GB DDR5, Win 11, 75Wh battery, best power efficiency power mode

Alternate configuration 3: WUXGA low power (touch), AMD Ryzen™ 7 PRO 250, 16GB DDR5, Win 11, 75Wh battery, best power efficiency power mode

All battery life claims are approximate maximum and based on results using [MobileMark® 25](#), 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\*\*<sup>[1]</sup>

- 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\*\*<sup>[1]</sup>

| 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 <sup>[2]</sup> | 400nits    | Anti-glare | 16:10        | 1000:1         | 45% NTSC    | 60Hz         | 89° / 89° / 89° / 89°   | 3M™ DBEF5  |
| 14"  | WUXGA (1920x1200) | On-cell touch | IPS <sup>[3]</sup> | 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 <sup>[4]</sup> | 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

87.49%

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)<sup>[1]</sup>

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<sup>[2]</sup>

| Models                        | Weight                         |
|-------------------------------|--------------------------------|
| WLAN models with 60Wh battery | Starting at 1.28 kg (2.82 lbs) |
| WLAN models with 75Wh battery | Starting at 1.32 kg (2.90 lbs) |
| WWAN models with 60Wh battery | Starting at 1.37 kg (3.01 lbs) |
| WWAN models with 75Wh battery | Starting at 1.40 kg (3.09 lbs) |

#### Case Color\*\*

- Black
- Blue<sup>[3]</sup>

#### 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.

[3] Blue cover is for special bid only.

## CONNECTIVITY

### Network

#### WLAN + Bluetooth<sup>[1]</sup>

MediaTek Wi-Fi® 7 MT7925, 802.11be 2x2 Wi-Fi® + Bluetooth® 5.4

#### WWAN\*\*

- Wireless WAN upgradable to 4G (with antenna ready)
- Wireless WAN upgradable to 5G (with antenna ready)
- 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\*\*<sup>[2]</sup>

- 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 inbox

#### Ethernet

Gigabit Ethernet, Realtek® RTL8111EPV, 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] KDDI eSIM Program has no physical SIM card inbox and is for special bid only.

## Ports<sup>[1]</sup>

### Standard Ports

- 1x USB-A (USB 5Gbps), Always On
- 1x USB-A (USB 5Gbps)
- 2x Thunderbolt™ 4, with USB PD 45-65W and DisplayPort™ 2.1 (Gorgon Point) / DisplayPort™ 1.4a (Hawk Point)
- 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

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**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 \(AMD\)](#)

## 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](#)

#### 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)

## MANAGEABILITY

### System Management

#### System Management

DASH

## 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 \(AMD\)](#).

## OPERATING REQUIREMENTS

### Operating Environment

#### Temperature<sup>[1]</sup>

- 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<sup>[1]</sup>

Top cover: PC/GF (50%) + PC/CF (20%), Al stamping (50% PIC)  
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

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**Notes:**

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

## CERTIFICATIONS

### Green Certifications<sup>[1]</sup>

#### Green Certifications<sup>[2]</sup>

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

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**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](http://epeat.net) and [energystar.gov](http://energystar.gov) for more information.

[3] EPEAT™ is registered where applicable, please visit [epeat.net](http://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

AMD



Copilot+PC

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