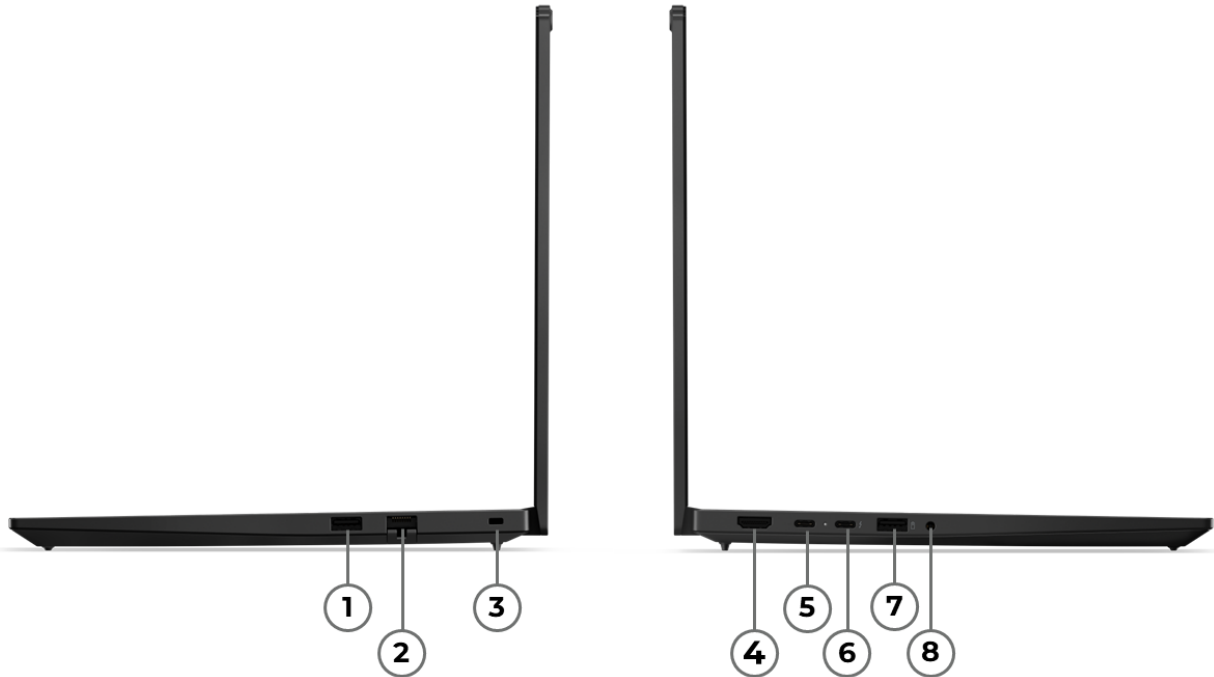


**OVERVIEW**

1. USB-A (USB 5Gbps)	5. USB-C (USB 20Gbps), with USB PD 3.1 & DP 1.4
2. Ethernet (RJ-45)	6. Thunderbolt 4
3. Kensington Nano Security Slot	7. USB-A (USB 10Gbps), Always On
4. HDMI	8. Headphone / microphone combo jack (3.5mm)

## PERFORMANCE

### Processor

#### Processor Family

- Intel® H or U Series Core Ultra 5 / 7 Processor (Series 2)
- Intel® U Series Core 3 Processor (Series 1)
- Intel® U or H Series Core 5 / 7 Processor (Series 2)

#### Processor\*\*

Processor Name	Cores	Threads	Base Frequency	Max Frequency	Cache	Processor Graphics	NPU
Core 3 100U	6 (2 P-core + 4 E-core)	8	P-core 1.2GHz / E-core 900MHz	P-core 4.7GHz / E-core 3.3GHz	10MB	Intel® Graphics	-
Core 5 210H	8 (4 P-core + 4 E-core)	12	P-core 2.2GHz / E-core 1.6GHz	P-core 4.8GHz / E-core 3.6GHz	12MB	Intel® Graphics	-
Core 5 220U	10 (2 P-core + 8 E-core)	12	P-core 1.4GHz / E-core 900MHz	P-core 5.0GHz / E-core 3.8GHz	12MB	Intel® Graphics	-
Core 7 240H	10 (6 P-core + 4 E-core)	16	P-core 2.5GHz / E-core 1.8GHz	P-core 5.2GHz / E-core 4.0GHz	24MB	Intel® Graphics	-
Core 7 250U <sup>[1]</sup>	10 (2 P-core + 8 E-core)	12	P-core 1.8GHz / E-core 1.2GHz	P-core 5.4GHz / E-core 4.0GHz	12MB	Intel® Graphics	-
Core Ultra 5 225H	14 (4 P-core + 8 E-core + 2 LPE-core)	14	P-core 1.7GHz / E-core 1.3GHz / LPE-core 700MHz	P-core 4.9GHz / E-core 4.3GHz / LPE-core 2.5GHz	18MB	Intel® Arc™ 130T GPU, up to 63 TOPS <sup>[2]</sup>	Intel® AI Boost
Core Ultra 5 225U	12 (2 P-core + 8 E-core + 2 LPE-core)	14	P-core 1.5GHz / E-core 1.3GHz / LPE-core 700MHz	P-core 4.8GHz / E-core 3.8GHz / LPE-core 2.4GHz	12MB	Intel® Graphics	Intel® AI Boost
Core Ultra 5 235U	12 (2 P-core + 8 E-core + 2 LPE-core)	14	P-core 2.0GHz / E-core 1.6GHz / LPE-core 700MHz	P-core 4.9GHz / E-core 4.1GHz / LPE-core 2.4GHz	12MB	Intel® Graphics	Intel® AI Boost
Core Ultra 7 255H	16 (6 P-core + 8 E-core + 2 LPE-core)	16	P-core 2GHz / E-core 1.5GHz / LPE-core 700MHz	P-core 5.1GHz / E-core 4.4GHz / LPE-core 2.5GHz	24MB	Intel® Arc™ 140T GPU, up to 74 TOPS <sup>[3]</sup>	Intel® AI Boost
Core Ultra 7 265U	12 (2 P-core + 8 E-core + 2 LPE-core)	14	P-core 2.1GHz / E-core 1.7GHz / LPE-core 700MHz	P-core 5.3GHz / E-core 4.2GHz / LPE-core 2.4GHz	12MB	Intel® Graphics	Intel® AI Boost

Notes:

[1] Intel® Core™ 7 250U is for special bid only.

[2], [3] Intel® Arc™ Graphics only available on select H-series Intel® Core™ Ultra processor powered systems with at least 16GB of system memory in a dual-channel configurations, otherwise it will function as Intel® Graphics.

### AI (Artificial Intelligence)

#### AI PC Category

AI PC (MT 21SX/21SY)<sup>[1]</sup>

#### AI Performance

Up to 96 overall TOPS

#### NPU

Integrated Intel® AI Boost, up to 13 TOPS

Notes:

[1] 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
- No preload operating system

## Graphics

### Graphics\*\*

Graphics	Type	Memory	TGP	Key Features
Intel® Arc™ 130T GPU <sup>[1]</sup>	Integrated	Shared	Share CPU TDP	DirectX® 12.2
Intel® Arc™ 140T GPU <sup>[2]</sup>	Integrated	Shared	Share CPU TDP	DirectX® 12.2
Intel® Graphics	Integrated	Shared	Share CPU TDP	DirectX® 12.2

Notes:

[1], [2] Intel® Arc™ graphics only available on select H-series Intel® Core™ Ultra processor powered systems with at least 16GB of system memory in a dual-channel configurations, otherwise it will function as Intel® Graphics.

## Monitor Support

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

Supports up to 4 independent displays (native display and 3 external monitors via HDMI®, USB-C® and Thunderbolt™)

- HDMI® supports up to 4096x2160@60Hz
- USB-C® supports up to 5120x2880@60Hz
- Thunderbolt™ supports up to 7680x4320@60Hz<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

Intel® SoC (System on Chip) platform

## Memory

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

- Up to 64GB DDR5-5200
- Up to 64GB DDR5-5600

### Memory Slots

Two DDR5 SO-DIMM slots, dual-channel capable

### Memory Type\*\*

- DDR5-5200<sup>[2]</sup>
- DDR5-5600

Notes:

[1] The 64GB memory is for special bid only.

[2] Installed memory is actually DDR5-5600 but may run as DDR5-5200 due to processor limitation.

## Storage

### Storage Support

Up to two drives, 2x M.2 SSD

- M.2 2242 SSD up to 1TB
- M.2 2280 SSD up to 1TB<sup>[1]</sup>

### Storage Slot

Two M.2 slots

- One M.2 2242 PCIe® 4.0 x4 slot

- One M.2 2280 PCIe® 4.0 x4 slot

### Storage Type

Disk Type	Interface	Offering	Security
M.2 2242 SSD	PCIe® NVMe®, PCIe® 4.0 x4	256GB / 512GB / 1TB	Opal 2.0

Notes:

[1] The system supports dual SSD via two M.2 slots, but Lenovo® only offers one M.2 2242 SSD configuration and M.2 2280 slot for user self-extension.

## Removable Storage

### Card Reader

No card reader

## Multi-Media

### Audio Chip

High Definition (HD) Audio, Senary SN6147 codec

### Speakers

Stereo speakers, 2W x2, Dolby Atmos®, audio by HARMAN

### Microphone

Dual-microphone array with smart noise-cancelling

### Camera\*\*

- HD 720p, with privacy shutter, fixed focus
- FHD 1080p + IR hybrid, with privacy shutter, fixed focus, temporal noise reduction
- 5.0MP, with privacy shutter, fixed focus, temporal noise reduction

## Battery

### Battery\*\*

- 48Wh Rechargeable Li-ion Battery, supports Rapid Charge Pro (charge up to 50% in 30min)<sup>[1]</sup>
- 64Wh Rechargeable Li-ion Battery

### Battery Life<sup>[2]</sup>

Configuration 1 (max battery life)

MobileMark® 30: up to 12.28 hr with 689 performance score @250nits

JEITA-BAT 3.0 (Video/Idle): up to 11.56 hr / 23.56 hr @200nits

Local video playback: up to 20.78 hr @150nits

Configuration 2

MobileMark® 30: up to 10.6 hr with 879 performance score @250nits

JEITA-BAT 3.0 (Video/Idle): up to 8.48 hr / 16.76 hr @200nits

Local video playback: up to 18.23 hr @150nits

Configuration 3

MobileMark® 30: up to 10.03 hr with 656 performance score @250nits

JEITA-BAT 3.0 (Video/Idle): up to 10.5 hr / 20.86 hr @200nits

Local video playback: up to 20.0 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: WUXGA (non-touch), Intel® Core™ Ultra 5 225U, 16GB DDR5, Win 11, 64Wh battery, best power efficiency power mode

Configuration 2: 2.8K (non-touch), Intel® Core™ Ultra 7 225H, 32GB DDR5, Win 11, 64Wh battery, best power efficiency power mode

Configuration 3: WUXGA (non-touch), Intel® Core™ 3 100U, 8GB DDR5, Win 11, 64Wh 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 and depends 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® slim (2-pin, wall-mount) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- No power adapter<sup>[2]</sup>

Notes:

[1] AC adapter offerings depend on the country.

[2] No power adapter is for special bid only.

## 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)	None	IPS	300nits	Anti-glare	16:10	1000:1	45% NTSC	60Hz	89° / 89° / 89° / 89°	TÜV Low Blue Light (Software)
14"	WUXGA (1920x1200)	Multi-touch	IPS	300nits	Anti-glare	16:10	1000:1	45% NTSC	60Hz	89° / 89° / 89° / 89°	TÜV Low Blue Light (Software)
14" <sup>[2]</sup>	WUXGA (1920x1200)	None	IPS	300nits	Anti-glare	16:10	1000:1	100% sRGB	60Hz	89° / 89° / 89° / 89°	Eyesafe® Certified 2.0
14"	2.8K (2880x1800)	None	IPS	400nits	Anti-glare	16:10	1500:1	100% sRGB	120Hz VRR	89° / 89° / 89° / 89°	Eyesafe® Certified 2.0

#### Touchscreen

- Add-on Film Touch, supports 10-point touch
- Non-touch

Notes:

[1] IPS (in-plane switching) technology may refer to IPS, PLS, ADS, AHVA, AAS.

[2] The display WUXGA with 100% sRGB is only available for MT 21T9/21TA.

### Input Device

#### Pen

No support

#### Keyboard

6-row, spill-resistant, multimedia Fn keys, Copilot key

#### Keyboard Backlight

- LED backlight
- Non-backlight

#### UltraNav™

TrackPoint® pointing device, double-tap to open the TrackPoint® Quick Menu  
Mylar® surface multi-touch 3-button Trackpad, 60 x 115 mm (2.36 x 4.53 inches)

### Mechanical

#### Dimensions (WxDxH)<sup>[1]</sup>

Models	Dimensions
Models with aluminium (top) and PC-ABS (bottom)	313 x 220.3 x 10.1/15.25 (front/rear), 20.5 (maximum) mm; 12.32 x 8.67 x 0.40/0.60 (front/rear), 0.81 (maximum) inches
Models with aluminium (top) and aluminium (bottom)	313 x 220.3 x 10.1/15.25 (front/rear), 19.7 (maximum) mm; 12.32 x 8.67 x 0.40/0.60 (front/rear), 0.78 (maximum) inches

**Weight<sup>[2]</sup>**

Starting at 1.34 kg (2.95 lbs)

**Case Color**

Black

**Case Material\*\***

- Aluminium (top), PC-ABS (bottom)
- Aluminium (top), aluminium (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®\*\*<sup>[1]</sup>**

- Wi-Fi® 6, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 card
- Realtek® Wi-Fi® 6 RTL8852BE, 802.11ax Dual Band 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 card
- Intel® Wi-Fi® 6 AX203, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.2, M.2 Card
- Wi-Fi® 6E, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 card<sup>[2]</sup>
- Intel® Wi-Fi® 6E AX211, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 Card<sup>[3]</sup>

**WWAN**

No support

**SIM Card**

No physical SIM card inbox

**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**

No support

Notes:

[1] Bluetooth® may operate at a lower version than hardware design depending on the factors such as operating system, driver, etc.

[2], [3] Wi-Fi® 6E operation is subject to the regulation rules in each country.

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

**Standard Ports**

- 1x USB-A (USB 5Gbps / USB 3.2 Gen 1)
- 1x USB-A (USB 10Gbps / USB 3.2 Gen 2), Always On
- 1x USB-C® (USB 20Gbps / USB 3.2 Gen 2x2), with USB PD 3.1 and DisplayPort™ 1.4
- 1x USB-C® (Thunderbolt™ 4 / USB4® 40Gbps), with USB PD 3.1 and DisplayPort™ 2.1
- 1x HDMI® 2.1, up to 4K/60Hz
- 1x Headphone / microphone combo jack (3.5mm)
- 1x Ethernet (RJ-45)

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™ or USB-C®.

For more compatible docking solutions, please visit [Docking for ThinkPad® E14 Gen 7 \(Intel®\)](#)

## SECURITY & PRIVACY

### Security

#### Security Chip

Discrete TPM 2.0, TCG certified, FIPS 140-2 certified

#### Physical Locks

Kensington® Nano Security Slot™, 2.5 x 6 mm

#### Smart Card Reader

No smart card reader

#### Fingerprint Reader

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

#### BIOS Security

- NVMe® password
- Power-on password
- Supervisor password
- System management password
- Certificate-based BIOS authentication
- FIDO (Fast Identity Online) authentication
- Self-healing BIOS

#### Other Security

- Camera privacy shutter
- (Optional) IR camera for Windows® Hello (facial recognition)

## MANAGEABILITY

### System Management

#### System Management

- Intel® vPro® Enterprise<sup>[1]</sup>
- Non-vPro®

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Notes:

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

## SERVICE

### Warranty

#### Base Warranty\*\*

- 1-year mail-in service
- 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
- No base warranty

## ACCESSORIES

### Bundled Accessories

**Bundled Accessories**<sup>[1]</sup>

- Lenovo® 15.6" laptop casual toploader, polyester
- None

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Notes:

[1] For more compatible accessory solutions, please visit [Accessories for ThinkPad® E14 Gen 7 \(Intel®\)](#).

## 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)

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Notes:

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

## ENVIRONMENTAL

### Sustainability

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

50% recycled aluminium on top cover  
50% PCC recycled plastic used in display panel frame  
50% recycled aluminium on metal bottom cover  
50% PCC recycled plastic used in PC-ABS bottom cover  
90% PCC recycled plastic used in battery pack enclosure  
85% PCC recycled plastic used in key caps (backlight)  
70% PCC recycled plastic used in key caps (non-backlight)  
90% PCC recycled plastic used in speaker enclosure  
90% PCC recycled plastic used in standard 65W adapter  
FSC carton and accessory box  
FSC paper screen sheet  
Bamboo fiber NB bag  
Paper cushion  
Paper sealing label

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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 10.0

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

[3] EPEAT™ is registered where applicable, please visit [epeat.net](https://epeat.net) for registration status by country.

## Other Certifications

### Mil-Spec Test

Work in progress

### Other Certifications

- (Optional) Eyesafe® Certified 2.0
  - (Optional) TÜV Rheinland® Low Blue Light (Software Solution)
- 
- 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.
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