

Lenovo ThinkPad T16g Gen 3

Freedom to Move. Power to Create.



That's the power of Intel Inside®

Unleash your potential with the Lenovo ThinkPad T16g, a mobile powerhouse engineered to take on the heaviest workloads. Now featuring a new chassis design, this device provides enhanced portability while maintaining an all while maintaining exceptional performance. Featuring up to Intel® Core™ Ultra 9 processors (Series 2) with Intel vPro® technology and accelerated by the NVIDIA GeForce RTX™ 5090 Laptop GPU (24GB) in a discrete design, the ThinkPad T16g ensures smooth and efficient workflows for even the most demanding applications. Whether you're presenting in 4K, handling massive spreadsheets, or juggling dozens of browser tabs, this laptop delivers desktop-level power in a mobile form factor.

Processor:

**5.5GHz
24 Cores**

Intel Core Ultra
Processors (Series 2)

Graphics:

**GeForce RTX
5090**

NVIDIA Blackwell Architecture,
The Ultimate Platform for
Gamers and Creators

Memory:

**192GB
DDR5**

4x SoDIMMs
ECC or non-ECC

AI:

**1860
TOPS**

CPU Package: up to 36 TOPS
GPU: up to 1824 TOPS
Total: up to 1860 TOPS

Features



Desktop Power, Wherever You Go

Up to 24 cores in a new, thinner chassis. Desktop-level performance on-the go.



16" 16:10 Display

Three high quality options to suit your budget including new Tandem OLED panel for vibrant visuals and exceptional clarity.



Mobile Power for AI Development

With up to 1860 TOPS, accomplish compute-intensive data science and AI tasks from anywhere—explore large datasets and features, develop, fine-tune, and validate models directly on your laptop.



Reliable Wireless Connectivity

Intel Wi-Fi 7 (5G) delivers enhanced bandwidth and reduced latency for seamless streaming, gaming, and productivity.

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Product Specifications

Performance

Processor

Intel Core Ultra Processors (Series 2)
HX-Series (up to 24 cores, up to 5.5GHz)¹

Graphics

Discrete
Up to NVIDIA GeForce RTX 5090
Blackwell Generation Laptop GPU

AI

CPU: up to 15 TOPS
NPU: 13 TOPS
iGPU: up to 8 TOPS
GPU: up to 1824 TOPS
Total: up to 1860 TOPS

Total Memory¹

Up to 128GB DDR5 5600MT/s ECC
Up to 192GB DDR5 5600MT/s non-ECC

Memory DIMM Capacity

16GB / 32GB ECC
8GB / 16GB / 32GB / 48GB non-ECC
4 SoDIMM slots

Total Storage

Up to 12TB M.2 PCIe Gen5 NVMe
Performance SSD
Up to 3 x 4TB drives

RAID

0/1/5

Camera

5MP RGB Camera with ThinkPad Webcam Privacy Shutter
5MP RGB + IR Camera with ThinkPad Webcam Privacy Shutter and Human Presence Detection

Battery

99.9Whr, Customer Replaceable

Power Supply

180W PD 3.1 Type-C

Design

Dimensions (WxDxH)

(mm): 362 x 252 x 15.8 (front) / 20.9 (rear)
(inches): 14.25 x 9.92 x 0.62 (front) / 0.82 (rear)

Weight

Starting at 2.54kg / 5.6lbs

Keyboard

ThinkPad Keyboard with Numeric Keypad, Backlit, Spill Resistant

Display

16" 16:10 Display

3.2K (3200 x 2000)

- T-OLED Touch, 600nit SDR, 100% DCI-P3, Anti-Glare/Anti-Reflective/Anti-Smudge, HDR 500, Dolby Vision®, X-Rite FCC, Low Blue Light, TÜV Eyesafe®

WQUXGA (UHD+) (3840x2400)

- IPS, 800nit, 100% DCI-P3, Anti-Glare, HDR 400, Dolby Vision, X-Rite FCC, Low Blue Light, TÜV Eyesafe

WUXGA (FHD+) (1920 x 1200)

- IPS, Low Power, 500nit, 100% sRGB, Anti-Glare, X-Rite FCC, Low Blue Light, TÜV Eyesafe

Connectivity

Ports

(2) USB-A (10Gbps)*
(2) USB-C® (Thunderbolt™ 5)
(1) USB-C (Thunderbolt 4)
(1) HDMI® 2.1
(1) Audio Jack
(1) Smart Card Reader²
(1) SD Express 8.0 Card Reader
(1) 2.0Gbps RJ-45

Wireless Connectivity

Intel Wi-Fi® 7 BE200 (2x2) +
Bluetooth® 5.4³

Rolling Wireless RW350R-GL 5G
sub-6GHz CAT19/CAT18 with eSIM²

Near Field Communication (NFC)²

Media Card Reader

SD Express 8.0 Card Reader

**Smarter
technology
for all**

¹ Memory spec transfer rate listed; system support transfer rate may vary by configuration

² Optional

³ Bluetooth may be limited by OS

⁴ For a full list of configuration details, specifications, and any limitations please visit:
<https://psref.lenovo.com>

* USB port transfer speeds are approximate and depend on many factors, such as processing capability of host/ peripheral devices, file attributes, system configuration and operating environments; actual speeds will vary and may be less than expected.



That's the power of Intel Inside®

Lenovo

Lenovo Options & Accessories



ThinkVision P34WD-40
Display



ThinkPad Thunderbolt 5
Smartdock 7500



Meta Quest 3 Mixed Reality
VR Headset



Scan for system
overview,
supported
components,
and technical
specifications.

For a full list of accessories
and options, please visit:
accsmartfind.lenovo.com

For more details on ThinkStation
and ThinkPad, please visit:
lenovo.com

Visit us on social media:



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Lenovo ThinkPad T16g Gen 3 General Specifications[^]

Software

Operating System

Windows 11 Pro

Windows 11 Home

Windows Preloads

Lenovo Commercial Vantage

Lenovo View

Lenovo AI Now

Additional Features

Discrete Graphics Design

Ultra Performance Mode

Self Healing BIOS

Security

Intel vPro® security

ThinkShield

dTPM 2.0

Touch Fingerprint Reader

Human Presence Detection

Kensington Lock Slot

Sustainability

Materials

50% Recycled Aluminum A Cover

90% Recycled Magnesium C Cover

85% PCC Plastic Key Caps (non-Black Keyboard)

90% PCC Plastic Speaker Enclosure

90% PCC Plastic Battery Pack Enclosure

30% PCC Plastic 170W Slim AC Adapter

Low Temperature Solder¹

Plastic free packaging with 90% recycled and/or FSC certified content (standard/bulk)²

Certifications

EPEAT®^{3,4} Gold

ENERGY STAR®⁴

RoHS Compliant

TCO 10.0

Recommended Services

Lenovo offers a comprehensive portfolio of services to support and protect your ThinkPad investment—so you can focus on your business, not your IT.

Premier Support

Bypass phone menus and scripted troubleshooting to access advanced-level technicians with the expertise needed to quickly diagnose and solve problems.

Warranty Extensions (1 to 5 years total duration)

This fixed-term, fixed-cost service helps you accurately budget for PC expenses, protect your valuable investment, and potentially lower the cost of ownership over time.

Warranty Upgrades— Onsite and Next Business Day

Maximizes PC uptime and productivity by providing convenient, fast repair service the next business day.

¹ SSD, fingerprint reader module, ClickPad

² Product packaging shall contain, on average, a minimum total percentage of 90% by weight of any combination of the following materials: Recycled content, biobased plastic, non-wood biobased fiber material, and/or sustainably forested material.

³ EPEAT registered where applicable. EPEAT registration varies by country. See www.epeat.net for registration status by country

⁴ Certification available on select models

⁵ For a full list of configuration details, specifications, and any limitations please visit: <https://psref.lenovo.com>



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