

# ThinkPad E14 Gen 7 (Intel)

Powered by up to Intel® U or H Series Core Ultra 7 Processor, this laptop is engineered for high-efficiency performance on the move. Whether it's an architect modeling render-heavy visuals or a financial analyst multitasking across large datasets, up to 64GB DDR5 memory ensures fluid responsiveness. Creative professionals can rely on optional Intel® Arc™ 140T graphics to finesse visual compositions, while integrated Intel® AI Boost, delivering up to 13 TOPS, accelerates real-time translation, transcription, and predictive workflows—all without compromising battery life or mobility.



**Redefining possibilities with powerful performance and groundbreaking on-device AI**

Its vibrant 14" display with up to 2.8K resolution captures even the subtlest color gradients, ideal for content reviews and visual design tasks. The optional touch film enhances interactive use in tight spaces. Meanwhile, Wi-Fi® 6E keeps remote collaboration seamless, and versatile connectivity.

To protect sensitive project files and communications, the device offers hardware-level security via discrete TPM 2.0, an optional touch-style fingerprint reader built into the power button, and an optional IR camera for facial authentication.

Performance remains a top priority for mobile users, and with up to an Intel® Core Ultra 7 Processor, integrated AI Boost, and up to 64GB DDR5 memory, this device delivers power to handle demanding tasks on the go.

## Lenovo Services

Lenovo delivers tailored sustainability services, devices, and infrastructure solutions from our broad portfolio, working closely with you to support your target outcomes across the IT lifecycle..



### Expedited Depot Repair Warranty

- Speeds up standard 7-10 business-day depot service
- Get the repaired system back in 3 to 4 business days
- Avoid unplanned expenses when you need a faster repair

## Accessories

### Lenovo Wireless Stereo Headset

- 60-hour music playback with quick-charge convenience
- Intuitive on-ear buttons and flip microphone
- Dual-device pairing with Bluetooth® 5.3 reliability



PN: Part Numbers (PN) Headset: 4XD1Q30302 Earcups: 4XD1M80021

### ThinkPad Bluetooth Silent Mouse

- Left/Right hand, easy-to-carry low profile mouse
- Switch between 2 devices with dual-host Bluetooth 5.0 connectivity
- 2-way scrolling with on-the-fly DPI adjustment (2400, 1600, 800)



PN: With Battery : 4Y50X88822 Without Battery : 4Y50X88823

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## Performance

### Processor

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

### Operating System\*

Windows 11 Pro  
Windows 11 Home  
Windows 11 Home Single Language

### NPU

Integrated Intel AI Boost, up to 13 TOPS

### Graphics<sup>1</sup>

Intel Graphics (integrated)  
Intel Arc 130T GPU (integrated)  
Intel Arc 140T GPU (integrated)

<sup>1</sup>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.

### Memory<sup>2</sup>

Up to 64GB DDR5-5200 or DDR5-5600, 2x SO-DIMM

<sup>2</sup>The max memory is based on the test results with current Lenovo memory offerings.

### Storage<sup>3 4</sup>

Up to two M.2 PCIe NVMe SSD  
M.2 2242 SSD up to 1TB  
M.2 2280 SSD up to 1TB

<sup>3</sup>The storage capacity supported is based on the test results with current Lenovo storage offerings.

<sup>4</sup>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.

### Audio

High Definition (HD) Audio  
audio by HARMAN stereo speakers, 2W x2, Dolby Atmos  
Dual-microphone array with smart noise-cancelling

### Camera\*

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

### Battery<sup>5</sup>

48Wh or 64Wh battery, up to 12.28 hr  
48Wh battery supports Rapid Charge Pro

<sup>5</sup>Battery life claims are approximate maximum. Actual result will vary depending on many factors and the maximum battery capacity will decrease with time and use.

### Power Adapter\*

65W USB-C adapter, PD 3.0  
65W USB-C slim adapter, PD 3.0

## Design

### Display<sup>6</sup>

14" WUXGA (1920x1200) IPS Anti-glare 16:10  
- 300nits, 45% NTSC, 60Hz  
- 300nits, 45% NTSC, 60Hz, touch  
- 300nits, 100% sRGB, 60Hz, Eyesafe  
14" 2.8K (2880x1800) IPS Anti-glare 16:10  
- 400nits, 100% sRGB, 120Hz, Eyesafe

<sup>6</sup>IPS (in-plane switching) technology may refer to IPS, PLS, ADS, AHVA, AAS.

### Keyboard

6-row, spill-resistant, Copilot key, optional backlight

### Touchpad

TrackPoint and Mylar surface TrackPad  
60 x 115 mm (2.36 x 4.53 inches)

### Dimensions<sup>7</sup>

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

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

<sup>7</sup>The system dimensions may vary depending on configurations.

### Weight<sup>8</sup>

Starting at 1.34 kg (2.95 lbs)

<sup>8</sup>The system weight is approximate and may vary depending on configurations

### Color

Black

### Case material

Aluminium (top), aluminium (bottom)  
Aluminium (top), PC-ABS (bottom)

## Connectivity

### Ethernet

Gigabit onboard Ethernet

### WLAN + Bluetooth\*

802.11ax (Wi-Fi 6 or Wi-Fi 6E), Bluetooth 5.2 or 5.3  
Up to Intel Wi-Fi 6E AX211, 802.11ax, Bluetooth 5.3

### 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 & DP 1.4  
1x USB-C (Thunderbolt 4 / USB4 40Gbps), with USB PD 3.1 & DP 2.1  
1x HDMI 2.1, up to 4K/60Hz  
1x Ethernet (RJ-45)  
1x Headphone / microphone combo jack (3.5mm)

### Docking

Docking support via Thunderbolt or USB-C

## Security & Privacy

### Security

Discrete TPM 2.0  
Kensington Nano Security Slot  
Touch style MOC fingerprint reader\*  
Camera privacy shutter  
IR camera for Windows Hello (facial recognition)\*

## Manageability

### System Management\*<sup>9</sup>

Intel vPro Enterprise\*

<sup>9</sup>Intel vPro offers a superset of DASH's defined capabilities

## Certifications

### Green Certifications<sup>10 11 12</sup>

ENERGY STAR 9.0  
EPEAT Gold Registered  
ErP Lot 6/26  
TCO Certified 10.0  
RoHS compliant

<sup>10</sup>The items listed under the "Green Certifications" section may not only refer to certification but also registration or self-declaration.

<sup>11</sup>EPEAT registration and ENERGY STAR certification are optional and only available on the models with preloaded OS.

<sup>12</sup>EPEAT is registered where applicable, please see [epeat.net](http://epeat.net) for registration status by country.

### Other Certifications

Eyesafe Certified 2.0\*  
TUV Rheinland Low Blue Light (Software Solution)\*