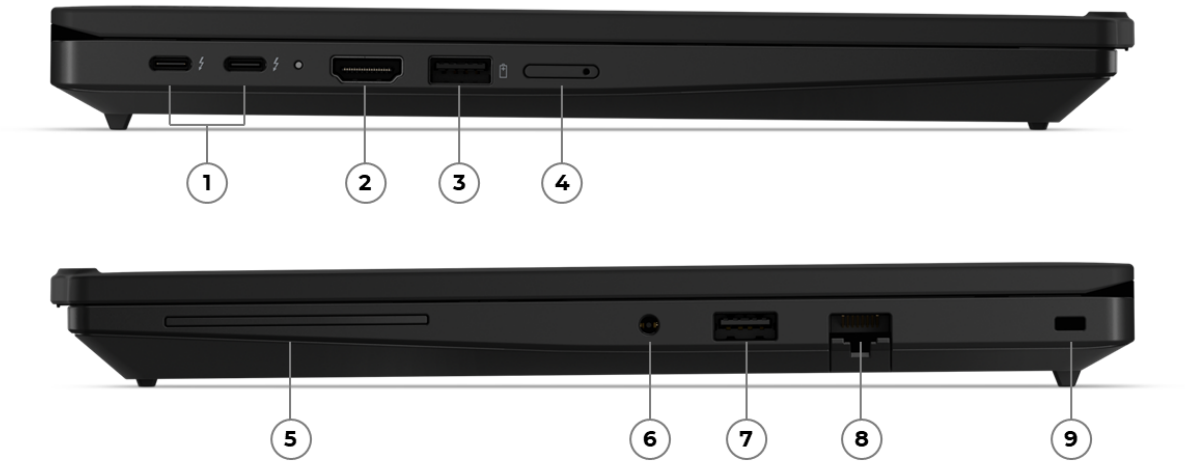
OVERVIEW



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	2.0GHz	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	2.0GHz	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**[1]

- Copilot+ PC (Gorgon Point)[2]
- AI PC (Hawk Point)[3]

NPU

Integrated AMD Ryzen™ AI, up to 50 TOPS

Notes:

[1] Copilot+ PC is only available for the models with up to 50 NPU TOPS; AI PC is only available for the models with up to 16 NPU TOPS.

[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[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
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[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 5K@60Hz (Hawk Point) or 8K@30Hz (Gorgon Point)[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

AMD SoC (System on Chip) platform

Memory

Max Memory[1]

- 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**[1]

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

Storage Slot[2]

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[3]	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[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 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[**][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

87.49%

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)[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 1.28 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[3]

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®[1]

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**[2]

- 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, 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[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 (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

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 detials, 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

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[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 1.0 Gold Registered[3]
- EPEAT 2.0 Gold Registered[4]
- 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], [4] 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

AMD

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