

# ThinkPad T14 Gen 7 (Intel)

Engineered for modern mobile professionals, this laptop powered by Intel Core Ultra 5/7 Series 3 processors and Copilot+ AI PC capabilities delivers up to 50 TOPS NPU performance, enabling faster data analysis, AI-assisted workflows, and seamless multitasking across Windows 11 or Linux environments. With up to 32GB LPDDR5X memory and 2TB PCIe SSD storage, it supports complex applications, while Dolby Atmos audio, a 5MP camera, and long-lasting 58Wh battery enhance collaboration, content creation, and productivity during extended work sessions for diverse demanding professional use cases.



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

ThinkPad T series laptops offer professional-grade durability, powerful performance with good processors, ample memory, and fast SSD storage. They feature robust security features and long battery life for productivity on-the-go.

Designed with a 14-inch high-resolution display including OLED 2.8K options and 120Hz refresh rate it ensures accurate visuals for design and presentations. Lightweight at 1.065 kg with Wi-Fi 7 5G connectivity and versatile ports it enables uninterrupted work remote access and efficient multitasking anywhere globally.

Built with advanced security like ThinkShield TPM 2.0 and biometric authentication it safeguards sensitive data. Sustainable materials and enterprise manageability with Intel vPro ensure reliability compliance and responsible performance for professionals operating in dynamic environments.

A clear 5MP camera with privacy shutter, dual microphones, and Dolby Atmos audio ensures smooth, professional video meetings, delivering crisp visuals and voice clarity across collaboration platforms for seamless virtual communication anywhere.

## 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..



## Accessories

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### Lenovo Wired ANC Headset Gen 2

- Active Noise Cancellation
- Certified for Zoom and Microsoft Teams
- Inline Control Box with LED Indication



PN: Teams : 4XD1M45627, UC : 4XD1M39029

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### Lenovo Essential Wireless Combo Keyboard & Mouse Gen 2

- Embrace the freedom of a clutter-free and cable-free work setup.
- Ergonomically sculpted cups and low-profile island keys for maximum comfort.
- A 2.4 MHz receiver for a seamless keyboard and mouse connection.



PN: 4X31N50708 – 4X31N50757

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# ThinkPad T14 Gen 7 (Intel)

## Performance

### Processor

Intel Core Ultra 5 / 7 / X7 Processor (Series 3)

### AI PC Category\*

Copilot+ PC

### Operating System\*

Windows 11 Pro or Home  
Fedora or Ubuntu Linux

### NPU\*

Up to 50 TOPS

### Graphics

Intel Graphics (integrated)  
Intel Arc B370 GPU (integrated)  
Intel Arc B390 GPU (integrated)

### Memory<sup>1</sup>

Up to 64GB LPCAMM2 LPDDR5X-6800

<sup>1</sup>The max memory is based on the test results with current Lenovo memory offerings.

### Storage<sup>2</sup>

Up to 1x 2TB M.2 2280 PCIe NVMe SSD

<sup>2</sup>The storage capacity supported is based on the test results with current Lenovo storage offerings.

### Audio\*

High Definition (HD) Audio  
Stereo speakers, 2W x2, Dolby Atmos  
Dual-microphone array, 360° far-field, Dolby Voice\*

### Camera\*

5.0MP + IR discrete, with privacy shutter, vHDR, CV on ISP, temporal noise reduction  
5.0MP + IR discrete, with privacy shutter, temporal noise reduction  
5.0MP, with privacy shutter, temporal noise reduction

### Battery<sup>3</sup>

60Wh or 75Wh battery, up to 19.8 hr, Rapid Charge

<sup>3</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 nano GaN adapter, PD 3.0  
65W USB-C slim GaN adapter, PD 3.0  
100W USB-C slim adapter, PD 3.0  
100W dual-port USB-C GaN adapter, PD 3.0

## Design

### Display<sup>4</sup>

14" WUXGA (1920x1200) IPS Anti-glare 16:10  
- 400nits, 45% NTSC, 3M DBEF5  
- 500nits, 100% sRGB, low power, in-cell touch, Eyesafe  
- 500nits, 100% sRGB, on-cell touch, ThinkPad Privacy Guard, Eyesafe  
14" 2.8K (2880x1800) OLED Anti-glare 16:10  
- 500nits, 100% DCI-P3, 120Hz VRR, DisplayHDR True Black 1000, Dolby Vision, Eyesafe

<sup>4</sup>IPS (in-plane switching) technology may refer to IPS, PLS, ADS, AHVA, AAS.

### Screen-to-Body Ratio

87.44%

### Keyboard

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

### Touchpad

TrackPoint and glass-like Mylar surface 3-button  
Trackpad  
74.3 x 115 mm (2.93 x 4.53 inches)

### Dimensions<sup>5</sup>

Starting at 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

<sup>5</sup>The system dimensions may vary depending on configurations.

### Weight<sup>6</sup>

Starting at 1.27 kg (2.80 lbs)

<sup>6</sup>The system weight is approximate and may vary depending on configurations

### Color

Black  
Blue

### Case material

WLAN models: PC + 20% CF (top), PC + 20% CF (bottom)  
WWAN models: PC + 20% CF (top), PC + 40% GF (bottom)

## Connectivity

### Ethernet\*

Gigabit onboard Ethernet

### WLAN + Bluetooth\*<sup>7</sup>

Intel Wi-Fi 7 BE211, 802.11be, Bluetooth 5.4

<sup>7</sup>Wi-Fi 6E is only enabled on Windows 11 and operates as Wi-Fi 6 with Windows 10.

### WWAN\*

4G LTE CAT1 with embedded eSIM  
4G LTE CAT6 with embedded eSIM  
5G Sub-6 GHz with embedded eSIM

### NFC

Near Field Communication\*

### Ports

1x USB-A (USB 5Gbps)  
1x USB-A (USB 5Gbps), Always On  
2x Thunderbolt 4, with USB PD 45-65W & DP 2.1  
1x HDMI 2.1, up to 4K/60Hz  
1x Headphone / microphone combo jack (3.5mm)  
1x Ethernet (RJ-45)  
1x Nano-SIM card slot (WWAN support models)\*  
1x Smart card reader\*

### Docking

Docking support via Thunderbolt or USB-C

## Security & Privacy

### Security

ThinkShield  
Discrete TPM 2.0  
Kensington Nano Security Slot  
Smart card reader, supports ISO 7816 and EMV\*  
Touch style MOC fingerprint reader\*  
Camera privacy shutter\*  
IR camera for Windows Hello (facial recognition)\*  
Computer Vision-based Human Presence Detection\*  
Privacy Guard with Privacy Alert\*

## Manageability

### System Management\*<sup>8</sup>

Intel vPro Enterprise\*

<sup>8</sup>Intel vPro offers a superset of DASH's defined capabilities.

## Environmental

### Material

Top cover: PC/GF (50%) + PC/CF (20%), Al stamping (5% 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