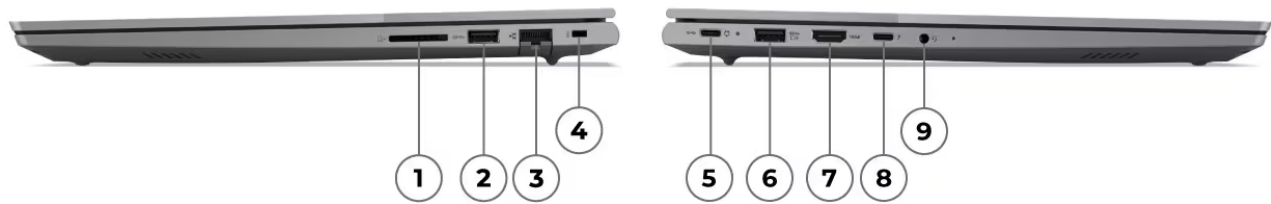


OVERVIEW



|                                             |                                              |
|---------------------------------------------|----------------------------------------------|
| 1. SD card reader                           | 6. USB-A (USB 5Gbps), Always On              |
| 2. USB-A (USB 5Gbps)                        | 7. HDMI                                      |
| 3. Ethernet (RJ-45)                         | 8. Thunderbolt 4                             |
| 4. Kensington Nano Security Slot            | 9. Headphone / microphone combo jack (3.5mm) |
| 5. USB-C (USB 10Gbps), with PD 3.0 & DP 1.4 |                                              |

PERFORMANCE

Processor

Processor Family

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

Processor\*\*

| Processor Name    | Cores                                 | Threads | Base Frequency                                  | Max Frequency                                   | Cache | Processor Graphics                  | NPU             |
|-------------------|---------------------------------------|---------|-------------------------------------------------|-------------------------------------------------|-------|-------------------------------------|-----------------|
| Core Ultra 5 125H | 14 (4 P-core + 8 E-core + 2 LPE-core) | 18      | P-core 1.2GHz / E-core 700MHz / LPE-core 700MHz | P-core 4.5GHz / E-core 3.6GHz / LPE-core 2.5GHz | 18MB  | Intel® Arc™ Graphics <sup>[1]</sup> | Intel® AI Boost |
| Core Ultra 5 125U | 12 (2 P-core + 8 E-core + 2 LPE-core) | 14      | P-core 1.3GHz / E-core 800MHz / LPE-core 700MHz | P-core 4.3GHz / E-core 3.6GHz / LPE-core 2.1GHz | 12MB  | Intel® Graphics                     | Intel® AI Boost |
| Core Ultra 7 155H | 16 (6 P-core + 8 E-core + 2 LPE-core) | 22      | P-core 1.4GHz / E-core 900MHz / LPE-core 700MHz | P-core 4.8GHz / E-core 3.8GHz / LPE-core 2.5GHz | 24MB  | Intel® Arc™ Graphics <sup>[2]</sup> | Intel® AI Boost |
| Core Ultra 7 155U | 12 (2 P-core + 8 E-core + 2 LPE-core) | 14      | P-core 1.7GHz / E-core 1.2GHz / LPE-core 700MHz | P-core 4.8GHz / E-core 3.8GHz / LPE-core 2.1GHz | 12MB  | Intel® Graphics                     | Intel® AI Boost |

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.

AI (Artificial Intelligence)

AI PC Category

AI PC<sup>[1]</sup>

NPU

Integrated Intel® AI Boost, up to 11 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\*\*<sup>[1]</sup>

- Windows® 11 Pro
- Windows® 11 Home
- Windows® 11 Home Single Language
- No preload operating system

Notes:

[1] Windows® 11 Pro Education license can be requested for EMEA Education Customers only with limited specs. Any request please contact Lenovo® Sales Representative for more information.

Graphics

Graphics\*\*

| Graphics                            | Type       | Memory | TGP           | Key Features  |
|-------------------------------------|------------|--------|---------------|---------------|
| Intel® Arc™ Graphics <sup>[1]</sup> | Integrated | Shared | Share CPU TDP | DirectX® 12.2 |
| Intel® Graphics                     | Integrated | Shared | Share CPU TDP | DirectX® 12.1 |

Notes:

[1] 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

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 5120x2880@60Hz

## Chipset

### Chipset

Intel® SoC (System on Chip) platform

## Memory

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

Up to 64GB DDR5-5600

### Memory Slots

Two DDR5 SO-DIMM slots, dual-channel capable

### Memory Type

DDR5-5600

Notes:

[1] Maximum memory is only to test technical readiness of notebook. Available memory to sell would vary.

## Storage

### Max Storage Support<sup>[1]</sup>

Up to two drives, 2x M.2 SSD

- M.2 2280 SSD up to 2TB each

### Storage Slot

Two M.2 2280 PCIe® 4.0 x4 slots

### Storage Type

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

Notes:

[1] The system supports dual SSD via two M.2 slots, but Lenovo® offers only one SSD configuration with a second slot for user self-expansion.

The max storage capacity is only technical readiness and may be different from current Lenovo® storage offerings.

## Removable Storage

### Card Reader

SD card reader

## Multi-Media

### Audio Chip

High Definition (HD) Audio, Realtek® ALC3287 codec

### Speakers

Stereo speakers, 2W x2, Dolby Audio™

### 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
- FHD 1080p, with privacy shutter, fixed focus

Battery

Battery\*\*

- 45Wh Rechargeable Li-ion Battery, supports Rapid Charge Pro (charge up to 50% in 30min)
- 71Wh Rechargeable Li-ion Battery, supports Rapid Charge (charge up to 80% in 1hr) with 100W AC adapter

Max Battery Life<sup>[1]</sup>

- Models with 45Wh battery:  
MobileMark® 25: 6.65 hr  
Local video (1080p) playback@150nits: 16.73 hr
- Models with 71Wh battery:  
MobileMark® 25: 11.05 hr  
Local video (1080p) playback@150nits: 23.83 hr

Notes:

[1] All battery life claims are approximate maximum and based on results using the MobileMark® 2014, MobileMark® 2018, MobileMark® 25, MobileMark® 30, JEITA 2.0, JEITA 3.0, continuous 1080p video playback (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 and usage, software use, wireless functionality, power management settings, and screen brightness. The maximum capacity of the battery will decrease with time and use.

Power Adapter

Power Adapter\*\*<sup>[1]</sup>

- 65W USB-C® (3-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- 65W USB-C® slim (wall-mount) 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

Notes:

[1] AC adapter offerings depend on the country.

Special Features

Special Features

Modern Standby

DESIGN

Display

Display\*\*

| Size | Resolution        | Touch       | Type               | Brightness | Surface    | Aspect Ratio | Contrast Ratio | Color Gamut | Refresh Rate | Viewing Angle (L/R/U/D) | Key Features                                      |
|------|-------------------|-------------|--------------------|------------|------------|--------------|----------------|-------------|--------------|-------------------------|---------------------------------------------------|
| 16"  | WUXGA (1920x1200) | None        | IPS <sup>[1]</sup> | 300nits    | Anti-glare | 16:10        | 1000:1         | 45% NTSC    | 60Hz         | 89° / 89° / 89° / 89°   | TÜV Low Blue Light (Software)                     |
| 16"  | WUXGA (1920x1200) | None        | IPS <sup>[2]</sup> | 300nits    | Anti-glare | 16:10        | 1200:1         | 100% sRGB   | 60Hz         | 89° / 89° / 89° / 89°   | Eyesafe® Certified 2.0                            |
| 16"  | WUXGA (1920x1200) | Multi-touch | IPS <sup>[3]</sup> | 300nits    | Anti-glare | 16:10        | 1000:1         | 45% NTSC    | 60Hz         | 89° / 89° / 89° / 89°   | TÜV Low Blue Light (Software)                     |
| 16"  | WQXGA (2560x1600) | None        | IPS <sup>[4]</sup> | 350nits    | Anti-glare | 16:10        | 1200:1         | 100% sRGB   | 120Hz        | 89° / 89° / 89° / 89°   | Factory color calibration, Eyesafe® Certified 2.0 |

Color Calibration

- TCON (Timing Controller) color calibration
- No color calibration

Touchscreen

- On-cell multi-touch, supports 10-point touch
- Non-touch

Notes:

[1], [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, numeric keypad, Copilot key

### Keyboard Backlight

- LED backlight
- Non-backlight

### Touchpad

Buttonless Mylar® surface multi-touch touchpad, supports Precision TouchPad (PTP), 75 x 120 mm (2.95 x 4.72 inches)

## Mechanical

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

356 x 253.5 x 17.5 mm (14.01 x 9.98 x 0.69 inches)

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

Starting at 1.7 kg (3.75 lbs)

### Case Color

Arctic grey, dual-tone design

### Surface Treatment

Anodizing sandblasting

### Case Material

Aluminium (top), PC-ABS (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®\*\*

- Wi-Fi® 6, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.2, M.2 card<sup>[1]</sup>
- Intel® Wi-Fi® 6 AX203, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.2, M.2 Card<sup>[2]</sup>
- Wi-Fi® 6E, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 card<sup>[3]</sup>
- Intel® Wi-Fi® 6E AX211, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 Card<sup>[4]</sup>

### WWAN

No support

### Ethernet\*\*<sup>[5]</sup>

- 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

Notes:

[1], [2] Wi-Fi® 6 full features might be limited by country-level restrictions.

[3], [4] Wi-Fi® 6E full features might be limited by country-level restrictions.

6GHz Wi-Fi® 6E operation is dependent on the support of the operating system, routers/APs/Gateways that support Wi-Fi® 6E, and the regional regulatory certifications & spectrum allocation.

[5] Wake-on-LAN needs the power adapter plugged in.

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

### Standard Ports

- 1x USB-A (USB 5Gbps / USB 3.2 Gen 1)
- 1x USB-A (USB 5Gbps / USB 3.2 Gen 1), Always On
- 1x USB-C® (USB 10Gbps / USB 3.2 Gen 2), with USB PD 3.0 and DisplayPort™ 1.4
- 1x USB-C® (Thunderbolt™ 4 / USB4® 40Gbps), with USB PD 3.0 and DisplayPort™ 2.1
- 1x HDMI® 2.1, up to 4K/60Hz
- 1x Headphone / microphone combo jack (3.5mm)
- 1x Ethernet (RJ-45)
- 1x SD 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™ or USB-C®.

For more compatible docking solutions, please visit [Docking for ThinkBook® 16 G7 IML](#)

## SECURITY & PRIVACY

## Security

### Security Chip<sup>[1]</sup>

Firmware TPM 2.0 integrated in SoC

### Physical Locks

Kensington® Nano Security Slot™, 2.5 x 6 mm

### Fingerprint Reader

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

### BIOS Security

- Hard disk password
- Power-on password
- Supervisor password
- User password
- Self-healing BIOS
- More BIOS security features, please visit [BIOS Simulator](#)<sup>[2]</sup>

### Other Security

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

Notes:

[1] The Discrete TPM 2.0 is technical readiness.

[2] 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

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

Notes:

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

## SERVICE

### Warranty

#### Base Warranty\*\*

- 1-year courier or carry-in service
- 2-year (1-yr battery) courier or carry-in service

## ACCESSORIES

### Bundled Accessories

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

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

Notes:

[1] For more compatible accessory solutions, please visit [Accessories for ThinkBook® 16 G7 IML](#).

## OPERATING REQUIREMENTS

### Operating Environment

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

- At altitudes up to 2438 m (8,000 ft)
  - Operating: 5°C to 35°C (41°F to 95°F)
  - Storage: 5°C to 43°C (41°F to 109°F)
- At altitudes above 2438 m (8,000 ft)
  - Maximum temperature when operating under the unpressurized condition: 31.3°C (88°F)

#### Relative Humidity

- Operating: 8% to 95% at wet-bulb temperature 23°C (73°F)
- Storage: 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<sup>[1]</sup>

25% PCC recycled plastic used in the battery pack enclosure  
50% PCC recycled plastic used in key caps  
30% PCC recycled plastic used in speaker  
90% PCC recycled plastic used in standard 65W adapter  
97% recycled content in PIC cushion  
90% recycled content in OBP bag  
FSC certified content in carton box

Notes:

[1] PCC: Post Consumer Content, recycled materials from customers.

## CERTIFICATIONS

## Green Certifications<sup>[1]</sup>

### Green Certifications<sup>[2]</sup>

- ENERGY STAR® 8.0
- EPEAT™ Gold Registered<sup>[3]</sup>
- ErP Lot 6/26
- RoHS compliant
- TCO Certified 9.0

#### 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

MIL-STD-810H military test passed

### Other Certifications

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