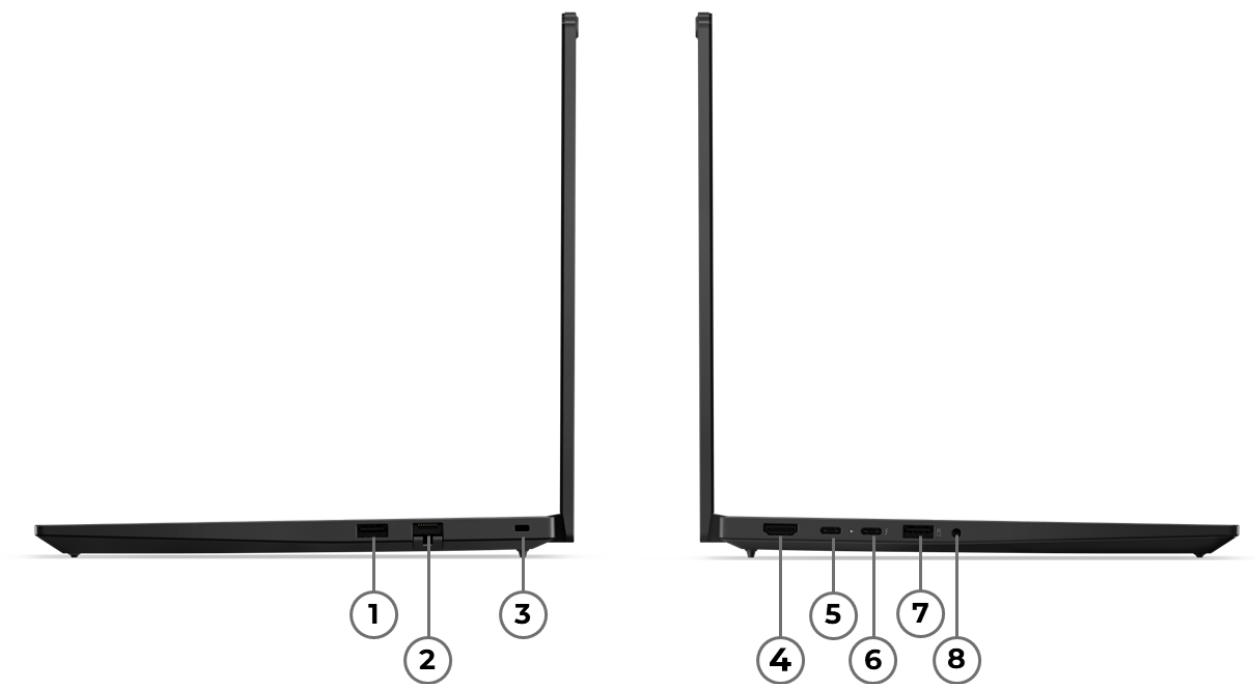


OVERVIEW



1. USB-A (USB 5Gbps)	5. Thunderbolt 4 / USB-C (USB 20Gbps), PD 3.1 & DP 1.4 *
2. Ethernet (RJ-45)	6. Thunderbolt 4
3. Kensington Nano Security Slot	7. USB-A (USB 10Gbps), Always On
4. HDMI	8. Headphone / microphone combo jack (3.5mm)

- Notes:
- Items with * are only available on selected models
 - Port 5 is Thunderbolt (models with Intel V series processor) or USB-C (models with Intel U or H series processor)

PERFORMANCE

Processor

Processor Family

- 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)
- Intel® V Series Core Ultra 5 / 7 Processor (Series 2)

Processor**

Processor Name	Cores	Threads	Base Frequency	Max Frequency	Cache	Processor Graphics	NPU	Overall TOPS
Core 3 100U	6 (2 P-core + 4 E-core)	8	P-core 1.2GHz / E-core 900MHz	P-core 4.7GHz / E-core 3.3GHz	10MB	Intel® Graphics	-	-
Core 5 210H	8 (4 P-core + 4 E-core)	12	P-core 2.2GHz / E-core 1.6GHz	P-core 4.8GHz / E-core 3.6GHz	12MB	Intel® Graphics	-	-
Core 5 220U	10 (2 P-core + 8 E-core)	12	P-core 1.4GHz / E-core 900MHz	P-core 5.0GHz / E-core 3.8GHz	12MB	Intel® Graphics	-	-
Core 7 240H	10 (6 P-core + 4 E-core)	16	P-core 2.5GHz / E-core 1.8GHz	P-core 5.2GHz / E-core 4.0GHz	24MB	Intel® Graphics	-	-
Core 7 250U ^[1]	10 (2 P-core + 8 E-core)	12	P-core 1.8GHz / E-core 1.2GHz	P-core 5.4GHz / E-core 4.0GHz	12MB	Intel® Graphics	-	-
Core Ultra 5 225H	14 (4 P-core + 8 E-core + 2 LPE-core)	14	P-core 1.7GHz / E-core 1.3GHz / LPE-core 700MHz	P-core 4.9GHz / E-core 4.3GHz / LPE-core 2.5GHz	18MB	Intel® Arc™ 130T GPU, up to 63 TOPS ^[2]	Intel® AI Boost, up to 13 TOPS	Up to 83 TOPS
Core Ultra 5 225U	12 (2 P-core + 8 E-core + 2 LPE-core)	14	P-core 1.5GHz / E-core 1.3GHz / LPE-core 700MHz	P-core 4.8GHz / E-core 3.8GHz / LPE-core 2.4GHz	12MB	Intel® Graphics	Intel® AI Boost, up to 12 TOPS	-
Core Ultra 5 226V	8 (4 P-core + 4 LPE-core)	8	P-core 2.1GHz / LPE-core 2.1GHz	P-core 4.5GHz / LPE-core 3.5GHz	8MB	Intel® Arc™ Graphics 130V, up to 53 TOPS	Intel® AI Boost, up to 40 TOPS	Up to 97 TOPS
Core Ultra 5 228V	8 (4 P-core + 4 LPE-core)	8	P-core 2.1GHz / LPE-core 2.1GHz	P-core 4.5GHz / LPE-core 3.5GHz	8MB	Intel® Arc™ Graphics 130V, up to 53 TOPS	Intel® AI Boost, up to 40 TOPS	Up to 97 TOPS
Core Ultra 5 235U	12 (2 P-core + 8 E-core + 2 LPE-core)	14	P-core 2.0GHz / E-core 1.6GHz / LPE-core 700MHz	P-core 4.9GHz / E-core 4.1GHz / LPE-core 2.4GHz	12MB	Intel® Graphics	Intel® AI Boost, up to 12 TOPS	-
Core Ultra 7 255H	16 (6 P-core + 8 E-core + 2 LPE-core)	16	P-core 2GHz / E-core 1.5GHz / LPE-core 700MHz	P-core 5.1GHz / E-core 4.4GHz / LPE-core 2.5GHz	24MB	Intel® Arc™ 140T GPU, up to 74 TOPS ^[3]	Intel® AI Boost, up to 13 TOPS	Up to 96 TOPS
Core Ultra 7 258V	8 (4 P-core + 4 LPE-core)	8	P-core 2.2GHz / LPE-core 2.2GHz	P-core 4.8GHz / LPE-core 3.7GHz	12MB	Intel® Arc™ Graphics 140V, up to 64 TOPS	Intel® AI Boost, up to 47 TOPS	Up to 115 TOPS
Core Ultra 7 265U	12 (2 P-core + 8 E-core + 2 LPE-core)	14	P-core 2.1GHz / E-core 1.7GHz / LPE-core 700MHz	P-core 5.3GHz / E-core 4.2GHz / LPE-core 2.4GHz	12MB	Intel® Graphics	Intel® AI Boost, up to 12 TOPS	-

Notes:

[1] Intel® Core™ 7 250U is for special bid only.

[2], [3] 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**

- Copilot+ PC (models with V series processor)^[1]
- AI PC (models with U or H series Core Ultra processor)^[2]

NPU

Integrated Intel® AI Boost, up to 47 TOPS

Notes:

- [1] 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.
- [2] 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
- Ubuntu Linux^[1]
- No preload operating system

Notes:

- [1] Ubuntu Linux is available for MT 21T9/21TA only.
- 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	TGP	Key Features
Intel® Arc™ 130T GPU ^[1]	Integrated	Shared	Share CPU TDP	DirectX® 12.2
Intel® Arc™ 140T GPU ^[2]	Integrated	Shared	Share CPU TDP	DirectX® 12.2
Intel® Arc™ Graphics 130V	Integrated	Shared	Share CPU TDP	DirectX® 12.2
Intel® Arc™ Graphics 140V	Integrated	Shared	Share CPU TDP	DirectX® 12.2
Intel® Graphics	Integrated	Shared	Share CPU TDP	DirectX® 12.2

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.

Monitor Support

Monitor Support^[1]

- Models with U or H series processor: 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 7680x4320@60Hz^[2]
- Models with V series processor: supports up to 3 independent displays (native display and 2 external monitors via HDMI® and Thunderbolt™)
 - HDMI® supports up to 4096x2160@60Hz
 - Thunderbolt™ supports up to 7680x4320@60Hz^[3]

Notes:

- [1] Refresh rates >60hz also supported, however max resolution will be limited.
- [2], [3] 8K resolution support needs 2 display pipes. That is, simultaneous display number will “-1” when 8K resolution displayed.

Chipset

Chipset

Intel® SoC (System on Chip) platform

Memory

Max Memory

- Models with Core processor except Core 7 240H: up to 64GB DDR5-5200^[1]
- Models with Core Ultra processor and Core 7 240H processor: up to 64GB DDR5-5600^[2]
- Models with V series processor: 16GB soldered memory, not upgradable
- Models with V series processor: 32GB soldered memory, not upgradable

Memory Slots**

- Models with U or H series processor: two DDR5 SODIMM slots, dual-channel capable
- Models with V series processor: memory soldered to systemboard, no slots, dual-channel

Memory Type**

- Models with Core processor except Core 7 240H: DDR5-5200
- Models with Core Ultra processor and Core 7 240H: DDR5-5600
- Models with V series processor: LPDDR5x-8533, MoP (Memory on Package) memory

Notes:

[1], [2] The 64GB memory is for special bid only.

Storage

Max Storage Support**

- Models with V series processor:
one drive, up to 1TB M.2 2280 SSD^[1]
- Models with U or H series processor:
up to two drives, 2x M.2 SSD
 - M.2 2242 SSD up to 1TB
 - M.2 2280 SSD up to 1TB^[2]

Storage Slot^[3]

- Models with U or H series processor: two M.2 slots
 - One M.2 2242 PCIe® 4.0 x4 slot
 - One M.2 2280 PCIe® 4.0 x4 slot
- Models with V series processor: one M.2 2280 PCIe® 4.0 x4 slot

Storage Type

Disk Type	Interface	Offering	Security
M.2 2242 SSD	PCIe® NVMe®, PCIe® 4.0 x4	256GB / 512GB / 1TB	Opal 2.0

Notes:

- [1] Lenovo® only offers the M.2 2242 SSD configuration. The M.2 2280 slot for user self-extension.
- [2] 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.
- [3] 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).

Removable Storage

Card Reader

No card reader

Multi-Media

Audio Chip

High Definition (HD) Audio, Senary SN6147 codec

Speakers

Stereo speakers, 2W x2, Dolby Atmos®, audio by HARMAN

Microphone

Dual-microphone array, 360° far-field, smart noise-cancelling

Camera**

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

Battery**Battery****

- 48Wh Rechargeable Li-ion Battery, supports Rapid Charge Pro (charge up to 50% in 30min)^[1]
- 64Wh Rechargeable Li-ion Battery

Battery Life^[2]

Configuration 1 (max battery life)

MobileMark® 30: up to 14.75 hr with 1064 performance score @250nits

JEITA-BAT 3.0 (Video/Idle): up to 16.9 hr / 27.68 hr @200nits

Local video playback: up to 27.65 hr @150nits

Configuration 2

MobileMark® 30: up to 12.28 hr with 689 performance score @250nits

JEITA-BAT 3.0 (Video/Idle): up to 11.56 hr / 23.56 hr @200nits

Local video playback: up to 20.78 hr @150nits

Configuration 3

MobileMark® 30: up to 10.03 hr with 656 performance score @250nits

JEITA-BAT 3.0 (Video/Idle): up to 10.5 hr / 20.86 hr @200nits

Local video playback: up to 20.0 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: WUXGA (non-touch), Intel® Core™ Ultra 5 226V, 16GB LPDDR5x, Win 11, 64Wh battery, best power efficiency power mode

Configuration 2: WUXGA (non-touch), Intel® Core™ Ultra 5 225U, 16GB DDR5, Win 11, 64Wh battery, best power efficiency power mode

Configuration 3: WUXGA (non-touch), Intel® Core™ 3 100U, 8GB DDR5, Win 11, 64Wh battery, best power efficiency power mode

All battery life claims are approximate maximum and based on results using [MobileMark® 30](#), 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 and depends 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® slim (2-pin, wall-mount) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- No power adapter^[2]

Notes:

[1] AC adapter offerings depend on the country.

[2] No power adapter is for special bid only.

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	300nits	Anti-glare	16:10	1000:1	45% NTSC	60Hz	89° / 89° / 89° / 89°	TÜV Low Blue Light (Software)
14"	WUXGA (1920x1200)	Multi-touch	IPS	300nits	Anti-glare	16:10	1000:1	45% NTSC	60Hz	89° / 89° / 89° / 89°	TÜV Low Blue Light (Software)
14" ^[2]	WUXGA (1920x1200)	Non-touch	IPS	300nits	Anti-glare	16:10	1000:1	100% sRGB	60Hz	89° / 89° / 89° / 89°	Eyesafe® Certified 2.0
14"	2.8K (2880x1800)	Non-touch	IPS	400nits	Anti-glare	16:10	1500:1	100% sRGB	120Hz VRR	89° / 89° / 89° / 89°	Eyesafe® Certified 2.0

Touchscreen

- Add-on Film Touch, supports 10-point touch
- Non-touch

Screen-to-Body Ratio

90%

Notes:

- [1] IPS (in-plane switching) technology may refer to IPS, PLS, ADS, AHVA, AAS.
- [2] The display WUXGA with 100% sRGB is only available for MT 21T9/21TA.

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

Mylar® surface multi-touch 3-button Trackpad, 60 x 115 mm (2.36 x 4.53 inches)

Mechanical

Dimensions (WxDxH)^[1]

Models	Dimensions
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
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

Weight^[2]

Models	Weight
Models with V series processor	Starting at 1.32 kg (2.91 lbs)
Models with U or H series processor	Starting at 1.34 kg (2.95 lbs)

Case Color

Black

Case Material**

- Aluminium (top), PC-ABS (bottom)
- Aluminium (top), aluminium (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®**[1]

- Wi-Fi® 6, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 card
- Realtek® Wi-Fi® 6 RTL8852BE, 802.11ax Dual Band 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 card
- Intel® Wi-Fi® 6 AX203, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.2, M.2 card
- Wi-Fi® 6E, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 card^[2]
- Intel® Wi-Fi® 6E AX211, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 card^[3]
- Wi-Fi® 7, 802.11be 2x2 Wi-Fi® + Bluetooth® 5.4, M.2 card^[4]
- MediaTek Wi-Fi® 7 MT7925, 802.11be 2x2 Wi-Fi® + Bluetooth® 5.4, M.2 card^[5]

WWAN

No support

SIM Card

No physical SIM card inbox

Ethernet**

- 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

NFC

No support

Notes:

[1] Bluetooth® may operate at a lower version than hardware design depending on the factors such as operating system, driver, etc.

[2], [3] Wi-Fi® 6E operation is subject to the regulation rules in each country.

[4], [5] Wi-Fi® 7 operation is subject to the regulation rules in each country.

Ports^[1]

Standard 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® (Thunderbolt™ 4 / USB4® 40Gbps), with USB PD 3.1 and DisplayPort™ 2.1
- 1x HDMI® 2.1, up to 4K/60Hz
- 1x Headphone / microphone combo jack (3.5mm)
- 1x Ethernet (RJ-45)

Optional Ports**

- Models with U or H series processor: 1x USB-C® (USB 20Gbps / USB 3.2 Gen 2x2), with USB PD 3.1 and DisplayPort™ 1.4
- Models with V series processor: 1x USB-C® (Thunderbolt™ 4 / USB4® 40Gbps), with USB PD 3.1 and DisplayPort™ 2.1

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 ThinkPad® E14 Gen 7 \(Intel®\)](#)

SECURITY & PRIVACY

Security

Security Chip

Discrete TPM 2.0, TCG certified, FIPS 140-2 certified

Physical Locks

Kensington® Nano Security Slot™, 2.5 x 6 mm

Smart Card Reader

No smart card reader

Fingerprint Reader

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

BIOS Security

- NVMe® password
- Power-on password
- Supervisor password
- System management password
- Certificate-based BIOS authentication
- FIDO (Fast Identity Online) authentication
- Self-healing BIOS
- More BIOS security features (MT 21SX/21SY), please visit [BIOS Simulator](#)^[1]
- More BIOS security features (MT 21T9/21TA), please visit [BIOS Simulator](#)^[2]

Other Security

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

Notes:

[1], [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^[1]

- Intel® vPro® Enterprise^[2]
- Non-vPro®

Notes:

[1] All versions of the Intel® vPro® platform require an eligible Intel® processor, a supported operating system, Intel® LAN and/or WLAN silicon, firmware enhancements, and other hardware and software necessary to deliver the manageability use cases, security features, system performance, and stability that define the platform. See [Intel® vPro® Platform](#) for details.

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

SERVICE

Warranty

Base Warranty**

- 1-year mail-in service
- 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
- No base warranty

ACCESSORIES

Bundled Accessories

Bundled Accessories^[1]

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

Notes:

[1] For more compatible accessory solutions, please visit [Accessories for ThinkPad® E14 Gen 7 \(Intel®\)](#).

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]

50% recycled aluminium on top cover
50% PCC recycled plastic used in display panel frame
50% recycled aluminium on metal bottom cover
50% PCC recycled plastic used in PC-ABS bottom cover
90% PCC recycled plastic used in battery pack enclosure
85% PCC recycled plastic used in key caps (backlight)
70% PCC recycled plastic used in key caps (non-backlight)
90% PCC recycled plastic used in speaker enclosure
90% PCC recycled plastic used in standard 65W adapter
FSC carton and accessory box
FSC paper screen sheet
Bamboo fiber NB bag
Paper cushion
Paper sealing label

Notes:

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

CERTIFICATIONS

Green Certifications^[1]

Green Certifications^[2]

- ENERGY STAR® 9.0
- EPEAT™ Gold Registered^[3]
- ErP Lot 6/26
- RoHS compliant
- TCO Certified 10.0

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 and energystar.gov for more information.

[3] 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
 - (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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