

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)

AI PC Category

AI PC (MT 21SX/21SY)

AI Performance

Up to 96 overall TOPS

Operating System*

Windows 11 Pro
Windows 11 Home
Windows 11 Home Single Language

NPU

Integrated Intel AI Boost, up to 13 TOPS

Graphics¹

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

¹Intel 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.

Memory²

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

²The max memory is based on the test results with current Lenovo memory offerings.

Storage^{3 4}

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

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

⁴The 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

Battery⁵

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

⁵Battery 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

Display⁶

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

⁶IPS (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)

Dimensions⁷

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

⁷The system dimensions may vary depending on configurations.

Weight⁸

Starting at 1.34 kg (2.95 lbs)

⁸The 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*⁹

Intel vPro Enterprise*

⁹Intel vPro offers a superset of DASH's defined capabilities

Certifications

Green Certifications^{10 11 12}

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

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

¹¹EPEAT registration and ENERGY STAR certification are optional and only available on the models with preload OS.

¹²EPEAT is registered where applicable, please see [epeat.net](https://www.epeat.net) for registration status by country.

Other Certifications

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