

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
Ubuntu Linux

NPU
Integrated Intel AI Boost, up to 13 TOPS

Graphics¹
Intel Graphics (integrated)
Intel Arc 130T GPU (integrated)
Intel Arc 140T GPU (integrated)

<i>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.</i>
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Memory²
Up to 64GB DDR5-5200 or DDR5-5600, 2x SO-DIMM

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

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

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

<i>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.</i>

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

<i>⁶IPS (in-plane switching) technology may refer to IPS, PLS, ADS, AHVA, AAS.</i>

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
<i>⁷The system dimensions may vary depending on configurations.</i>

Weight⁸
Starting at 1.34 kg (2.95 lbs)

<i>⁸The system weight is approximate and may vary depending on configurations</i>
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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
802.11be (Wi-Fi 7), Bluetooth 5.4
Up to MediaTek Wi-Fi 7 MT7925, 802.11be, Bluetooth 5.4

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*

<i>⁹Intel vPro offers a superset of DASH's defined capabilities.</i>

Certifications

Green Certifications^{10 11 12}
ENERGY STAR 9.0
EPEAT Gold Registered
ErP Lot 6/26
TCO Certified 10.0
RoHS compliant

<i>¹⁰The items listed under the "Green Certifications" section may not only refer to certification but also registration or self-declaration.</i>
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<i>¹¹EPEAT registration and ENERGY STAR certification are optional and only available on the models with preload OS.</i>

<i>¹²EPEAT is registered where applicable, please see epeat.net for registration status by country.</i>
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Other Certifications
Eyesafe Certified 2.0*
TÜV Rheinland Low Blue Light (Software Solution)*
MIL-STD-810H

Items with * are optional and only available on selected models. Information presented here may represent the maximum possible configurations for this product, but it does not necessarily reflect what is available in your region. Please ask your rep or check the specifications for specific Part Numbers in your region. © 2025 Lenovo. Products are available while supplies last. Lenovo is not responsible for photographic or typographic errors. Lenovo, the Lenovo logo, ThinkPad, ThinkCentre, ThinkBook, ThinkStation and ThinkVision are trademarks or registered trademarks of Lenovo. 3rd party product and service names may be trademarks of others. Depending on factors such as the processing capability of peripheral devices, file attributes, system configuration and operating environments, the actual data transfer rate of USB connectors will vary and is typically slower than published standards.