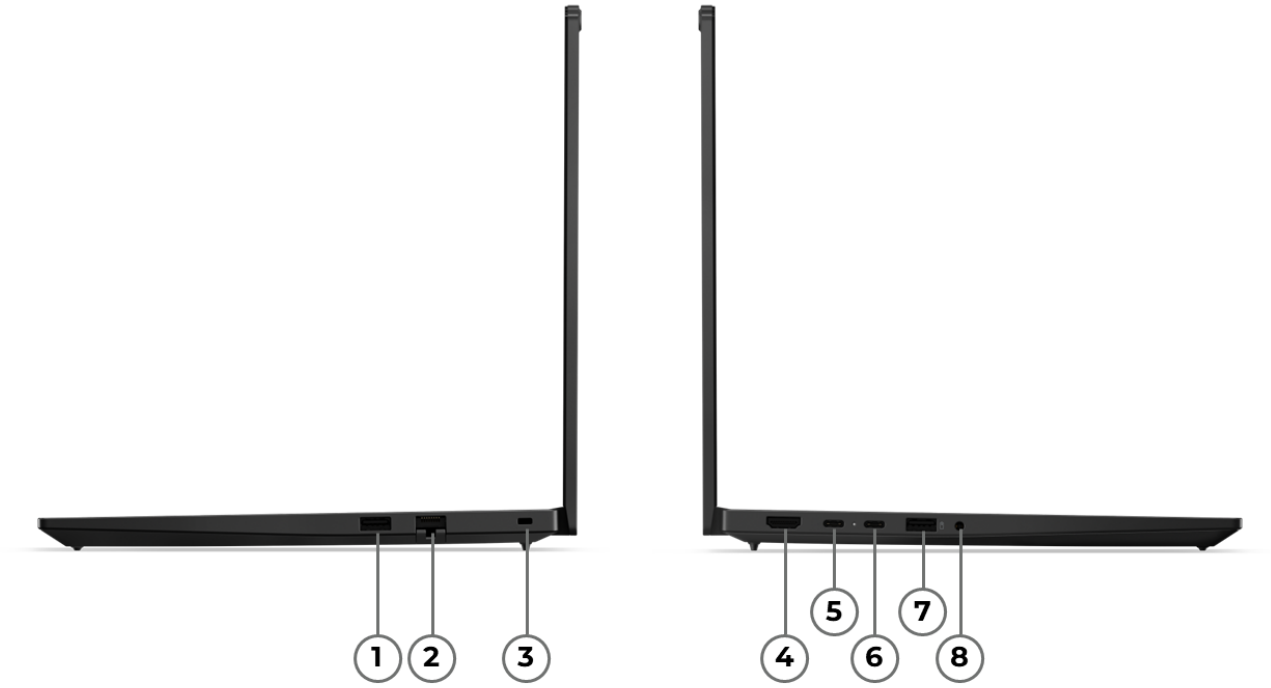
## OVERVIEW




| | |
|---|---|
| 1. USB-A (USB 5Gbps) | 5. USB-C (USB 5Gbps), with USB PD 3.1 & DP 1.4 |
| 2. Ethernet (RJ-45) | 6. USB-C (USB4 40Gbps), with PD 3.1 & DP 1.4a |
| 3. Kensington Nano Security Slot | 7. USB-A (USB 10Gbps), Always On |
| 4. HDMI | 8. Headphone / microphone combo jack (3.5mm) |

# PERFORMANCE

## Processor

**Processor Family**

- AMD Ryzen™ 3 / 5 / 7 200 Series Processor
- AMD Ryzen™ 3 / 5 / 7 PRO 200 Series Processor

**Processor****

| Processor Name | Cores | Threads | Base Frequency | Max Frequency | Cache | Processor Graphics | NPU | Overall TOPS |
|---|---|---|---|---|---|---|---|---|
| AMD Ryzen™ 3 210 | 4 | 8 | 3.0GHz | 4.7GHz | 4MB L2 / 8MB L3 | AMD Radeon™ 740M | - | - |
| AMD Ryzen™ 5 216 | 6 | 12 | 2.9GHz | 4.7GHz | 6MB L2 / 16MB L3 | AMD Radeon™ 740M | - | - |
| AMD Ryzen™ 5 220 | 6 | 12 | 3.2GHz | 4.9GHz | 6MB L2 / 16MB L3 | AMD Radeon™ 740M | - | - |
| AMD Ryzen™ 5 230 | 6 | 12 | 3.5GHz | 4.9GHz | 6MB L2 / 16MB L3 | AMD Radeon™ 760M | AMD Ryzen™ AI, up to 16 TOPS | Up to 31 TOPS |
| AMD Ryzen™ 5 PRO 215[1] | 6 | 12 | 3.2GHz | 4.7GHz | 6MB L2 / 16MB L3 | AMD Radeon™ 740M | - | - |
| AMD Ryzen™ 5 PRO 230[2] | 6 | 12 | 3.5GHz | 4.9GHz | 6MB L2 / 16MB L3 | AMD Radeon™ 760M | AMD Ryzen™ AI, up to 16 TOPS | Up to 31 TOPS |
| AMD Ryzen™ 7 250 | 8 | 16 | 3.3GHz | 5.1GHz | 8MB L2 / 16MB L3 | AMD Radeon™ 780M | AMD Ryzen™ AI, up to 16 TOPS | Up to 38 TOPS |

Notes:

[1] AMD Ryzen™ 5 PRO 215 is for special bid only.
[2] AMD Ryzen™ 5 PRO 230 is for special bid only.

## AI (Artificial Intelligence)

**AI PC Category**[1]

AI PC[2]

**NPU**

Integrated AMD Ryzen™ AI, up to 16 TOPS

Notes:

[1] AI PC is only available for the models with NPU processor.
[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
- No preload operating system

## Graphics

**Graphics****

| Graphics | Type | Memory | Key Features |
|---|---|---|---|
| AMD Radeon™ 740M | Integrated | Shared | DirectX® 12 |
| AMD Radeon™ 760M | Integrated | Shared | DirectX® 12 |
| AMD Radeon™ 780M | Integrated | Shared | DirectX® 12 |

## Monitor Support

**Monitor Support**[1]

Supports up to 4 independent displays (native display and 3 external monitors via HDMI®, USB-C® and USB4®)
• HDMI® supports up to 4096x2160@60Hz
• USB-C® supports up to 4096x2160@60Hz
• USB4® supports up to 7680x4320@60Hz[2]

Notes:

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

## Chipset

**Chipset**

AMD SoC (System on Chip) platform

## Memory

**Max Memory**

Up to 64GB DDR5-5600[1]

**Memory Slots**

Two DDR5 SODIMM slots, dual-channel capable

**Memory Type**

DDR5-5600

Notes:

[1] The 64GB memory is exclusively available for special bid only.

## Storage

**Max Storage Support**[1]

Up to two drives, 2x M.2 SSD
• M.2 2242 SSD up to 1TB
• M.2 2280 SSD up to 1TB

**Storage Slot**[2]

Two M.2 slots
• One M.2 2242 PCIe® 4.0 x4 slot
• 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] 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.
[2] 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****

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

## Battery

**Battery****

- 48Wh Rechargeable Li-ion Battery, supports Rapid Charge Pro (charge up to 50% in 30min)[1]
- 64Wh Rechargeable Li-ion Battery, supports Rapid Charge (charge up to 80% in 1hr)

**Battery Life**[2]

Configuration 1 (max battery life)
MobileMark® 30: up to 11.38 hr with 857 performance score @250nits
JEITA-BAT 3.0 (Video/Idle): up to 11.6 hr / 20.35 hr @200nits
Local video playback: up to 18.35 hr @150nits

Configuration 2
MobileMark® 30: up to 10.15 hr with 836 performance score @250nits
JEITA-BAT 3.0 (Video/Idle): up to 10.21 hr / 18.1 hr @200nits
Local video playback: up to 16.26 hr @150nits

Configuration 3
MobileMark® 30: up to 8.71 hr with 838 performance score @250nits
JEITA-BAT 3.0 (Video/Idle): up to 8.55 hr / 15.51 hr @200nits
Local video playback: up to 13.66 hr @150nits

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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), AMD Ryzen™ 7 250, 16GB DDR5, Win 11, 64Wh battery, best power efficiency power mode
Configuration 2: WUXGA (non-touch), AMD Ryzen™ 5 230, 32GB DDR5, Win 11, 64Wh battery, best power efficiency power mode
Configuration 3: WUXGA (non-touch), AMD Ryzen™ 7 250, 16GB DDR5, Win 11, 48Wh 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

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Notes:

[1] AC adapter offerings depend on the country.

# 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 14″ | WUXGA (1920x1200) | Non-touch | IPS[1] | 300nits | Anti-glare | 16:10 | 1000:1 | 45% NTSC | 60Hz | 89° / 89° / 89° / 89° | TÜV Rheinland® Low Blue Light (Software) |
| 14″ | WUXGA (1920x1200) | Multi-touch | IPS[2] | 300nits | Anti-glare | 16:10 | 1000:1 | 45% NTSC | 60Hz | 89° / 89° / 89° / 89° | TÜV Rheinland® Low Blue Light (Software) |
| 14″ | WUXGA (1920x1200) | Non-touch | IPS[3] | 300nits | Anti-glare | 16:10 | 1000:1 | 100% sRGB | 60Hz | 89° / 89° / 89° / 89° | TÜV Rheinland® Low Blue Light (Hardware) |

**Touchscreen**

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

**Screen-to-Body Ratio**

90%

Notes:

[1], [2], [3] 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, 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 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 |

**Weight[2]**

Starting at 1.41 kg (3.11 lbs)

**Case Color****

- Black
- Grey[3]

**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.

[3] Grey color is for special bid only.

# CONNECTIVITY

## Network

**WLAN + Bluetooth®**[1]**

- Wi-Fi® 6, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 card
- MediaTek Wi-Fi® 6 MT7920, 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
- Wi-Fi® 6E, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 card
- Realtek® Wi-Fi® 6E RTL8852CE, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 card
- AMD Wi-Fi® 6E RZ616, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 card
- Wi-Fi® 7, 802.11be 2x2 Wi-Fi® + Bluetooth® 5.4, M.2 card
- MediaTek Wi-Fi® 7 MT7925, 802.11be 2x2 Wi-Fi® + Bluetooth® 5.4, M.2 card
- Realtek® Wi-Fi® 7 RTL8922AE, 802.11be 2x2 Wi-Fi® + Bluetooth® 5.4, M.2 card

**WWAN**

No support

**SIM Card**

No physical SIM card included

**Ethernet**

Gigabit Ethernet, Realtek® RTL8111H-CG, 1x RJ-45, supports Wake-on-LAN

**NFC**

No support

Notes:

[1] Wi-Fi® operation (including Wi-Fi® 6, Wi-Fi® 6E, Wi-Fi® 7, etc.) is subject to the regulatory requirements of each country. Bluetooth® may operate at a lower version than hardware design depending on the factors such as operating system, driver, etc.

## 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® (USB 5Gbps / USB 3.2 Gen 1), with USB PD 15-65W and DisplayPort™ 1.4
- 1x USB-C® (USB4® 40Gbps), with USB PD 15-65W and DisplayPort™ 1.4a
- 1x HDMI® 2.1, up to 4K/60Hz
- 1x Headphone / microphone combo jack (3.5mm)
- 1x Ethernet (RJ-45)

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 USB-C®.
For more compatible docking solutions, please visit Docking for ThinkPad® E14 Gen 7 (AMD)

# SECURITY & PRIVACY

## Security

**ThinkShield**

ThinkShield is a comprehensive security solution that encompasses hardware, software, and supply chain components. For more detials, visit here

**Security Chip**

Discrete TPM 2.0 (TCG certified, FIPS 140-2 certified) and Microsoft® Pluton TPM 2.0, one enabled at one time

**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**

- Certificate-based BIOS authentication
- FIDO (Fast Identity Online) authentication
- NVMe® password
- Power-on password
- Supervisor password
- System management password
- Self-healing BIOS
- More BIOS security features, please visit BIOS Simulator[1]

**Other Security**

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

Notes:

[1] 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**

Non-DASH

# 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]**

None

Notes:

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

# 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 1.0 Gold Registered[3]
- ErP Lot 6/26
- RoHS compliant
- TCO Certified, generation 10

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) TÜV Rheinland® Low Blue Light (Hardware Solution)
- (Optional) TÜV Rheinland® Low Blue Light (Software Solution)[1]

Notes:

[1] TÜV Rheinland® Low Blue Light (Software Solution) certification is optional and only available on the models with preloaded OS.

- 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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