

# ThinkPad L14 Gen 1 (Intel) 20U10029US

## Product

ThinkPad L14 Gen 1 (Intel)

## Region

NA

## Country/Region

USA

## Machine Type

20U1

## TopSeller

TopSeller

## Processor

Intel Core i5-10210U (4C / 8T, 1.6 / 4.2GHz, 6MB)

## Graphics

Integrated Intel UHD Graphics

## Chipset

Intel SoC Platform

## Memory

1x 16GB SO-DIMM DDR4-2666

## Storage

256GB SSD M.2 2280 PCIe NVMe Opal2

## Optane Memory

None

## Display

14" FHD (1920x1080) IPS 250nits Anti-glare

## Touchscreen

None

## Media Reader

MicroSD Reader

## Ethernet

100/1000M

## Optical

None

## WLAN + Bluetooth

Intel AX200 11ax, 2x2 + BT5.0

## WWAN

None

## SIM Card

None

## Smart Card Reader

None

## Monitor Cable

None

## Bundled Accessories

None

## Case Material

PC / ABS (Top) + PC / ABS (Bottom)

## Camera

720p with ThinkShutter

## Microphone

2x, Array

## Color

Black

## Keyboard

Non-backlit, English

## Fingerprint Reader

None

## NFC

None

## TPM

Discrete TPM 2.0

## Battery

Integrated 45Wh

## Power Adapter

65W USB-C

## System Management

None

## Operating System

Windows 10 Pro 64, English

## Bundled Software

None

## Base Warranty

1-year, Depot

## Bundled Service

None

## EAN / UPC / JAN

195042535983

## End of Support

2026-12-20

## Announce Date

2020-05-19

## Recommended Services

### Best

3Y Lenovo Protect (Premier Support + Keep Your Drive + Accidental Damage Protection) (5PS0N73156)

### Better

3Y Lenovo Support (Premier Support + Keep Your Drive) (5PS0N73153)

### Good

3Y Premier Support Upgrade from 1Y Depot/CCI (5WS0T36154)

## Notes:

**Battery life** is an estimated maximum. Actual battery life may vary based on many factors, including screen brightness, active applications, features, power management settings, battery age and conditioning, and other customer preferences.

## California Electronic Waste Recycling Fee

In California, per state law, Lenovo charges an electronic waste recycling fee on this covered device at the time of sale of the product. For more information, go to:

<https://www.calrecycle.ca.gov/Electronics/Consumer>

[WWW.LENOVO.COM](http://WWW.LENOVO.COM)

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# ThinkPad L14 Gen 1 (Intel) Platform Specifications

Product Specifications Reference (PSREF)



Processor	Intel® Pentium® Gold Processor or 10th Generation Intel Core™ i3 / i5 / i7 Processor	Dimensions	<i>Aluminum (WxDxH):</i> 13.03" x 9.25" x 0.75"; 331mm x 235mm x 19.1mm <i>PC/ABS (WxDxH):</i> 13.03" x 9.25" x 0.80"; 331mm x 235mm x 20.4mm																																									
	<table border="1"> <thead> <tr> <th>Processor Number</th> <th># of Cores</th> <th># of Threads</th> <th>Base Frequency</th> <th>Max Turbo Frequency</th> <th>Cache</th> <th>Memory Types</th> <th>Processor Graphics</th> </tr> </thead> <tbody> <tr> <td>Pentium Gold 6405U</td> <td>2</td> <td>4</td> <td>2.4 GHz</td> <td>-</td> <td>2MB</td> <td>DDR4-2400</td> <td rowspan="6">Intel UHD Graphics</td> </tr> <tr> <td>i3-10110U</td> <td>2</td> <td>4</td> <td>2.1 GHz</td> <td>4.1 GHz</td> <td>4MB</td> <td rowspan="5">DDR4-2666</td> </tr> <tr> <td>i5-10210U</td> <td rowspan="4">4</td> <td rowspan="4">8</td> <td>1.6 GHz</td> <td>4.2 GHz</td> <td>6MB</td> </tr> <tr> <td>i5-10310U</td> <td>1.7 GHz</td> <td>4.4 GHz</td> <td>6MB</td> </tr> <tr> <td>i7-10510U</td> <td>1.8 GHz</td> <td>4.9 GHz</td> <td>8MB</td> </tr> <tr> <td>i7-10610U</td> <td>1.8 GHz</td> <td>4.9 GHz</td> <td>8MB</td> </tr> </tbody> </table>	Processor Number	# of Cores	# of Threads	Base Frequency	Max Turbo Frequency	Cache	Memory Types	Processor Graphics	Pentium Gold 6405U	2	4	2.4 GHz	-	2MB	DDR4-2400	Intel UHD Graphics	i3-10110U	2	4	2.1 GHz	4.1 GHz	4MB	DDR4-2666	i5-10210U	4	8	1.6 GHz	4.2 GHz	6MB	i5-10310U	1.7 GHz	4.4 GHz	6MB	i7-10510U	1.8 GHz	4.9 GHz	8MB	i7-10610U	1.8 GHz	4.9 GHz	8MB	Weight	<i>Aluminum:</i> starting at 3.83 lb / 1.73 kg <i>PC/ABS:</i> starting at 3.56 lb / 1.61 kg
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i7-10610U			1.8 GHz	4.9 GHz	8MB																																							
		Case color	Black																																									
		Case material	<i>Display cover:</i> PC/ABS plastic or Aluminum (Aluminum is NOT available in EMEA); <i>Bottom:</i> PC/ABS plastic																																									
Graphics	Intel UHD Graphics in processor only or Intel UHD Graphics in processor and AMD Radeon 625, 2GB GDDR5 memory (discrete models are NOT available in EMEA); supports up to 3 independent displays via native display and two external monitors; supports external monitors via HDMI (up to 4096x2160@24Hz) or USB Type-C (up to 4096x2304@60Hz)	Smart card reader	<i>Optional:</i> Smart card reader																																									
Chipset	Intel SoC (System on Chip) platform 64GB max / 3200MHz DDR4, dual-channel capable, two DDR4 SO-DIMM sockets <i>* Installed memory is actually 3200MHz but run at 2400MHz or 2666MHz due to Intel limitation</i>	Media reader	MicroSD card reader																																									
Memory		Ports	Two USB 3.2 Gen 1 (one Always On), one USB 3.2 Type-C Gen 1 (with the function of Power Delivery and DisplayPort), one USB 3.2 Type-C Gen 2 (with the function of Power Delivery and DisplayPort), HDMI 1.4b, Ethernet (RJ-45), nano-SIM card slot (WWAN models), headphone / microphone combo jack, optional smart card reader, microSD card reader, side docking connector, security keyhole <i>* Depending on many factors, actual data transfer speed may be lower than theoretical speed</i>																																									
Display	<table border="1"> <thead> <tr> <th>Size</th> <th>Resolution</th> <th>Type</th> <th>Surface</th> <th>Touch</th> <th>Brightness</th> <th>Aspect Ratio</th> <th>Contrast Ratio</th> <th>Color Gamut</th> <th>Viewing Angle</th> </tr> </thead> <tbody> <tr> <td>14.0"</td> <td>HD (1366x768)</td> <td>TN</td> <td>Anti-glare</td> <td>-</td> <td>220 nits</td> <td>16:9</td> <td>400:1</td> <td>45%</td> <td>90°</td> </tr> <tr> <td>14.0"</td> <td>FHD (1920x1080)</td> <td>IPS</td> <td>Anti-glare</td> <td>-</td> <td>250 nits</td> <td>16:9</td> <td>700:1</td> <td>45%</td> <td>170°</td> </tr> <tr> <td>14.0"</td> <td>FHD (1920x1080)</td> <td>IPS</td> <td>Anti-glare</td> <td>Multi-touch</td> <td>300 nits</td> <td>16:9</td> <td>700:1</td> <td>45%</td> <td>170°</td> </tr> </tbody> </table>	Size	Resolution	Type	Surface	Touch	Brightness	Aspect Ratio	Contrast Ratio	Color Gamut	Viewing Angle	14.0"	HD (1366x768)	TN	Anti-glare	-	220 nits	16:9	400:1	45%	90°	14.0"	FHD (1920x1080)	IPS	Anti-glare	-	250 nits	16:9	700:1	45%	170°	14.0"	FHD (1920x1080)	IPS	Anti-glare	Multi-touch	300 nits	16:9	700:1	45%	170°	Monitor cable (optional)	<i>HDMI to VGA:</i> Lenovo HDMI to VGA Monitor Adapter <i>USB-C to VGA:</i> Lenovo USB-C to VGA Adapter <i>USB-C to DP:</i> Lenovo USB-C to DisplayPort Adapter	
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Multi-touch (opt)	On-cell touch, supports 10-finger gesture	Bundled Accy	None																																									
Storage	<i>Up to 2 drives (one HDD and one M.2 2242 SSD)</i> • HDD / SATA 6.0Gb/s, 2.5" wide, 7mm high, Active Protection System™ (NOT available in EMEA) • M.2 2242 SSD / PCIe NVMe, PCIe 3.0 x 2 • M.2 2280 SSD / PCIe NVMe, PCIe 3.0 x 4 • Intel Optane Memory H10 with Solid State Storage, M.2 2280, PCIe NVMe 3.0 x 4	Camera (optional)	• HD720p camera with ThinkShutter camera privacy, fixed focus • IR camera and HD720p camera with ThinkShutter camera privacy, fixed focus																																									
Optical	None	Audio support	HD Audio, Realtek® ALC3287 codec / stereo speakers, 2W x 2, Dolby® Audio / dual array microphone (optional for special bid model), headphone / microphone combo jack																																									
Ethernet	<i>Non-vPro model:</i> Intel Ethernet Connection I219-V (Jacksonville) <i>vPro model:</i> Intel Ethernet Connection I219-LM (Jacksonville)	Keyboard	6-row, spill-resistant, multimedia Fn keys with Unified Communications controls, optional LED backlight																																									
WLAN + Bluetooth™ (opt)	• Intel Wi-Fi 6 AX200, Wi-Fi 2x2 802.11ax + Bluetooth 5.0 <i>* Intel AX201 card supports BT5.1 but is limited to BT5.0 by Windows OS</i>	UltraNav™	TrackPoint® pointing device and buttonless Mylar surface multi-touch touchpad																																									
WWAN (optional)	• Wireless WAN upgradable • Integrated Mobile Broadband 4G LTE-A, Fibocom L850-GL, M.2 card <i>* For non-WWAN model, it means the model is NOT WWAN upgradable</i>	Security	Power-on password, hard disk password, supervisor password, security keyhole																																									
SIM card (opt)	Gemalto eSIM Card	Security chip	Firmware TPM 2.0 integrated in chipset or discrete TPM 2.0 TCG Certified																																									
		System Mgt (opt)	Intel vPro Technology																																									
		Fingerprint reader (optional)	• Touch style fingerprint reader on the palm rest, match on host • Touch style fingerprint reader on the palm rest, match on chip (special bid only)																																									
		NFC (optional)	Near Field Communication																																									
		Battery	Integrated Li-Polymer 45Wh battery, supports Rapid Charge (charge up to 80% in 1hr) with 65W AC adapter																																									
		Max battery life	<i>MobileMark® 2014:</i> 12.3 hr <i>MobileMark 2018:</i> 7.95 hr <i>* Battery life varies significantly with hardware configurations, settings, usage, &amp; other factors</i>																																									
		AC adapter	• 45W USB-C AC adapter (NOT available in EMEA) • 65W USB-C AC adapter																																									
		Operating system	<i>Optional:</i> Windows® 10 Home 64 or Windows 10 Pro 64																																									
		Limited warranty (optional)	• 1-year depot repair service • 1-year depot with 2-year system board repair service • 1-year limited onsite service • 1-year + 2-year depot repair service • 1-year + 2-year onsite repair service • 3-year/1-yr battery depot repair service • 3-year/1-yr battery limited onsite service																																									
		Mil-Spec test	Work in progress																																									
		Environment	EPEAT™ Silver; ENERGY STAR® 8.0; TCO Certified; RoHS-compliant																																									

Note: The specifications above may not be available in all regions.

Lenovo  
June 2020

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