ThinkPad T14 Gen 7 (Intel)

Engineered for modern mobile professionals, this laptop powered by Intel Core Ultra 5/7 Series 3 processors and Copilot+ AI PC capabilities delivers up to 50 TOPS NPU performance, enabling faster data analysis, AI-assisted workflows, and seamless multitasking across Windows 11 or Linux environments. With up to 32GB LPDDR5X memory and 2TB PCIe SSD storage, it supports complex applications, while Dolby Atmos audio, a 5MP camera, and long-lasting 58Wh battery enhance collaboration, content creation, and productivity during extended work sessions for diverse demanding professional use cases.

Redefining possibilities with powerful performance and groundbreaking on-device AI

ThinkPad T series laptops offer professional-grade durability, powerful performance with good processors, ample memory, and fast SSD storage. They feature robust security features and long battery life for productivity on-the-go.

Designed with a 14-inch high-resolution display including OLED 2.8K options and 120Hz refresh rate it ensures accurate visuals for design and presentations. Lightweight at 1.065 kg with Wi-Fi 7 5G connectivity and versatile ports it enables uninterrupted work remote access and efficient multitasking anywhere globally.

Built with advanced security like ThinkShield TPM 2.0 and biometric authentication it safeguards sensitive data. Sustainable materials and enterprise manageability with Intel vPro ensure reliability compliance and responsible performance for professionals operating in dynamic environments.

A clear 5MP camera with privacy shutter, dual microphones, and Dolby Atmos audio ensures smooth, professional video meetings, delivering crisp visuals and voice clarity across collaboration platforms for seamless virtual communication anywhere.

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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..

Accessories

Lenovo Wired ANC Headset Gen 2

- Active Noise Cancellation
- Certified for Zoom and Microsoft Teams
- Inline Control Box with LED Indication

PN: Teams : 4XD1M45627, UC : 4XD1M39029

Lenovo Essential Wireless Combo Keyboard & Mouse Gen 2

- Embrace the freedom of a clutter-free and cable-free work setup.
- Ergonomically sculpted cups and low-profile island keys for maximum comfort.
- A 2.4 MHz receiver for a seamless keyboard and mouse connection.

PN: 4X31N50708 – 4X31N50757

ThinkPad T14 Gen 7 (Intel)

Performance

Processor
Intel Core Ultra 5 / 7 / X7 Processor (Series 3)

AI PC Category
Copilot+ PC

Operating System
Windows 11 Pro or Home
Fedora or Ubuntu Linux

NPU
Up to 50 TOPS

Graphics
Intel Graphics (integrated)
Intel Arc B370 GPU (integrated)
Intel Arc B390 GPU (integrated)

Memory [1]
Up to 64GB LPCAMM2 LPDDR5X-6800

[1]The max memory is based on the test results with current Lenovo memory offerings.

Storage [2]
Up to 1x 2TB M.2 2280 PCIe NVMe SSD

[2]The storage capacity supported is based on the test results with current Lenovo storage offerings.

Audio
High Definition (HD) Audio
Stereo speakers, 2W x2, Dolby Atmos
Dual-microphone array, 360° far-field, Dolby Voice*

Camera*
5.0MP + IR discrete, with privacy shutter, vHDR, CV on ISP, temporal noise reduction
5.0MP + IR discrete, with privacy shutter, temporal noise reduction
5.0MP, with privacy shutter, temporal noise reduction

Battery [3]
60Wh or 75Wh battery, up to 19.8 hr, Rapid Charge

[3]Battery 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 nano GaN adapter, PD 3.0
65W USB-C slim GaN adapter, PD 3.0
100W USB-C slim adapter, PD 3.0
100W dual-port USB-C GaN adapter, PD 3.0

Design

Display [4]
14" WUXGA (1920x1200) IPS Anti-glare 16:10
- 400nits, 45% NTSC, 3M DBEF5
- 500nits, 100% sRGB, low power, in-cell touch, Eyesafe
- 500nits, 100% sRGB, on-cell touch, ThinkPad Privacy Guard, Eyesafe
14" 2.8K (2880x1800) OLED Anti-glare 16:10
- 500nits, 100% DCI-P3, 120Hz VRR, DisplayHDR True Black 1000, Dolby Vision, Eyesafe

[4]IPS (in-plane switching) technology may refer to IPS, PLS, ADS, AHVA, AAS.

Screen-to-Body Ratio
87.44%

Keyboard
6-row, spill-resistant, Copilot key, optional backlight

Touchpad
TrackPoint and glass-like Mylar surface 3-button Trackpad
74.3 x 115 mm (2.93 x 4.53 inches)

Dimensions [5]
Starting at 313.6 x 221.7 x 11.3/15.88 (front/rear), 21.95 (maximum) mm
12.35 x 8.73 x 0.44/0.63 (front/rear), 0.86 (maximum) inches

[5]The system dimensions may vary depending on configurations.

Weight [6]
Starting at 1.27 kg (2.80 lbs)

[6]The system weight is approximate and may vary depending on configurations

Color
Black
Blue

Case material
WLAN models: PC + 20% CF (top), PC + 20% CF (bottom)
WWAN models: PC + 20% CF (top), PC + 40% GF (bottom)

Connectivity

Ethernet
Gigabit onboard Ethernet

WLAN + Bluetooth* [7]
Intel Wi-Fi 7 BE211, 802.11be, Bluetooth 5.4

[7]Wi-Fi 6E is only enabled on Windows 11 and operates as Wi-Fi 6 with Windows 10.

WWAN*
4G LTE CAT1 with embedded eSIM
4G LTE CAT6 with embedded eSIM
5G Sub-6 GHz with embedded eSIM

NFC
Near Field Communication*

Ports
1x USB-A (USB 5Gbps)
1x USB-A (USB 5Gbps), Always On
2x Thunderbolt 4, with USB PD 45-65W & DP 2.1
1x HDMI 2.1, up to 4K/60Hz
1x Headphone / microphone combo jack (3.5mm)
1x Ethernet (RJ-45)
1x Nano-SIM card slot (WWAN support models)*
1x Smart card reader*

Docking
Docking support via Thunderbolt or USB-C

Security & Privacy

Security
ThinkShield
Discrete TPM 2.0
Kensington Nano Security Slot
Smart card reader, supports ISO 7816 and EMV*
Touch style MOC fingerprint reader*
Camera privacy shutter*
IR camera for Windows Hello (facial recognition)*
Computer Vision-based Human Presence Detection*
Privacy Guard with Privacy Alert*

Manageability

System Management* [8]
Intel vPro Enterprise*

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

Environmental

Material
Top cover: PC/GF (50%) + PC/CF (20%), Al stamping (50 PIC)
Keyboard frame: 90% recycled magnesium
Bottom cover: PC/CF 30% PCC (WLAN models) or PC/GF 45% PCC (WWAN models)
Keyboard (keycaps): 85% PCC Plastic
Keyboard (Frame): 65% PCC
Keyboard (base plate): 90% recycled stainless steel
Speaker enclosure: 90% PCC recycled plastic
Battery: 100% recycled cobalt
Battery frame: 90% PCC recycled plastic
Adapter: 90% PCC recycled plastic
Cable/antenna holders: 30% PCC+5% Lenovo closed-loop PCC
Fan housing: 25% PCC plastic, 90% Recycled steel
Packaging: Plastic-free packaging with FSC-certified paper

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. © 2026 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.