

ThinkPad T14 Gen 7 (AMD)

In fast-evolving work environments, mobile professionals rely on systems that can seamlessly handle intensive workloads and intelligent computing. Powered by AMD Ryzen AI 7 PRO 400 Series processors and an integrated NPU delivering up to 50 TOPS, this Copilot+ PC accelerates AI-assisted tasks such as data analysis, automation, and content generation. With up to 32GB LPDDR5X memory and 2TB PCIe SSD storage, it efficiently supports large files, multitasking, and complex applications, while Windows 11 Pro or Linux ensures adaptability across development, analytics, and creative workflows.



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.

Collaboration becomes more immersive with advanced audio-visual capabilities designed for modern communication needs. A 5MP IR camera with privacy shutter, Dolby Atmos speakers, and AI-enhanced microphones ensure clarity during meetings, while Wi-Fi 7 and optional 5G connectivity enable uninterrupted access to distributed teams and cloud platforms.

Portability meets durability through a lightweight 1.09 kg design, versatile 14-inch display options, and a reliable 58Wh battery with Rapid Charge, while ThinkShield security features protect sensitive data, supporting professionals operating across dynamic, high-mobility business environments.

Collaboration feels more natural with a high-resolution 5.0MP camera, enhanced by temporal noise reduction and a privacy shutter, while Dolby Atmos speakers and a 360° dual-microphone array ensure clear communication during virtual meetings.

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

Thinkpad Essential 13"/14" Slim Topload (Eco)

- A generous padded 13"/14" compartment to safely store and transport your notebook.
- An adjustable ergonomic shoulder strap with soft-padded carry handles.
- Classic black nylon exterior, grey interior lining, and sprinkling of red accents.



PN: 4X41D97727

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

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Performance

Processor

AMD Ryzen AI 5 / 7 PRO 400 Series Processor - Gorgon Point
AMD Ryzen 5 / 7 PRO 200 Series Processor - Hawk Point

AI PC Category* 1

Copilot+ PC (Gorgon Point)
AI PC (Hawk Point)

¹AI PC is only available for the models with AMD Ryzen 5 PRO 230 or AMD Ryzen 7 PRO 250 processor.

Operating System*

Windows 11 Pro or Home
Fedora or Ubuntu Linux

NPU*

Integrated AMD Ryzen AI, up to 50 TOPS

Graphics

AMD Radeon 740M
AMD Radeon 760M
AMD Radeon 780M
AMD Radeon 840M
AMD Radeon 860M

Memory 2

Hawk Point: up to 64GB DDR5-5600
Gorgon Point: up to 96GB DDR5-5600

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

Storage 3

Gorgon Point: one drive, up to 2TB M.2 2280 SSD
Hawk Point: one drive, up to 1TB M.2 2280 SSD

³The 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, with privacy shutter, temporal noise reduction
5.0MP + IR discrete, with privacy shutter, temporal noise reduction
5.0MP + IR discrete, with privacy shutter, vHDR, CV on ISP, temporal noise reduction

Battery 4

60Wh or 75Wh battery, up to 18.93 hr, Rapid Charge

⁴Battery 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 5

14" WUXGA (1920x1200) IPS Anti-glare 16:10
- 400nits, 45% NTSC, 3M DBEF5
- 500nits, 100% sRGB, in-cell touch, low power, 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

⁵IPS (in-plane switching) technology may refer to IPS, PLS, ADS, AHVA, AAS.

Screen-to-Body Ratio

87.49%

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 6

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

⁶The system dimensions may vary depending on configurations.

Weight 7

Starting at 1.28 kg (2.82 lbs)

⁷The 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* 8

MediaTek Wi-Fi 7 MT7925, 802.11be, Bluetooth 5.4

⁸Wi-Fi 6E is only enabled on Windows 11 and operates as Wi-Fi 6 with Windows 10.

WWAN*

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 (Gorgon Point) / DP 1.4a (Hawk Point)
1x HDMI 2.1, up to 4K/60Hz
1x Headphone / microphone combo jack (3.5mm)
1x Ethernet (RJ-45)
1x Smart card reader*
1x Nano-SIM card slot (WWAN support models)*

Docking

Docking support via Thunderbolt / 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 User Presence Sensing*
Privacy Guard with Privacy Alert*

Manageability

System Management*

DASH