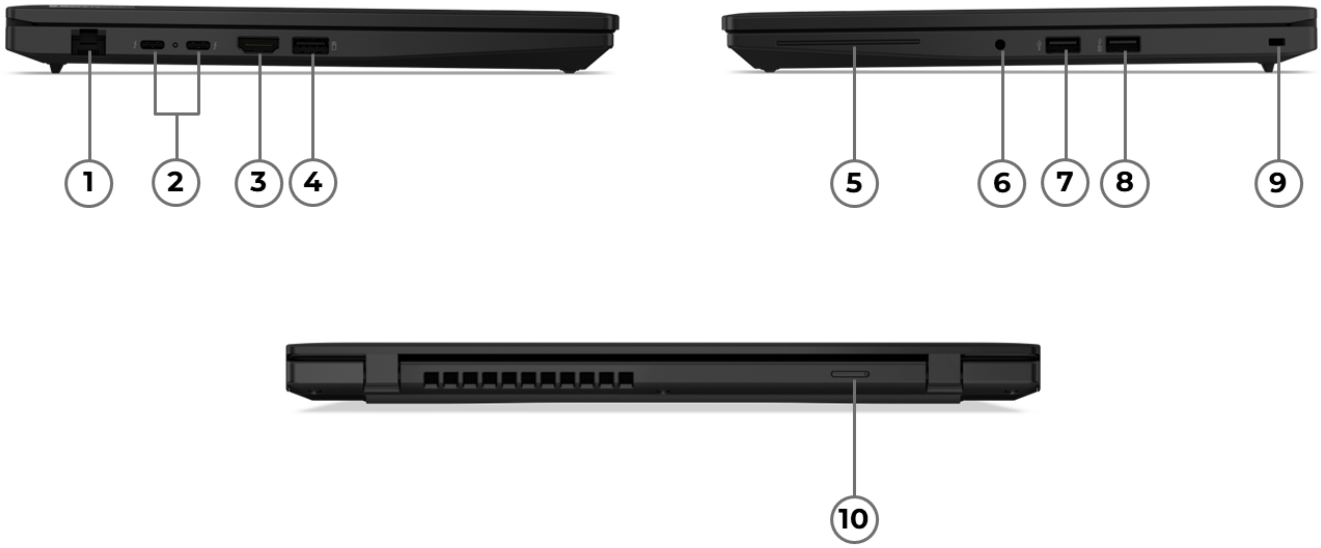
OVERVIEW



1. Ethernet (RJ-45)	6. Headphone / microphone combo jack (3.5mm)
2. 2x Thunderbolt 4	7. USB-A (Hi-Speed USB)
3. HDMI	8. USB-A (USB 5Gbps)
4. USB-A (USB 5Gbps), Always On	9. Kensington Nano Security Slot
5. Smart card reader *	10. Nano-SIM card slot (WWAN model) *

Notes:

- Items with * are only available on selected models

PERFORMANCE

Processor

Processor Family

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

Processor**[1]

Processor Name	Cores	Threads	Base Frequency	Max Frequency	Cache	Processor Graphics	NPU
Core Ultra 5 325	8 (4 P-core + 4 LP E-core)	8	P-core 2.1GHz / LP E-core 1.6GHz	P-core 4.5GHz / LP E-core 3.4GHz	12MB Intel® Smart Cache	Intel® Graphics, up to 40 TOPS	Up to 47 TOPS
Core Ultra 5 332	6 (2 P-core + 4 LP E-core)	6	P-core 2.5GHz / LP E-core 1.9GHz	P-core 4.4GHz / LP E-core 3.3GHz	12MB Intel® Smart Cache	Intel® Graphics, up to 18 TOPS	Up to 46 TOPS
Core Ultra 5 335	8 (4 P-core + 4 LP E-core)	8	P-core 2.2GHz / LP E-core 1.6GHz	P-core 4.6GHz / LP E-core 3.4GHz	12MB Intel® Smart Cache	Intel® Graphics, up to 40 TOPS	Up to 47 TOPS
Core Ultra 5 336H	12 (4 P-core + 4 E-core + 4 LP E-core)	12	P-core 1.9GHz / E-core 1.5GHz / LP E-core 1.5GHz	P-core 4.6GHz / E-core 3.4GHz / LP E-core 3.2GHz	18MB Intel® Smart Cache	Intel® Graphics, up to 37 TOPS	Up to 47 TOPS
Core Ultra 7 355	8 (4 P-core + 4 LP E-core)	8	P-core 2.3GHz / LP E-core 1.7GHz	P-core 4.7GHz / LP E-core 3.5GHz	12MB Intel® Smart Cache	Intel® Graphics, up to 40 TOPS	Up to 49 TOPS
Core Ultra 7 356H	16 (4 P-core + 8 E-core + 4 LP E-core)	16	P-core 1.9GHz / E-core 1.5GHz / LP E-core 1.5GHz	P-core 4.7GHz / E-core 3.5GHz / LP E-core 3.3GHz	18MB Intel® Smart Cache	Intel® Graphics, up to 40 TOPS	Up to 50 TOPS
Core Ultra 7 365	8 (4 P-core + 4 LP E-core)	8	P-core 2.4GHz / LP E-core 1.8GHz	P-core 4.8GHz / LP E-core 3.6GHz	12MB Intel® Smart Cache	Intel® Graphics, up to 40 TOPS	Up to 49 TOPS

Notes:

[1] Processors with an “H” suffix are not available in NA.

AI (Artificial Intelligence)

AI PC Category

- Copilot+ PC[1]
- AI PC[2]

NPU

Up to 50 TOPS

Notes:

[1] Copilot+ PCs have at least 16GB RAM, 256GB storage, and a NPU that runs 40+ TOPs to run the latest AI tools build-in latest Windows® 11 to accelerate productivity and creativity.

[2] Only for the models with 8GB memory.

Operating System

Operating System**

- Windows® 11 Pro
- Windows® 11 Home
- Windows® 11 Home Single Language
- Ubuntu Linux[1]
- Linux[2]
- No preload operating system

Notes:

[1], [2] Some features may not be supported on the system with Linux preload, including but not limited to Intel® RST

RAID, MIPI computer vision camera, WWAN, Human Presence Detection, etc.

Graphics

Graphics

Graphics	Type	Memory	Key Features
Intel® Graphics	Integrated	Shared	DirectX® 12 Ultimate

Monitor Support

Monitor Support[1]

Supports up to 4 independent displays (native display and 3 external monitors via HDMI® and Thunderbolt™)
• HDMI® supports up to 3840x2160@60Hz
• Thunderbolt™ 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

Intel® SoC (System on Chip) platform

Memory

Max Memory[1]

Up to 64GB DDR5-5600

Memory Slots

Two DDR5 SODIMM slots, dual-channel capable

Memory Type

DDR5-5600

Notes:

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

Storage

Max Storage Support[1]

One drive, up to 2TB M.2 2280 SSD

Storage Slot[2]

One M.2 2280 PCIe® 4.0 x4 slot

Storage Type**

Disk Type	Interface	Offering	Security
M.2 2280 SSD	PCIe® NVMe®, PCIe® 4.0 x4	256GB / 512GB / 1TB	Opal 2.0
M.2 2280 SSD	PCIe® NVMe®, PCIe® 5.0 x4 Performance	2TB	Opal 2.0

Notes:

[1] The storage capacity supported is based on the test results with current Lenovo® storage offerings.
[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, Realtek® ALC3287 codec

Speakers

Stereo speakers, 2W x2, optimized with Dolby Atmos®

Microphone

Dual-microphone array, 360° far-field, Elevoc Voice

Camera**

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

Battery

Battery**

- 46.5Wh Rechargeable Li-ion Battery, supports Rapid Charge (charge up to 80% in 1hr) with 65W AC adapter[1]
- 57Wh Rechargeable Li-ion Battery, supports Rapid Charge (charge up to 80% in 1hr) with 65W AC adapter[2]

Battery Life[3]

Configuration 1 (max battery life)
MobileMark® 30: up to 17.28 hr with 625 performance score @250nits
JEITA-BAT 3.0 (Video/Idle): up to 17.96 hr / 33.25 hr @200nits
Local video playback: up to 25 hr 19 min @150nits

Alternate configuration 2
MobileMark® 30: up to 13.85 hr with 855 performance score @250nits
JEITA-BAT 3.0 (Video/Idle): up to 17.46 hr / 25.21 hr @200nits
Local video playback: up to 24.76 hr @150nits

Alternate configuration 3
MobileMark® 30: up to 11.91 hr with 859 performance score @250nits
JEITA-BAT 3.0 (Video/Idle): up to 14.25 hr / 20.58 hr @200nits
Local video playback: up to 20.2 hr @150nits

Notes:

[1], [2] 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.
[3] Configuration 1: WUXGA (non-touch), Intel Core™ Ultra 5 332, 16GB DDR5-5600, Win 11, 57Wh battery, best power efficiency power mode
Configuration 2: WUXGA (touch), Intel Core™ Ultra 5 335, 8GB + 8GB DDR5-5600, Win 11, 57Wh battery, best power efficiency power mode
Configuration 3: WUXGA (touch), Intel Core™ Ultra 5 335, 8GB + 8GB DDR5-5600, Win 11, 46.5Wh 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 GaN (2-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- 65W USB-C® slim GaN (3-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- No power adapter

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]	400nits	Anti-glare	16:10	1000:1	45% NTSC	60Hz	89° / 89° / 89° / 89°	3M™ DBEF5
14″	WUXGA (1920x1200)	Multi-touch	IPS[2]	400nits	Anti-glare	16:10	1000:1	45% NTSC	60Hz	89° / 89° / 89° / 89°	Eyesafe® Certified 2.0, 3M™ DBEF5
14″	WUXGA (1920x1200)	Non-touch	IPS[3]	500nits	Anti-glare	16:10	1500:1	100% sRGB	60Hz	89° / 89° / 89° / 89°	Low power, Eyesafe® Certified 2.0

Touchscreen

- On-cell multi-touch, supports 10-point touch
- Non-touch

Screen-to-Body Ratio

85.5%

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 PC-CF (bottom)	313.7 x 226 x 11.32/17.01 (front/rear), 21.5 (maximum) mm; 12.35 x 8.90 x 0.45/0.67 (front/rear), 0.85 (maximum) inches
Models with aluminium (top) and PC-ABS (bottom)	313.7 x 226 x 11.32/17.01 (front/rear), 21.7 (maximum) mm; 12.35 x 8.90 x 0.45/0.67 (front/rear), 0.85 (maximum) inches
Models with PC-ABS (top) and PC-ABS (bottom)	313.7 x 226 x 11.39/17.31 (front/rear), 22.9 (maximum) mm; 12.35 x 8.90 x 0.45/0.68 (front/rear), 0.90 (maximum) inches

Weight[2]

Starting at 1.387 kg (3.05 lbs)

Case Color

Black

Case Material**

- Aluminium (top), PC-ABS (bottom)
- Aluminium (top), PC-CF (bottom)
- PC-ABS (top), PC-ABS (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.

CONNECTIVITY

Network

WLAN + Bluetooth®**[1]

- Intel® Wi-Fi® 7 BE211, 802.11be 2x2 Wi-Fi® + Bluetooth® 5.4 (Bluetooth® 6.0 hardware ready), Intel® vPro® technology support[2]
- Intel® Wi-Fi® 7 BE213, 802.11be 2x2 Wi-Fi® + Bluetooth® 5.4 (Bluetooth® 6.0 hardware ready)

WWAN**

- Wireless WAN upgradable to 4G (with antenna ready)
- Snapdragon® X12 LTE Modem, 4G LTE CAT6, M.2 card, with embedded eSIM functionality
- Snapdragon® X12 LTE Modem, 4G LTE CAT12, M.2 card, with embedded eSIM functionality
- No support

SIM Card**[3]

- KDDI eSIM Program 3-year (Japan)
- KDDI eSIM Program 3-year with international roaming (Japan)
- KDDI eSIM Program 4-year (Japan)
- KDDI eSIM Program 4-year with international roaming (Japan)
- KDDI eSIM Program 5-year (Japan)
- KDDI eSIM Program 5-year with international roaming (Japan)
- No physical SIM card included

Ethernet**

- Gigabit Ethernet, Intel® Ethernet Connection I219-LM (vPro® models), 1x RJ-45, supports Wake-on-LAN
- Gigabit Ethernet, Intel® Ethernet Connection I219-V (non-vPro models), 1x RJ-45, supports Wake-on-LAN

NFC

- Near Field Communication
- 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.

[2] Intel® vPro® platform requires the hardware and software necessary to deliver the manageability use cases, security features, system performance, and stability that define the platform. For detailed vPro® support information, please refer to the System Management section.

[3] KDDI eSIM Program has no physical SIM card inbox and is for special bid only.

Ports[1]

Standard Ports

- 1x USB-A (Hi-Speed USB)
- 1x USB-A (USB 5Gbps), Always On
- 1x USB-A (USB 5Gbps)
- 2x Thunderbolt™ 4, with USB PD 15-65W and DisplayPort™ 2.1
- 1x HDMI® 2.1, up to 4K/60Hz
- 1x Headphone / microphone combo jack (3.5mm)
- 1x Ethernet (RJ-45)

Optional Ports***

- 1x Nano-SIM card slot (WWAN support models)
- 1x Smart card reader

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 Thunderbolt™ / USB-C®.
For more compatible docking solutions, please visit Docking for ThinkPad® L14 Gen 7 (Intel®)

SECURITY & PRIVACY

Security

ThinkShield

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

Security Chip

Discrete TPM 2.0, TCG certified

Physical Locks

Kensington Nano Security Slot™, 2.5 x 6 mm

Smart Card Reader

- Smart card reader, supports ISO 7816 and EMV
- 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

Other Security

- Camera privacy shutter
- (Optional) IR camera for Windows® Hello (facial recognition)
- Privacy Guard with Privacy Alert (software solution)

MANAGEABILITY

System Management

System Management[1]

- Intel® vPro® Enterprise[2]
- Non-vPro

Notes:

[1] Intel® vPro® platform require an eligible Intel® processor, a supported operating system, Intel® LAN and/or WLAN silicon, firmware enhancements, and other hardware and software necessary to deliver the manageability use cases, security features, system performance, and stability that define the platform. See Intel® vPro® Platform for details.
[2] Intel® vPro® offers a superset of DASH's defined capabilities.

SERVICE

Warranty

Base Warranty**

- 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
- 3-year (1-yr battery) courier or carry-in service
- 3-year (1-yr battery) limited onsite service
- No base warranty

ACCESSORIES

Bundled Accessories

Bundled Accessories*[1]

- Lenovo® HDMI® to VGA Monitor Adapter
- Lenovo® USB-C® to DisplayPort™ Adapter
- Lenovo® USB-C® to VGA Adapter
- None

Notes:

[1] For more compatible accessory solutions, please visit Accessories for ThinkPad® L14 Gen 7 (Intel®).

OPERATING REQUIREMENTS

Operating Environment

Temperature[1]

- Operating: 5°C (41°F) to 35°C (95°F)
- Storage and transportation in original shipping packaging: -20°C (-4°F) to 60°C (140°F)
- Storage without packaging: 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 on display cover bezel
60% PCC recycled on keyboard frame
Up to 50% PCC recycled on bottom cover
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 the battery pack enclosure
90% PCC recycled plastic used in slim GaN 65W adapters and standard 65W adapters
100% plastic-free primary packaging
TOTAL PCC: 24.23%-32.62%

Notes:

[1] PCC: Post Consumer Content, recycled materials from customers.

CERTIFICATIONS

Green Certifications[1]

Green Certifications[2]

- ENERGY STAR® 9.0
- EPEAT 2.0 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) Eyesafe® Certified 2.0
- (Optional) TÜV Rheinland® Low Blue Light (Hardware Solution)

- 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.
- Feature with *** means that one or more options listed under the feature can be configured on selected models. Please refer to the model configuration for specific information.
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