

ThinkPad E14 Gen 7 (Intel)

Powered by up to Intel® U or H Series Core Ultra 7 Processor, this laptop is engineered for high-efficiency performance on the move. Whether it's an architect modeling render-heavy visuals or a financial analyst multitasking across large datasets, up to 64GB DDR5 memory ensures fluid responsiveness. Creative professionals can rely on optional Intel® Arc™ 140T graphics to finesse visual compositions, while integrated Intel® AI Boost, delivering up to 13 TOPS, accelerates real-time translation, transcription, and predictive workflows—all without compromising battery life or mobility.



Redefining possibilities with powerful performance and groundbreaking on-device AI

The entry-level ThinkPad, E Series features the famous keyboard and trackpoint, and is MIL-SPEC tested ensuring the build quality for which ThinkPad is renowned.

Its vibrant 14" display with up to 2.8K resolution captures even the subtlest color gradients, ideal for content reviews and visual design tasks. The optional touch film enhances interactive use in tight spaces. Meanwhile, Wi-Fi® 6E keeps remote collaboration seamless, and versatile connectivity.

To protect sensitive project files and communications, the device offers hardware-level security via discrete TPM 2.0, an optional touch-style fingerprint reader built into the power button, and an optional IR camera for facial authentication.

Performance remains a top priority for mobile users, and with up to an Intel® Core Ultra 7 Processor, integrated AI Boost, and up to 64GB DDR5 memory, this device delivers power to handle demanding tasks on the go.

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 Wireless Stereo Headset

- 60-hour music playback with quick-charge convenience
- Intuitive on-ear buttons and flip microphone
- Dual-device pairing with Bluetooth® 5.3 reliability



PN: Part Numbers (PN) Headset: 4XD1Q30302 Earcups: 4XD1M80021

ThinkPad Bluetooth Silent Mouse

- Left/Right hand, easy-to-carry low profile mouse
- Switch between 2 devices with dual-host Bluetooth 5.0 connectivity
- 2-way scrolling with on-the-fly DPI adjustment (2400, 1600, 800)



PN: With Battery : 4Y50X88822 Without Battery : 4Y50X88823

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Performance

Processor

Intel U Series Core 3 Processor (Series 1) - Raptor Lake
 Intel H Series Core Ultra 5 / 9 Processor (Series 1) - Meteor Lake
 Intel U or H Series Core 5 / 7 Processor (Series 2) - Raptor Lake
 Intel U or H Series Core Ultra 5 / 7 Processor (Series 2) - Arrow Lake
 Intel V Series Core Ultra 5 / 7 Processor (Series 2) - Lunar Lake

AI PC Category*

AI PC (Arrow Lake)
 Copilot+ PC (Lunar Lake)

Operating System*

Windows 11 Pro or Home
 Ubuntu Linux

NPU*

Integrated Intel AI Boost, up to 48 TOPS

Graphics

Intel Graphics (integrated)
 Intel Arc Graphics (integrated)
 Intel Arc 130T GPU (integrated)
 Intel Arc 140T GPU (integrated)
 Intel Arc Graphics 130V (integrated)
 Intel Arc Graphics 140V (integrated)

Memory

Raptor Lake, Meteor Lake and Arrow Lake:
 Up to 64GB DDR5-5200 or DDR5-5600, 2x SODIMM
 Lunar Lake:
 16GB LPDDR5X-8533 MoP memory, soldered
 32GB LPDDR5X-8533 MoP memory, soldered

Storage

Raptor Lake, Meteor Lake and Arrow Lake:
 Up to two drives, 2x M.2 SSD
 M.2 2242 SSD up to 1TB
 M.2 2280 SSD up to 1TB
 Lunar Lake:
 One drive, up to 1TB M.2 2280 SSD

Audio*

High Definition (HD) Audio
 audio by HARMAN stereo speakers, 2W x2, Dolby Atmos
 Dual-microphone array, 360° far-field, smart noise-cancelling

Camera*

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

Battery

48Wh or 64Wh battery, up to 14.75 hr
 48Wh battery supports Rapid Charge Pro
 64Wh battery supports Rapid Charge

Power Adapter*

65W USB-C adapter, PD 3.0
 65W USB-C slim adapter, PD 3.0

Design

Display

14" WUXGA (1920x1200) IPS Anti-glare 16:10
 - 300nits, 45% NTSC, 60Hz
 - 300nits, 45% NTSC, 60Hz, touch
 - 300nits, 100% sRGB, 60Hz, TÜV Low Blue Light (Hardware Solution)
 14" 2.8K (2880x1800) IPS Anti-glare 16:10
 - 400nits, 100% sRGB, 120Hz, Eyesafe

Screen-to-Body Ratio

90%

Keyboard

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

Touchpad

TrackPoint and Mylar surface TrackPad
 60 x 115 mm (2.36 x 4.53 inches)

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

Raptor Lake, Meteor Lake and Arrow Lake: starting at 1.34 kg (2.95 lbs)
 Lunar Lake: starting at 1.32 kg (2.91 lbs)

Color

Black

Case material

Aluminium (top), aluminium (bottom)
 Aluminium (top), PC-ABS (bottom)

Connectivity

Ethernet*

Gigabit onboard Ethernet

WLAN + Bluetooth*

802.11ax (Wi-Fi 6 or Wi-Fi 6E), Bluetooth 5.2 or 5.3
 802.11be (Wi-Fi 7), Bluetooth 5.4
 Up to Intel Wi-Fi 7 BE200, 802.11be, Bluetooth 5.4

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 (Thunderbolt 4 / USB4 40Gbps), with USB PD 15-65W & DP 2.1
 1x HDMI 2.1, up to 4K/60Hz
 1x Ethernet (RJ-45)
 1x Headphone / microphone combo jack (3.5mm)
 Lunar Lake: 1x USB-C (Thunderbolt 4 / USB4 40Gbps), with USB PD 15-65W and DisplayPort 2.1
 Raptor Lake, Meteor Lake and Arrow Lake: 1x USB-C (USB 20Gbps / USB 3.2 Gen 2x2), with USB PD 15-65W and DisplayPort 1.4

Docking

Docking support via Thunderbolt / USB-C

Security & Privacy

Security

ThinkShield
 Discrete TPM 2.0
 Kensington Nano Security Slot
 Touch style MOC fingerprint reader*
 Camera privacy shutter
 IR camera for Windows Hello (facial recognition)*

Manageability

System Management*

Intel vPro Enterprise*

Environmental

Material

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

Certifications

Green Certifications

ENERGY STAR 9.0
 EPEAT Gold Registered
 ErP Lot 6/26
 TCO Certified, generation 10
 RoHS compliant

Other Certifications

Eyesafe Certified 2.0*
 TÜV Rheinland Low Blue Light (Hardware Solution)*
 TÜV Rheinland Low Blue Light (Software Solution)*
 MIL-STD-810H