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.

Updated 2026-09-05

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

ThinkPad E14 Gen 7 (Intel)

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 1.0 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

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.