

ThinkPad T14 Gen 5 (Intel)

Unlock new AI experiences with this laptop featuring Intel® U and H Series Core™ Ultra 7 Processors that support multitasking capabilities, allowing business professionals to run multiple applications simultaneously without experiencing significant slowdowns. Support for up to 64GB DDR5-5600 memory provides faster data transfer rates compared to previous generations, resulting in quicker data access and improved overall system responsiveness. Moreover, up to 2TB SSD storage offers significantly faster read and write speeds, enabling business professionals to access files, documents, and applications more quickly.



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.

Experience superior audio quality with 2W dual Dolby Audio stereo speakers, perfect for conference calls and multimedia presentations. The optional 5MP camera with a privacy shutter ensures crisp video quality and security for professionals on the go.

Thunderbolt 4 and USB-C 3.2 Gen 1 ports support universal compatibility, power delivery, and ensure high-speed data transfer rates, allowing business professionals to quickly transfer large files such as presentations, documents, and multimedia content.

The 315.9 x 223.7 x 17.7 mm (12.44 x 8.81 x 0.7 inches) compact size and slim profile make this laptop easy to carry around, benefitting business professionals who need to travel frequently or work 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

Thinkpad Essential 16" Backpack (Eco)



- Two internal compartments (one for notebooks up to 16"), two front zipper pockets, and one side mesh water bottle sleeve that ensure you'll never run out of space.
- A padded top handle. And a rear luggage strap. Every feature is crafted for convenience and comfort.
- Elegant black nylon exterior, grey interior lining, and a splash of red accents.

PN: 4X41C12468

Lenovo Essential Wired Keyboard & Mouse



- USB wired keyboard & mouse combo. Low profile island style keys, LED indicators & adjustable feet
- Spill-resistant keyboard with waterproof membrane to protect from accidental spills
- Mouse with 1000 DPI optical sensor and scroll wheel for precise control

PN: 4X30I79883

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Performance

Processor
Intel U or H Series Core Ultra 5 / 7 Processor (Series 1)

AI PC Category*
AI PC

Operating System*
Windows 11 Pro or Home
Windows 11 DG Windows 10 Pro
Fedora or Ubuntu Linux

NPU*
Integrated Intel AI Boost, up to 11 TOPS

Graphics
Intel Graphics (integrated)
Intel Arc Graphics (integrated)

Memory
Up to 64GB DDR5-5600, 2x SODIMM

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

Audio*
High Definition (HD) Audio
Stereo speakers, 2W x2, Dolby Audio
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

Battery
39.3Wh or 52.5Wh battery, up to 11.5 hr, Rapid Charge

Power Adapter*
45W USB-C adapter, PD 3.0
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
- 400nits, 45% NTSC, 3M DBEF5
- 400nits, 45% NTSC, touch, Eyesafe, 3M DBEF5
- 400nits, 100% sRGB, low power, Eyesafe
- 500nits, 100% sRGB, touch, ThinkPad Privacy Guard
14" 2.2K (2240x1400) IPS Anti-glare 16:10
- 300nits, 100% sRGB, TÜV Low Blue Light (Hardware Solution)
14" 2.8K (2880x1800) OLED AGARAS 16:10
- 400nits, 100% DCI-P3, 120Hz, DisplayHDR True Black 500, Dolby Vision, Eyesafe

Screen-to-Body Ratio
85.73%

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

Touchpad
TrackPoint and glass-like Mylar surface 3-button Trackpad
60 x 115 mm (2.36 x 4.53 inches)

Dimensions
315.9 x 223.7 x 17.7 mm (12.44 x 8.81 x 0.7 inches)

Weight
Starting at 1.31 kg (2.89 lbs)

Color
Black
Grey

Case material
Black models: PC + 20% CF (top), PC + 20% CF (bottom)
Grey models: aluminium (top), PC + 20% CF (bottom)

Connectivity

Ethernet*
Gigabit onboard Ethernet

WLAN + Bluetooth*
802.11ax (Wi-Fi 6E) or 802.11be (Wi-Fi 7), Bluetooth 5.3
Up to Intel Wi-Fi 7 BE200, 802.11be, Bluetooth 5.3

WWAN*
4G LTE CAT6 with embedded eSIM
4G LTE CAT16 with embedded eSIM
5G Sub-6 GHz with embedded eSIM

NFC
Near Field Communication*

Ports
1x USB-A (USB 5Gbps / USB 3.2 Gen 1)
1x USB-A (USB 5Gbps / USB 3.2 Gen 1), Always On
2x USB-C (Thunderbolt 4 / USB4 40Gbps), with USB PD 3.0 & DP 2.1
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)*
Privacy Guard with Privacy Alert*
Ultrasonic Human Presence Detection*

Manageability

System Management*
Intel vPro Enterprise
Intel vPro Essentials

Environmental

Material
30% PCC recycled plastic on black top cover
50% recycled aluminium on grey top cover
90% recycled magnesium on keyboard frame
45% PCC recycled plastic on bottom cover of WWAN models
30% PCC recycled plastic on bottom cover of non-WWAN models
90% PCC recycled plastic used in speaker enclosure
90% PCC recycled plastic used in the battery frame
85% PCC recycled plastic for backlit keycaps
70% PCC recycled plastic for non-backlit keycaps
90% PCC recycled plastic used in 65W and 65W slim adapters
100% plastic free recycled standard packaging

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*
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.