



# Lenovo ThinkPad T14 Intel Core Ultra 7 155U Ordinateur portable 35,6 cm (14") WUXGA 32 Go DDR5-SDRAM 1 To SSD Wi-Fi 6E (802.11ax) Windows 11 Pro Noir

Marque : Lenovo Famille de produit: ThinkPad Code produit: 21ML003QMH  
Nom du produit : T14

- Intel Core Ultra 7 155U, 12C (2P + 8E + 2LPE)/14T, Max Turbo up to 4.8GHz, 12Mo
  - 14" WUXGA (1920x1200) IPS 400nits 45% NTSC 60Hz DBEF5
  - 1x 32Go SO-DIMM DDR5-5600
  - 1To SSD M.2 2280 PCIe 4.0x4 NVMe Opal 2.0
  - Intel Graphics
  - Windows 11 Pro
- Intel Core Ultra 7 155U, 12C (2P + 8E + 2LPE)/14T, Max Turbo up to 4.8GHz, 12Mo, 1x 32Go SO-DIMM DDR5-5600, 1To SSD M.2 2280 PCIe 4.0x4 NVMe Opal 2.0, 14" WUXGA (1920x1200) IPS 400nits 45% NTSC 60Hz DBEF5, Intel Graphics, Intel Wi-Fi 6E AX211 802.11ax 2x2 + BT5.3, 5.0MP + IR Discrete with Privacy Shutter, Windows 11 Pro

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## Ultra-puissance, performances et possibilités



Design		Camera	
Colour name	Black	Front camera	✓
Product type *	Laptop	Front camera resolution (numeric)	5 MP
Product colour *	Black	Infrared (IR) camera	✓
Form factor *	Clamshell	Privacy camera	✓
Display		Privacy type	Privacy shutter
Display diagonal *	35.6 cm (14")	Network	
Display resolution *	1920 x 1200 pixels	Top Wi-Fi standard *	Wi-Fi 6E (802.11ax)
Touchscreen *	✗	Wi-Fi standards	Wi-Fi 6E (802.11ax)
HD type	WUXGA	Mobile network connection *	✗
Panel type	IPS	Antenna type	2x2
LED backlight	✓	WLAN controller model	Intel Wi-Fi 6E AX211
Native aspect ratio	16:10	WLAN controller manufacturer	Intel
Anti-glare screen	✓	Ethernet LAN	✓
Display brightness	400 cd/m²	Ethernet LAN data rates	100,1000 Mbit/s
RGB colour space	NTSC	Bluetooth	✓
Colour gamut	45%	Bluetooth version	5.3
Maximum refresh rate	60 Hz	Near Field Communication (NFC)	✗
Contrast ratio (typical)	800:1	WWAN	Upgradable
Processor		Ports & interfaces	
Processor manufacturer *	Intel	USB 3.2 Gen 1 (3.1 Gen 1) Type-A ports quantity *	2
Processor family *	Intel Core Ultra 7	Ethernet LAN (RJ-45) ports	1
Processor generation	Intel® Core™ Ultra (Series 1)	HDMI ports quantity *	1
Processor model *	155U	HDMI version	2.1
Processor cores	12	Thunderbolt 4 ports quantity	2
Processor threads	14	Intel® Thunderbolt 4	✓
Processor boost frequency	4.8 GHz	Combo headphone/mic port	✓
Performance cores	2		
Efficient cores	8		

Processor		Ports & interfaces	
Low Power Efficient-cores	2	USB Type-C DisplayPort Alternate Mode	✓
Performance-core Max Turbo Frequency	4.8 GHz	USB Sleep-and-Charge	✓
Efficient-core Max Turbo Frequency	3.8 GHz	USB Sleep-and-Charge ports	1
Low Power Efficient-core Max Turbo Frequency	2.1 GHz	<b>Performance</b>	
Performance-core base frequency	1.7 GHz	Motherboard chipset	Intel SoC
Efficient-core base frequency	1.2 GHz	<b>Keyboard</b>	
Low Power Efficient-core Base Frequency	700 MHz	Pointing device	ThinkPad UltraNav
Processor cache	12 MB	Keyboard layout	QWERTY
Processor cache type	Smart Cache	Keyboard language	English
Processor base power	15 W	Numeric keypad *	✗
Maximum turbo power	57 W	Keyboard backlit	✓
<b>Neural processor unit (NPU)</b>		Spill-resistant keyboard	✓
Neural processor unit (NPU)	Intel AI Boost	<b>Software</b>	
Maximum frequency NPU	1.4 GHz	Operating system architecture	64-bit
Sparsity support	✓	Operating system language	German, Dutch, English, French, Italian
Windows Studio effects support	✓	Operating system installed *	Windows 11 Pro
AI datatype support on NPU	FP16, FP32, Int8	<b>Battery</b>	
AI software frameworks supported by NPU	DirectML, ONNX RT, OpenVINO, Windows ML	Battery technology	Lithium Polymer (LiPo)
<b>Memory</b>		Battery capacity *	52.5 Wh
Internal memory *	32 GB	Fast charging	✓
Internal memory type	DDR5-SDRAM	<b>Power</b>	
Memory clock speed	5600 MHz	AC adapter power	65 W
Memory form factor	SO-DIMM	AC adapter frequency	50/60 Hz
Memory layout (slots x size)	1 x 32 GB	AC adapter input voltage	100 - 240 V
Memory slots	2x SO-DIMM	USB Type-C charging port *	✓
Maximum internal memory *	64 GB	USB Power Delivery (USB PD)	✓
Memory channels	Dual-channel	<b>Security</b>	
<b>Storage</b>		Cable lock slot	✓
Total storage capacity *	1 TB	Cable lock slot type	Kensington
Storage media *	SSD	Fingerprint reader	✓
Total SSDs capacity	1 TB	Smart card reader	✓
Number of SSDs installed	1	Windows Hello	✓
SSD capacity	1 TB	Trusted Platform Module (TPM)	✓
SSD interface	PCI Express 4.0	Trusted Platform Module (TPM) version	2.0
NVMe	✓	Password protection	✓
SSD form factor	M.2	Password protection type	BIOS, Power on, SSD, Supervisor
Optical drive type *	✗	<b>Operational conditions</b>	
Card reader integrated	✗	Operating temperature (T-T)	5 - 35 °C
<b>Graphics</b>		Storage temperature (T-T)	5 - 43 °C
Discrete graphics card model *	Not available	Operating relative humidity (H-H)	8 - 95%
On-board graphics card *	✓	Storage relative humidity (H-H)	5 - 95%
On-board GPU manufacturer	Intel	Maximum shipping altitude	3048 m
Discrete graphics card *	✗	<b>Certificates</b>	
On-board graphics card family	Intel Graphics	Compliance certificates	RoHS
On-board graphics card model *	Intel Graphics	Certification	ENERGY STAR® 8.0 EPEAT™ Gold Registered[3] ErP Lot 6/26 RoHS compliant TCO Certified 9.0 MIL-STD-810H
<b>Audio</b>		<b>Sustainability</b>	
Audio chip	Realtek ALC3287	Sustainability compliance	✓
Audio system	Dolby Audio	<b>Weight &amp; dimensions</b>	
Number of built-in speakers	2	Width	315.9 mm
Speaker power	2 W		
Built-in microphone	✓		
Number of microphones	2		

**Weight & dimensions**

Depth	223.7 mm
Height	17.7 mm
Weight *	1.38 kg

**Packaging content**

AC adapter included *	✓
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