OVERVIEW



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

Notes:

- Items with * are only available on selected models

PERFORMANCE

Processor

Processor Family

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

Processor**

Processor Name	Cores	Threads	Base Frequency	Max Frequency	Cache	Processor Graphics	AI Engine
Core Ultra 5 125H	14 (4 P-core + 8 E-core + 2 LPE-core)	18	P-core 1.2GHz / E-core 700MHz / LPE-core 700MHz	P-core 4.5GHz / E-core 3.6GHz / LPE-core 2.5GHz	18MB	Intel® Arc™ Graphics[1]	Intel® AI Boost
Core Ultra 5 125U	12 (2 P-core + 8 E-core + 2 LPE-core)	14	P-core 1.3GHz / E-core 800MHz / LPE-core 700MHz	P-core 4.3GHz / E-core 3.6GHz / LPE-core 2.1GHz	12MB	Intel® Graphics	Intel® AI Boost
Core Ultra 5 135H	14 (4 P-core + 8 E-core + 2 LPE-core)	18	P-core 1.7GHz / E-core 1.2GHz / LPE-core 700MHz	P-core 4.6GHz / E-core 3.6GHz / LPE-core 2.5GHz	18MB	Intel® Arc™ Graphics[2]	Intel® AI Boost
Core Ultra 5 135U	12 (2 P-core + 8 E-core + 2 LPE-core)	14	P-core 1.6GHz / E-core 1.1GHz / LPE-core 700MHz	P-core 4.4GHz / E-core 3.6GHz / LPE-core 2.1GHz	12MB	Intel® Graphics	Intel® AI Boost
Core Ultra 7 155H	16 (6 P-core + 8 E-core + 2 LPE-core)	22	P-core 1.4GHz / E-core 900MHz / LPE-core 700MHz	P-core 4.8GHz / E-core 3.8GHz / LPE-core 2.5GHz	24MB	Intel® Arc™ Graphics[3]	Intel® AI Boost
Core Ultra 7 155U	12 (2 P-core + 8 E-core + 2 LPE-core)	14	P-core 1.7GHz / E-core 1.2GHz / LPE-core 700MHz	P-core 4.8GHz / E-core 3.8GHz / LPE-core 2.1GHz	12MB	Intel® Graphics	Intel® AI Boost
Core Ultra 7 165H	16 (6 P-core + 8 E-core + 2 LPE-core)	22	P-core 1.4GHz / E-core 900MHz / LPE-core 700MHz	P-core 5.0GHz / E-core 3.8GHz / LPE-core 2.5GHz	24MB	Intel® Arc™ Graphics[4]	Intel® AI Boost
Core Ultra 7 165U	12 (2 P-core + 8 E-core + 2 LPE-core)	14	P-core 1.7GHz / E-core 1.2GHz / LPE-core 700MHz	P-core 4.9GHz / E-core 3.8GHz / LPE-core 2.1GHz	12MB	Intel® Graphics	Intel® AI Boost

Notes:

[1], [2], [3], [4] Intel® Arc™ Graphics only available on select H-series Intel® Core™ Ultra processor powered systems with at least 16GB of system memory in a dual-channel configurations, otherwise it will function as Intel® Graphics.

Operating System

Operating System**

- Windows® 11 Pro
- Windows® 11 Home
- Windows® 11 Home Single Language
- Windows® 11 DG Windows® 10 Pro 64[1]
- Ubuntu Linux[2]
- Linux[3]
- No preload operating system

Notes:

[1] Windows® 11 DG Windows® 10 Pro 64 is for special bid only.

[2], [3] 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.

NPU

NPU

Intel® AI Boost integrated in Intel® Core™ Ultra processor

Graphics

Graphics**

Graphics	Type	Memory	Key Features
Intel® Arc™ Graphics[1]	Integrated	Shared	DirectX® 12.1
Intel® Graphics	Integrated	Shared	DirectX® 12.1

Notes:

[1] Intel® Arc™ Graphics only available on select H-series Intel® Core™ Ultra processor powered systems with at least 16GB of system memory in a dual-channel configurations, otherwise it will function as Intel® Graphics.

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 4K@60Hz
• Thunderbolt™ supports up to 8K@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

Up to 64GB DDR5-5600

Memory Slots

Two DDR5 SO-DIMM slots, dual-channel capable

Memory Type

DDR5-5600

Storage

Storage Support[1]

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

Storage Slot

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® 4.0 x4 Performance	512GB / 1TB / 2TB	Opal 2.0

Notes:

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

Removable Storage

Card Reader

No card reader

Multi-Media

Audio Chip

High Definition (HD) Audio, Realtek® ALC3287 codec

Speakers

Stereo speakers, 2W x2, Dolby Audio™

Microphone

- Dual-microphone array, 360° far-field, Dolby Voice®
- No microphone

Camera**

- 5.0MP + IR discrete, with privacy shutter, fixed focus
- 5.0MP, with privacy shutter, fixed focus
- No camera[1]

Notes:

[1] No camera is for special bid only.

Battery

Battery**

- Integrated Li-Polymer 39.3Wh battery, supports Rapid Charge (charge up to 80% in 1hr) with 65W AC adapter[1]
- Integrated Li-Polymer 52.5Wh battery, supports Rapid Charge (charge up to 80% in 1hr) with 65W AC adapter

Battery Life[2]

Configuration 1 (max battery life)
MobileMark® 25: up to 11.5 hr with 600 performance score @250nits
JEITA-BAT 3.0 (Video/Idle): up to 10.7 hr / 24.8 hr @200nits
Local video playback: up to 20.7 hr @150nits

Alternate configuration 2
MobileMark® 25: up to 11.2 hr with 666 performance score @250nits
JEITA-BAT 3.0 (Video/Idle): up to 10.9 hr / 24.1 hr @200nits
Local video playback: up to 20.0 hr @150nits

Alternate configuration 3
MobileMark® 25: up to 10.5 hr with 637 performance score @250nits
JEITA-BAT 3.0 (Video/Idle): up to 8.9 hr / 19.8 hr @200nits
Local video playback: up to 18.1 hr @150nits

Notes:

[1] 39.3Wh battery is for special bid only.
[2] Configuration 1 (max battery life): WUXGA low power (non-touch), Intel® Core™ Ultra 5 125U, 8GB DDR5, Win 11, 52.5Wh battery, best power efficiency power mode
Alternate configuration 2: WUXGA low power (non-touch), Intel® Core™ Ultra 5 125H, 8GB DDR5, Win 11, 52.5Wh battery, best power efficiency power mode
Alternate configuration 3: WUXGA (non-touch), Intel® Core™ Ultra 5 135U, 16GB DDR5, Win 11, 52.5Wh battery, best power efficiency power mode

All battery life claims are approximate maximum and based on results using MobileMark® 25, 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 depending 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]

- 45W USB-C® (2-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- 45W USB-C® (3-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- 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 (2-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- 65W USB-C® slim (3-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz

Notes:

[1] AC adapter offerings depend on the country.

DESIGN

Display

Display[**][1]

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)	None	IPS[2]	400nits	Anti-glare	16:10	800:1	45% NTSC	60Hz	89°/89°/89°/89°	85.73% screen to body ratio, 3M™ DBEF5
14″	WUXGA (1920x1200)	Multi-touch	IPS[3]	400nits	Anti-glare	16:10	800:1	45% NTSC	60Hz	89°/89°/89°/89°	Eyesafe® Certified 2.0, 85.73% screen to body ratio, 3M™ DBEF5
14″	WUXGA (1920x1200)	None	IPS[4]	400nits	Anti-glare	16:10	1000:1	100% sRGB	60Hz	85°/85°/85°/85°	Low power, Eyesafe® Certified 2.0, 85.73% screen to body ratio
14″	WUXGA (1920x1200)	Multi-touch	IPS[5]	500nits	Anti-glare	16:10	1500:1	100% sRGB	60Hz	89°/89°/89°/89°	ThinkPad® Privacy Guard, 85.73% screen to body ratio
14″	2.2K (2240x1400)	None	IPS[6]	300nits	Anti-glare	16:10	1500:1	100% sRGB	60Hz	85°/85°/85°/85°	TÜV Low Blue Light (Hardware Solution), 85.73% screen to body ratio
14″	2.8K (2880x1800)	None	OLED	400nits	Anti-glare, anti-reflection, anti-smudge	16:10	100,000:1	100% DCI-P3	120Hz	85°/85°/85°/85°	DisplayHDR™ True Black 500, Dolby Vision®, Eyesafe® Certified 2.0, 85.73% screen to body ratio

Touchscreen

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

Notes:

[1] 3M™ DBEF5 (Dual Brightness Enhancement Film) improves the experience with higher brightness and lower energy.
[2], [3], [4], [5], [6] IPS (in-plane switching) technology may refer to IPS, PLS, ADS, AHVA, AAS.

Input Device

Keyboard

6-row, spill-resistant, multimedia Fn keys

Keyboard Backlight

- LED backlight
- Non-backlight

UltraNav™

TrackPoint® pointing device, double-tap to open the TrackPoint® Quick Menu
Glass-like Mylar® surface multi-touch touchpad, 61 x 115 mm (2.40 x 4.53 inches)

Mechanical

Dimensions (WxDxH)[1]

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

Weight[2]

Models	Weight
Models with black cover and 39.3Wh battery	Starting at 1.31 kg (2.89 lbs)
Models with grey cover and 39.3Wh battery	Starting at 1.36 kg (2.99 lbs)
Models with black cover and 52.5Wh battery	Starting at 1.38 kg (3.05 lbs)
Models with grey cover and 52.5Wh battery	Starting at 1.43 kg (3.15 lbs)

Case Color**

- Black
- Grey

Case Material**

- Models with black cover: PC + 20% CF (top), PC + 20% CF (bottom)
- Models with grey cover: aluminium (top), PC + 20% CF (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

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

WLAN + Bluetooth®**[1]

- Intel® Wi-Fi® 6E AX211, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.3[2]
- Intel® Wi-Fi® 7 BE200, 802.11be 2x2 Wi-Fi® + Bluetooth® 5.3 (Bluetooth® 5.4 hardware ready)[3]

WWAN**

- Wireless WAN upgradable to 4G (with antenna ready)
- Wireless WAN upgradable to 4G or 5G (with antenna ready)
- Quectel EM061K-GL, 4G LTE CAT6, M.2 Card, with embedded eSIM functionality
- Quectel EM160R-GL, 4G LTE CAT16, M.2 card, with embedded eSIM functionality
- Quectel RM520N-GL, 5G Sub-6 GHz, M.2 Card, with embedded eSIM functionality
- No support

SIM Card

No physical SIM card inbox

NFC[4]

- Near Field Communication
- No support

Notes:

[1] Bluetooth® may operate at a lower version than hardware design depending on the factors such as operating system,

driver, etc.
[2] Wi-Fi® 6E full features might be limited by country-level restrictions.
Wi-Fi® 6E is only enabled on Windows® 11 and operates as Wi-Fi® 6 with Windows® 10.
6GHz Wi-Fi® 6E operation is dependent on the support of the operating system, routers/APs/Gateways that support Wi-Fi® 6E, and the regional regulatory certifications & spectrum allocation.
Bluetooth® 5.3 operation requires Windows® 11. For more information please visit General Bluetooth® Support Information on Microsoft®.
[3] Wi-Fi® 7 is only enabled on Windows® 11 and operates as Wi-Fi® 6 with Windows® 10.
6GHz Wi-Fi® 7 operation is subject to the regulation rules in each country.
Bluetooth® 5.3 operation requires Windows® 11. For more information please visit General Bluetooth® Support Information on Microsoft®.
[4] NFC is NOT available for grey models.

Ports[1]

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

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® T14 Gen 5 (Intel®)

SECURITY & PRIVACY

Security

Security Chip

Discrete TPM 2.0, TCG certified, FIPS 140-2 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[1]

- Touch style fingerprint reader integrated in power button, match-on-chip
- No fingerprint reader

BIOS Security

- Supervisor password
- Power-on password
- System management password
- NVMe® password
- Certificate based BIOS authentication
- FIDO (Fast Identity Online) authentication
- Self-healing BIOS

Other Security

- Camera privacy shutter (camera models)
- Privacy Guard with Privacy Alert (models with ThinkPad® Privacy Guard display)
- (Optional) IR camera for Windows® Hello (facial recognition)
- (Optional) Ultrasonic Human Presence Detection

Notes:

[1] Fingerprint reader is standard on grey models and optional on black models.

MANAGEABILITY

System Management

System Management

- Intel® vPro® Enterprise[1]
- Non-vPro®

Notes:

[1] 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 Ethernet Adapter (1Gbps)
- Lenovo® USB-C® to VGA Adapter
- None

Notes:

[1] For more compatible accessory solutions, please visit Accessories for ThinkPad® T14 Gen 5 (Intel®).

OPERATING REQUIREMENTS

Operating Environment

Temperature[1]

- Operating: 5°C (41°F) to 35°C (95°F)
- Storage and transportation in original shipping package: -20°C (-4°F) to 60°C (140°F)
- Storage without package: 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

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
Plastic free recycled standard packaging

CERTIFICATIONS

Green Certifications[1]

Green Certifications[2]

- ENERGY STAR® 8.0
- EPEAT™ Gold Registered[3]
- ErP Lot 6/26
- RoHS compliant
- TCO Certified 9.0

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 dependent on system 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

- Feature with ** means that only one offering listed under the feature is configured on selected models.
- Feature with *** means that one or more offerings listed under the feature could be configured on selected models.

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