Lenovo ThinkPad E14 Gen 7 (Intel) Intel Core Ultra 5 225U Laptop 35.6 cm (14") WUXGA 16 GB DDR5-SDRAM 512 GB SSD Wi-Fi 6E (802.11ax) Windows 11 Pro English Black



Brand : Lenovo **Product family:** ThinkPad **Product code:** 21SX007LPB

Product name : ThinkPad E14 Gen 7 (Intel)

- Intel Core Ultra 5 225U, 12C (2P + 8E + 2LPE)/14T, Max Turbo up to 4.8GHz, 12MB Intel Smart Cache
- 14" WUXGA (1920x1200) IPS 300nits 45% NTSC 60Hz
- 1x 16GB SODIMM DDR5-5600
- 512GB SSD M.2 2242 PCIe 4.0x4 NVMe Opal 2.0
- Intel Graphics
- Windows 11 Pro

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Design	
Colour name	Black
Product type *	Laptop
Product colour *	Black
Form factor *	Clamshell
Housing material	Aluminium
Market positioning	Business

Display	
Display diagonal *	35.6 cm (14")
Display resolution *	1920 x 1200 pixels
Touchscreen *	✗
HD type	WUXGA
Panel type	IPS
LED backlight	✓
Native aspect ratio	16:10
Anti-glare screen	✓
Display brightness	300 cd/m²
RGB colour space	NTSC
Colour gamut	45%
Maximum refresh rate	60 Hz
Contrast ratio (typical)	1000:1

Processor	
Processor manufacturer *	Intel
Processor family *	Intel Core Ultra 5
Processor generation	Intel Core Ultra (Series 2)
Processor model *	225U
Processor cores	12
Processor threads	14
Processor boost frequency	4.8 GHz

Camera	
Front camera	✓
Front camera resolution	1920 x 1080 pixels
Front camera HD type	Full HD
Infrared (IR) camera	✓
Privacy camera	✓
Privacy type	Privacy shutter

Network	
Top Wi-Fi standard *	Wi-Fi 6E (802.11ax)
Wi-Fi standards	Wi-Fi 6E (802.11ax)
Mobile network connection *	✗
Antenna type	2x2
WLAN controller model	Intel Wi-Fi 6E AX211
WLAN controller manufacturer	Intel
Ethernet LAN	✓
Ethernet LAN data rates	100,1000 Mbit/s
Bluetooth	✓
Bluetooth version	5.3
Near Field Communication (NFC)	✗
WWAN	Not installed

Ports & interfaces	
USB 3.2 Gen 1 (3.1 Gen 1) Type-A ports quantity *	1
USB 3.2 Gen 2 (3.1 Gen 2) Type-A ports quantity	1
USB 3.2 Gen 2x2 Type-C ports quantity	1
Ethernet LAN (RJ-45) ports	1
HDMI ports quantity *	1

Processor	
Performance cores	2
Efficient cores	8
Low Power Efficient-cores	2
Performance-core Max Turbo Frequency	4.8 GHz
Efficient-core Max Turbo Frequency	3.8 GHz
Low Power Efficient-core Max Turbo Frequency	2.4 GHz
Performance-core base frequency	1.5 GHz
Efficient-core base frequency	1.3 GHz
Low Power Efficient-core Base Frequency	700 MHz
Processor cache	12 MB
Processor base power	15 W
Maximum turbo power	57 W

Neural processor unit (NPU)	
Neural processor unit (NPU)	Intel AI Boost
Sparsity support	✔
Windows Studio effects support	✔
AI datatype support on NPU	FP16, FP32, Int8
AI software frameworks supported by NPU	DirectML, ONNX RT, OpenVINO, Windows ML

Memory	
Internal memory *	16 GB
Internal memory type	DDR5-SDRAM
Memory clock speed	5600 MHz
Memory form factor	SO-DIMM
Memory layout (slots x size)	1 x 16 GB
Memory slots	2x SO-DIMM
Maximum internal memory *	64 GB
Memory channels	Single-channel

Storage	
Total storage capacity *	512 GB
Storage media *	SSD
Total SSDs capacity	512 GB
Number of SSDs installed	1
SSD capacity	512 GB
SSD interface	PCI Express 4.0
NVMe	✔
SSD form factor	M.2
M.2 SSD size	2242 (22 x 42 mm)
Optical drive type *	✘
Card reader integrated	✘

Graphics	
Discrete graphics card model *	Not available
On-board graphics card *	✔
On-board GPU manufacturer	Intel
Discrete graphics card *	✘
On-board graphics card family	Intel® Graphics
On-board graphics card model *	Intel® Graphics

Audio	
Audio chip	Senary SN6147
Audio system	Dolby Atmos
Number of built-in speakers	2
Speakers manufacturer	Harman Kardon
Speaker power	2 W
Built-in microphone	✔
Number of microphones	2

Ports & interfaces	
HDMI version	2.1
Thunderbolt 4 ports quantity	1
Intel® Thunderbolt 4	✔
Combo headphone/mic port	✔
USB Type-C DisplayPort Alternate Mode	✔
USB Sleep-and-Charge	✔

Performance	
Motherboard chipset	Intel SoC

Keyboard	
Pointing device	ThinkPad UltraNav
Numeric keypad *	✘
Keyboard backlit	✔
Spill-resistant keyboard	✔
Keyboard language	English
Copilot key	✔

Software	
Operating system architecture	64-bit
Operating system language	English, Polish
Operating system installed *	Windows 11 Pro
Bundled software	Lenovo AI Now

Battery	
Battery technology	Lithium-Ion (Li-Ion)
Battery capacity *	64 Wh

Power	
AC adapter power	65 W
AC adapter frequency	50/60 Hz
AC adapter input voltage	100 - 240 V
USB Type-C charging port *	✔
USB Power Delivery (USB PD)	✔

Security	
Cable lock slot	✔
Cable lock slot type	Kensington
Fingerprint reader	✔
Smart card reader	✘
Windows Hello	✔
Trusted Platform Module (TPM)	✔
Trusted Platform Module (TPM) version	2.0

Operational conditions	
Operating temperature (T-T)	5 - 35 °C
Storage temperature (T-T)	5 - 43 °C
Operating relative humidity (H-H)	8 - 95%
Storage relative humidity (H-H)	5 - 95%
Maximum shipping altitude	3048 m

Certificates	
Compliance certificates	RoHS
Certification	ErP Lot 6/26 TCO Certified 10.0 TÜV Rheinland Low Blue Light (Software Solution)

Sustainability	
Sustainability certificates	ENERGY STAR, EPEAT Gold, ErP

Weight & dimensions	
Width	313 mm

Weight & dimensions	
Depth	220.3 mm
Height (front)	1.01 cm
Height (rear)	1.52 cm
Weight *	1.34 kg
Packaging content	
AC adapter included *	✔
Stylus pen	✘



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