ThinkPad E14 Gen 7 (AMD) 21T00069MZ

PSREF
Product Specifications Reference

PERFORMANCE

Processor
AMD Ryzen™ 7 250 (8C / 16T, 3.3 / 5.1GHz, 8MB L2 / 16MB L3)

AI PC Category
AI PC[1]

NPU
Integrated AMD Ryzen™ AI, up to 16 TOPS

Graphics
Integrated AMD Radeon™ 780M Graphics

Chipset
AMD SoC Platform

Memory
1x 32GB SODIMM DDR5-5600

Memory Slots
Two DDR5 SODIMM slots, dual-channel capable

Max Memory
Up to 64GB DDR5-5600

Storage
1TB SSD M.2 2242 PCIe® 4.0x4 NVMe® Opal 2.0

Storage Slot
Two M.2 slots • One M.2 2242 PCIe® 4.0 x4 slot • One M.2 2280 PCIe 4.0 x4 slot

Max Storage Support
Up to two drives, 2x M.2 SSD • M.2 2242 SSD up to 1TB • M.2 2280 SSD up to 1TB[2]

Card Reader
No card reader

Audio Chip
High Definition (HD) Audio, Senary SN6147 codec

Speakers
Stereo speakers, 2W x2, Dolby Atmos®, audio by HARMAN

Microphone
2x, Array

Camera
FHD 1080p + IR Hybrid with Privacy Shutter

Battery
64Wh

Power Adapter
65W USB-C® (3-pin)

DESIGN

Display
14" WUXGA (1920x1200) IPS 300nits Anti-glare, 45% NTSC, 60Hz[3]

Touchscreen
None

Screen-to-Body Ratio
90%

Pen
Pen Not Supported

Keyboard
Backlit, Swiss

Dimensions (WxDxH)[4]
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

Weight[5]
Starting at 1.41 kg (3.11 lbs)

Case Color
Black

Case Material
Aluminium (Top), Aluminium (Bottom)

SOFTWARE

Operating System
Windows® 11 Pro, WE (EN/FR/DE/NL/IT)

Bundled Software
Lenovo® AI Now

CONNECTIVITY

WLAN + Bluetooth
Wi-Fi® 6E, 802.11ax 2x2 + BT5.3

WWAN
Non-WWAN

SIM Card
None

Ethernet
100/1000M (RJ-45)

NFC
None

Standard 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® (USB 5Gbps / USB 3.2 Gen 1), with USB PD 3.1 and DisplayPort™ 1.4
- 1x USB-C® (USB4® 40Gbps), with USB PD 3.1 and DisplayPort™ 1.4a
- 1x HDMI® 2.1, up to 4K/60Hz
- 1x Headphone / microphone combo jack (3.5mm)
- 1x Ethernet (RJ-45)

Docking
Various docking solutions supported via USB-C®. For more compatible docking solutions, please visit Docking for ThinkPad E14 Gen 7 (AMD)

SECURITY & PRIVACY

ThinkShield
ThinkShield is a comprehensive security solution that encompasses hardware, software, and supply chain components. For more detials, visit here

Security Chip
Discrete TPM 2.0 Enabled

Physical Locks
Kensington® Nano Security Slot, 2.5 x 6 mm

Smart Card Reader
None

Fingerprint Reader
Touch Style, Match-on-Chip, Integrated in Power Button

Other Security
- Camera privacy shutter
- IR camera for Windows® Hello (facial recognition)

MANAGEABILITY

System Management
Non-DASH

SERVICE

Base Warranty
1-year, Courier or Carry-in

Included Upgrade
2Y Courier/Carry-in upgrade from 1Y Courier/Carry-in

ACCESSORIES

Bundled Accessories
None

CERTIFICATIONS

Green Certifications
- ENERGY STAR® 9.0
- EPEAT™ Gold Registered[6]
- ErP Lot 6/26
- RoHS compliant
- TCO Certified, generation 10

Mil-Spec Test
MIL-STD-810H military test passed

Other Certifications
TÜV Rheinland® Low Blue Light (Software Solution)

MODEL

TopSeller	: Yes	**EAN / UPC / JAN**	: 0199274039721
Announce Date	: 2025-11-30	**End of Support**	: 2031-12-13

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- Advanced technical support, 24x7x365, in more than 100 markets
- Comprehensive hardware & OEM software support
- Single point of contact for simplified end-to-end case management
- Technical Account Managers for proactive relationship and escalation management
- Priority on service delivery and repair parts
- Lenovo Service Connect Portal for customized reporting and product support

Accidental Damage Protection - Protection of your PC from the unexpected.

Experience shows that a significant portion of devices may be damaged (and not covered under warranty) in the first three years. Lenovo's Accidental Damage Protection service covers accidents beyond the system warranty such as drops, spills, bumps and even electrical surges. Make sure your new device has maximum protection, avoid unplanned costs and get peace of mind.

Base Warranty - Included with the systems you purchase, default 1- or 3-year coverage window.

Warranty Extensions & Upgrades - Service and protection that's right for your circumstances.

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- Onsite Support
- Technician Installed Customer
- Replaceable Unit Service
- International Warranty Upgrade

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Recommended Accessories



Lenovo Wired VoIP Headset 5000
4XD1R88995



Lenovo Essential Wireless Combo Keyboard & Mouse Gen2 Black UK English 4X31R64490



Lenovo Legion 17" Gaming Backpack GB800 (Light Gray) GX41U39300

Please click here to view the full list of accessories.

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