ThinkPad T14 Gen 7 (AMD) 22AL0057MH





The product images are for illustration purposes only. Actual product appearance, ports, keyboard layout, and accessories may vary by model.

- AMD Ryzen™ 7 249 (8C / 16T, 3.1 / 4.9GHz, 8MB L2 / 16MB L3)
- 8GB + 16GB SODIMM DDR5-5600
- 512GB SSD M.2 2280 PCIe® 4.0x4 NVMe® Opal 2.0
- Integrated AMD Radeon™ 780M Graphics
- Windows® 11 Pro, WE (EN/FR/DE/NL/IT)
- Case color - Black
- 3Y Premier Support HB (CPN), CO2 Offset Service 200kg Gen 3 Commercial IDG

Premier Support - A direct 24x7x365 line to our most elite technicians.

- 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.

- Pick Up & Return Courier
- Onsite Support
- Technician Installed Customer
- Replaceable Unit Service
- International Warranty Upgrade

Recommended Accessories

Germany



ThinkPad Dual-Mode Wireless ANC Foldable Headset 8550 (Aura Edition) - USB-C, Teams

4XD1T60925



Lenovo Wireless Multi-Mode Pro Combo Keyboard and Mouse 6000-German

4X31S04824



ThinkPad Professional 16-inch Topload Gen 2

4X41M69795

>> View More Accessories

Recommended Services

Best

5Y Premier Support for AIPC upgrade from 3Y Premier Support (5WS1U94073)

Better

4Y Premier Support for AIPC upgrade from 3Y Premier Support (5WS1U94072)

Good

3Y Premier Support Plus for AIPC upgrade from 3Y Premier Support (5WS1U94557)

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Lenovo

PERFORMANCE

Processor
AMD Ryzen™ 7 249 (8C / 16T, 3.1 / 4.9GHz, 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
8GB + 16GB SODIMM DDR5-5600

Memory Slots
Two DDR5 SODIMM slots, dual-channel capable

Max Memory[2]
Hawk Point: up to 64GB DDR5-5600

Storage
512GB SSD M.2 2280 PCIe® 4.0x4 NVMe® Opal 2.0

Storage Slot
One M.2 2280 PCIe® 4.0 x4 slot

Max Storage Support[3]
Hawk Point: one drive, up to 1TB M.2 2280 SSD

Optical
None

Card Reader
No card reader

Audio Chip
High Definition (HD) Audio, Realtek® ALC3287 codec

Speakers
Stereo speakers, 2W x2, Dolby Atmos®

Microphone
2x, 360°

Camera
5.0MP + IR Discrete with Privacy Shutter

Battery
60Wh

Power Adapter
65W USB-C® (3-pin)

DESIGN

Display
14" WUXGA (1920x1200) IPS 400nits Anti-glare, 45% NTSC, 60Hz, DBEF5[4]

Touchscreen
None

Screen-to-Body Ratio
87.49%

Pen
Pen Not Supported

Keyboard
Backlit, English (EU)

Dimensions (WxDxH)[5]
313.6 x 221.7 x 11.3/15.88 (front/rear), 21.95 (maximum) mm 12.35 x 8.73 x 0.44/0.63 (front/rear), 0.86 (maximum) inches

Weight[6]
Starting at 1.28 kg (2.82 lbs)

Case Color
Black

Case Material
PC + 20% CF (Top), PC + 40% GF (Bottom)

SOFTWARE

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

Bundled Software
ThinkShield Remote Supervisor Password 3-year

CONNECTIVITY

WLAN + Bluetooth
MediaTek Wi-Fi® 7 MT7925, 802.11be 2x2 + BT5.4

WWAN
WWAN Upgradable to 4G

SIM Card
No physical SIM card included

Ethernet
100/1000M (RJ-45)

NFC
No NFC

Standard Ports
- 1x USB-A (USB 5Gbps), Always On
- 1x USB-A (USB 5Gbps)
- 2x Thunderbolt™ 4, with USB PD 15-100W and DisplayPort™ 2.1 (Gorgon Point) / DisplayPort™ 1.4a (Hawk Point)
- 1x HDMI® 2.1, up to 4K/60Hz
- 1x Headphone / microphone combo jack (3.5mm)
- 1x Ethernet (RJ-45)

Optional Ports (configured)
- 1x Smart Card Reader
- 1x Nano-SIM Card Slot

Docking
Various docking solutions supported via Thunderbolt™ / USB-C®. For more compatible docking solutions, please visit Docking for ThinkPad® T14 Gen 7 (AMD)

SECURITY & PRIVACY

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

Security Chip
Discrete TPM 2.0 Enabled

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

Smart Card Reader
Smart Card Reader

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

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

MANAGEABILITY

System Management
Non-DASH

SERVICE

Base Warranty
3-year, Courier or Carry-in with 1-year Battery

Included Upgrade
3Y Premier Support HB (CPN), CO2 Offset Service 200kg Gen 3 Commercial IDG

ACCESSORIES

Bundled Accessories
None

CERTIFICATIONS

Green Certifications
- ENERGY STAR® 9.0
- EPEAT 2.0 Gold Registered[7]
- ErP Lot 6/26
- RoHS compliant
- TCO Certified, generation 10

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

MODEL

TopSeller	: Yes	**EAN / UPC / JAN**	: 0828143752965
Announce Date	: 2026-10-01	**End of Support**	: 2032-11-21

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