

ThinkPad E14 Gen 7 (Intel) 21SX0056RI

Lenovo

PSREF
Product Specifications
Reference

PERFORMANCE

Processor

Intel® Core™ Ultra 7 255H, 16C (6P + 8E + 2LPE) / 16T, Max Turbo up to 5.1GHz, 24MB

AI PC Category^[1]
AI PC

NPU

Integrated Intel® AI Boost, up to 13 TOPS

Graphics^[2]

Integrated Intel® Arc™ 140T GPU Functions as Intel® Graphics

Chipset

Intel® SoC Platform

Memory

1x 16GB SO-DIMM DDR5-5600

Memory Slots

Raptor Lake and Arrow Lake: two DDR5 SODIMM slots, dual-channel capable

Max Memory

Raptor Lake with H Series processors and Arrow Lake: up to 64GB DDR5-5600

Storage

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

Storage Slot

Raptor Lake and Arrow Lake: 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^[3]

Models with U or H series processor:

- up to two drives, 2x M.2 SSD
- M.2 2242 SSD up to 1TB
- M.2 2280 SSD up to 1TB

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^[4]

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

Screen-to-Body Ratio

90%

Pen

Pen Not Supported

Keyboard

Backlit, English (EU)

Dimensions (WxDxH)^[5]

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^[6]

Starting at 1.34 kg (2.95 lbs)

Case Color

Black

Case Material

Aluminium (Top), Aluminium (Bottom)

CONNECTIVITY

WLAN + Bluetooth^[7]

Intel® Wi-Fi® 6E AX211, 802.11ax 2x2 + BT5.3

WWAN

Non-WWAN

Ethernet

100/1000M (RJ-45)

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® (Thunderbolt™ 4 / USB4® 40Gbps), with USB PD 3.1 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 (configured)

1x USB-C® (USB 20Gbps / USB 3.2 Gen 2x2), with USB PD 3.1 and DisplayPort™ 1.4

Docking

Various docking solutions supported via Thunderbolt™ or USB-C®.

For more compatible docking solutions, please visit [Docking for ThinkPad® E14 Gen 7 \(Intel®\)](#)

SECURITY & PRIVACY

Security Chip

Discrete TPM 2.0 Enabled

Physical Locks

Kensington® Nano Security Slot™, 2.5 x 6 mm

Fingerprint Reader

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

Other Security

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

MANAGEABILITY

System Management

Non-vPro®

SERVICE

Base Warranty

1-year, Courier or Carry-in

Included Upgrade

1Y Premier WHB (CPN), 3Y Onsite upgrade from 1Y Courier/Carry-in Windchill (CPN)

CERTIFICATIONS

Green Certifications

- 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	Announce Date	: 2025-04-15
EAN / UPC / JAN	: 0198158766647	End of Support	: 2031-11-15



Product image is a sample, it may not match the real color of this model

· Lenovo reserves the right to change specifications without notice.

To see more note information, please access the [web page](#).

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



Advanced technical support, 24x7x365, in more than 100 markets



Technical Account Managers for proactive relationship and escalation management



Comprehensive hardware & OEM software support



Priority on service delivery and repair parts



Single point of contact for simplified end-to-end case management



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

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Recommended Accessories



Lenovo 65W USB-C DC Travel Adapter

40AK0065WW

Power up and stay productive on the road with this DC Travel adapter. Lenovo 65W USB-C DC Travel Adapter is the universal DC adapter, providing 65W power via USB-C for outdoor use.

Recommended Services

BETTER

3Y Premier Support upgrade from 1Y Premier Support (5WS1B38519)

Please click [here](#) to view the full list of accessories.

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