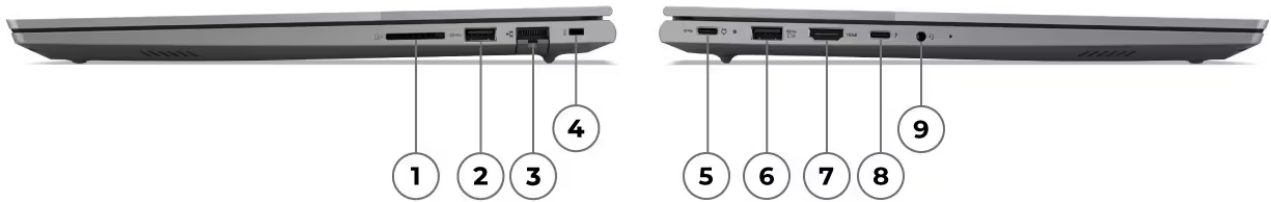


## OVERVIEW



1. SD card reader	6. USB-A (USB 5Gbps), Always On
2. USB-A (USB 5Gbps)	7. HDMI
3. Ethernet (RJ-45)	8. Thunderbolt 4
4. Kensington Nano Security Slot	9. Headphone / microphone combo jack (3.5mm)
5. USB-C (USB 10Gbps), with PD 3.0 & DP 1.4	

## 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	NPU
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 <sup>[1]</sup>	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 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 <sup>[2]</sup>	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

Notes:

[1], [2] 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.

### AI (Artificial Intelligence)

#### AI PC Category

AI PC

#### NPU

Integrated Intel® AI Boost, up to 11 TOPS

### Operating System

#### Operating System\*\*<sup>[1]</sup>

- Windows® 11 Pro
- Windows® 11 Home
- Windows® 11 Home Single Language
- No preload operating system

Notes:

[1] Windows® 11 Pro Education license can be requested for EMEA Education Customers only with limited specs. Any request please contact Lenovo® Sales Representative for more information.

### Graphics

#### Graphics\*\*

Graphics	Type	Memory	TGP	Key Features
Intel® Arc™ Graphics <sup>[1]</sup>	Integrated	Shared	Share CPU TDP	DirectX® 12.2
Intel® Graphics	Integrated	Shared	Share CPU TDP	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

Supports up to 4 independent displays (native display and 3 external monitors via HDMI®, USB-C® and Thunderbolt™)

- HDMI® supports up to 4096x2304@60Hz
- USB-C® supports up to 5120x3200@60Hz
- Thunderbolt™ supports up to 5120x3200@60Hz

## Chipset

### Chipset

Intel® SoC (System on Chip) platform

## Memory

### Max Memory<sup>[1]</sup>

Up to 64GB DDR5-5600

### Memory Slots

Two DDR5 SO-DIMM slots, dual-channel capable

### Memory Type

DDR5-5600

Notes:

[1] Maximum memory is only to test technical readiness of notebook. Available memory to sell would vary.

## Storage

### Storage Support<sup>[1]</sup>

Up to two drives, 2x M.2 SSD

- M.2 2280 SSD up to 2TB

### Storage Slot

Two M.2 2280 PCIe® 4.0 x4 slots

### Storage Type

Disk Type	Interface	Offering
M.2 2242 SSD	PCIe® NVMe®, PCIe® 4.0 x4	256GB / 512GB / 1TB

Notes:

[1] The system supports dual SSD via two M.2 slots, but Lenovo® only offers one SSD configuration and another SSD slot for user self-extension.

The max storage capacity is only technical readiness and may be different from current Lenovo® storage offerings.

## Removable Storage

### Card Reader

SD card reader

## Multi-Media

### Audio Chip

High Definition (HD) Audio, Realtek® ALC3287 codec

### Speakers

Stereo speakers, 2W x2, Dolby Audio™

### Microphone

Dual-microphone array with smart noise-cancelling

### Camera\*\*

- FHD 1080p + IR hybrid, with privacy shutter, fixed focus
- FHD 1080p, with privacy shutter, fixed focus
- HD 720p, with privacy shutter, fixed focus

## Battery

### Battery\*\*

- Integrated Li-Polymer 45Wh battery, supports Rapid Charge Pro (charge up to 50% in 30min)
- Integrated Li-Polymer 71Wh battery, supports Rapid Charge (charge up to 80% in 1hr) with 100W AC adapter

### Max Battery Life<sup>[1]</sup>

- Models with 45Wh battery:  
 MobileMark® 25: 6.65 hr  
 Local video (1080p) playback@150nits: 16.73 hr
- Models with 71Wh battery:  
 MobileMark® 25: 11.05 hr  
 Local video (1080p) playback@150nits: 23.83 hr

#### Notes:

[1] All battery life claims are approximate maximum and based on results using the MobileMark® 2014, MobileMark® 2018, MobileMark® 25, MobileMark® 30, JEITA 2.0, JEITA 3.0, continuous 1080p video playback (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 and usage, software use, wireless functionality, power management settings, and screen brightness. The maximum capacity of the battery will decrease with time and use.

## Power Adapter

### Power Adapter\*\*<sup>[1]</sup>

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

#### Notes:

[1] AC adapter offerings depend on the country.

## Special Features

### Special Features

Modern Standby

## DESIGN

### Display

#### Display\*\*

Size	Resolution	Touch	Type	Brightness	Surface	Aspect Ratio	Contrast Ratio	Color Gamut	Refresh Rate	Viewing Angle (L/R/U/D)	Key Features
16"	WUXGA (1920x1200)	None	IPS <sup>[1]</sup>	300nits	Anti-glare	16:10	1000:1	45% NTSC	60Hz	89° / 89° / 89° / 89°	TÜV Low Blue Light (Software)
16"	WUXGA (1920x1200)	None	IPS <sup>[2]</sup>	300nits	Anti-glare	16:10	1200:1	100% sRGB	60Hz	89° / 89° / 89° / 89°	Eyesafe® Certified 2.0
16"	WUXGA (1920x1200)	Multi-touch	IPS <sup>[3]</sup>	300nits	Anti-glare	16:10	1000:1	45% NTSC	60Hz	89° / 89° / 89° / 89°	TÜV Low Blue Light (Software)
16"	WQXGA (2560x1600)	None	IPS <sup>[4]</sup>	350nits	Anti-glare	16:10	1200:1	100% sRGB	120Hz	89° / 89° / 89° / 89°	Factory color calibration, Eyesafe® Certified 2.0

#### Color Calibration

- TCON (Timing Controller) color calibration
- No color calibration

#### Touchscreen

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

#### Notes:

[1], [2], [3], [4] IPS (in-plane switching) technology may refer to IPS, PLS, ADS, AHVA, AAS.

## Input Device

### Keyboard

6-row, spill-resistant, multimedia Fn keys, numeric keypad, Copilot key

### Keyboard Backlight

- LED backlight
- Non-backlight

### Touchpad

Buttonless Mylar® surface multi-touch touchpad, supports Precision TouchPad (PTP), 75 x 120 mm (2.95 x 4.72 inches)

## Mechanical

### Dimensions (WxDxH)<sup>[1]</sup>

356 x 253.5 x 17.5 mm (14.01 x 9.98 x 0.69 inches)

### Weight<sup>[2]</sup>

Starting at 1.7 kg (3.75 lbs)

### Case Color

Arctic grey, dual-tone design

### Surface Treatment

Anodizing sandblasting

### Case Material

Aluminium (top), PC-ABS (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\*\*<sup>[1]</sup>

- 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®\*\*

- Wi-Fi® 6, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.2, M.2 card<sup>[2]</sup>
- Intel® Wi-Fi® 6 AX203, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.2, M.2 Card<sup>[3]</sup>
- Wi-Fi® 6E, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 card<sup>[4]</sup>
- Intel® Wi-Fi® 6E AX211, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 Card<sup>[5]</sup>

Notes:

[1] Wake-on-LAN needs the power adapter plugged in.

[2], [3] Wi-Fi® 6 full features might be limited by country-level restrictions.

[4], [5] Wi-Fi® 6E full features might be limited by country-level restrictions.

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.

### Ports<sup>[1]</sup>

#### Standard Ports

- 1x USB-A (USB 5Gbps / USB 3.2 Gen 1)
- 1x USB-A (USB 5Gbps / USB 3.2 Gen 1), Always On
- 1x USB-C® (USB 10Gbps / USB 3.2 Gen 2), with USB PD 3.0 and DisplayPort™ 1.4
- 1x 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)

- 1x SD card reader

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**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™ or USB-C®.

For more compatible docking solutions, please visit [Docking for ThinkBook 16 G7 IML](#)

## SECURITY & PRIVACY

### Security

#### Security Chip<sup>[1]</sup>

Firmware TPM 2.0 integrated in SoC

#### Physical Locks

Kensington® Nano Security Slot™, 2.5 x 6 mm

#### Fingerprint Reader

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

#### BIOS Security

- Supervisor password
- Power-on password
- Hard disk password
- Self-healing BIOS

#### Other Security

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

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**Notes:**

[1] The Discrete TPM 2.0 is technical readiness.

## MANAGEABILITY

### System Management

#### System Management

- Intel® vPro® Essentials<sup>[1]</sup>
- Non-vPro®

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**Notes:**

[1] Intel® vPro® offers a superset of DASH's defined capabilities.

## SERVICE

### Warranty

#### Base Warranty\*\*

- 1-year courier or carry-in service
- 2-year (1-yr battery) courier or carry-in service

## ACCESSORIES

### Bundled Accessories

**Bundled Accessories**<sup>[1]</sup>

- Lenovo® 15.6" laptop casual toplayer, polyester
- None

Notes:

[1] For more compatible accessory solutions, please visit [Accessories for ThinkBook 16 G7 IML](#).

## OPERATING REQUIREMENTS

### Operating Environment

**Temperature**<sup>[1]</sup>

- At altitudes up to 2438 m (8,000 ft)
  - Operating: 5°C to 35°C (41°F to 95°F)
  - Storage: 5°C to 43°C (41°F to 109°F)
- At altitudes above 2438 m (8,000 ft)
  - Maximum temperature when operating under the unpressurized condition: 31.3°C (88°F)

**Relative Humidity**

- Operating: 8% to 95% at wet-bulb temperature 23°C (73°F)
- Storage: 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**

25% PCC recycled plastic used in the battery pack enclosure  
50% PCC recycled plastic used in key caps  
30% PCC recycled plastic used in speaker  
90% PCC recycled plastic used in standard 65W adapter  
97% recycled content in PIC cushion  
90% recycled content in OBP bag  
FSC certified content in carton box

## CERTIFICATIONS

### Green Certifications

<sup>[1]</sup>**Green Certifications**<sup>[2]</sup>

- ENERGY STAR® 8.0
- EPEAT™ Gold Registered<sup>[3]</sup>
- 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 optional and only available on the models with preloaded OS. Please visit [epeat.net](https://epeat.net) and [energystar.gov](https://energystar.gov) for more information.

[3] EPEAT™ is registered where applicable, please visit [epeat.net](https://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
  - (Optional) TÜV Rheinland® Low Blue Light (Hardware Solution)
  - (Optional) TÜV Rheinland® Low Blue Light (Software Solution)
- 
- Feature with \*\* means that only one offering listed under the feature is configured on selected models.
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