Lenovo
PSREF
Product Specifications
Reference

OVERVIEW

1. HDMI	5. Power button
2. USB-C (USB 10Gbps), with USB PD 3.0 & DP 1.4	6. Headphone / microphone combo jack (3.5mm)
3. Thunderbolt 4	7. USB-A (USB 5Gbps), Always On
4. E-shutter switch	

PERFORMANCE

Processor

Processor Family

13th Generation Intel® H Series Core™ i5 / i7 Processor

Processor**

Processor Name	Cores	Threads	Base Frequency	Max Frequency	Cache	Processor Graphics
Core™ i5-13500H	12 (4 P-core + 8 E-core)	16	P-core 2.6GHz / E-core 1.9GHz	P-core 4.7GHz / E-core 3.5GHz	18MB	Intel® Iris® Xe Graphics
Core™ i7-13700H	14 (6 P-core + 8 E-core)	20	P-core 2.4GHz / E-core 1.8GHz	P-core 5.0GHz / E-core 3.7GHz	24MB	Intel® Iris® Xe Graphics

Operating System

Operating System**

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

Graphics

Graphics**

Graphics	Type	Memory	Boost Clock	TGP	Key Features
Intel® Iris® Xe Graphics	Integrated	Shared	-	Share CPU TDP	DirectX® 12.1
NVIDIA® GeForce RTX™ 3050 6GB Laptop GPU	Discrete	6GB GDDR6	990 MHz	58W	Dynamic Boost 2.0, DirectX® 12 Ultimate
NVIDIA® GeForce RTX™ 4050 Laptop GPU	Discrete	6GB GDDR6	1605 MHz	55W	Dynamic Boost 2.0, DirectX® 12 Ultimate

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 4K@60Hz
• USB-C® supports up to 4K@60Hz
• Thunderbolt™ supports up to 5K@60Hz

Chipset

Chipset

Intel® SoC (System on Chip) platform

Memory

Max Memory

- 16GB soldered memory, not upgradable
- 32GB soldered memory, not upgradable

Memory Slots

Memory soldered to systemboard, no slots, dual-channel

Memory Type

LPDDR5-5200

Storage

Storage Support[1]

One drive, up to 512GB M.2 2242 SSD or 1TB M.2 2280 SSD

Storage Slot

One M.2 2280 PCIe® 4.0 x4 slot

Storage Type**

Disk Type	Interface	Offering
M.2 2280 SSD	PCIe® NVMe®, PCIe® 4.0 x4	512GB / 1TB
M.2 2242 SSD	PCIe® NVMe®, PCIe® 4.0 x4	512GB

Notes:

[1] The storage capacity supported is based on the test results with current Lenovo® storage offerings.

Removable Storage

Card Reader

No card reader

Multi-Media

Audio Chip

High Definition (HD) Audio, Realtek® ALC3306 codec

Speakers

4 stereo speakers, 2W x2 (woofers), 2W x2 (tweeters), optimized with Dolby Atmos®, Amplifier (AMP)

Microphone

Quad-microphone array

Camera

FHD 1080p + IR, with E-shutter, fixed focus, with ToF sensor

Sensor

Sensors

- Ambient light sensor (ALS)
- Hall sensor
- ToF sensor

Battery

Battery[1]

Integrated Li-Polymer 73Wh battery, supports Rapid Charge Express (get 3 hours of runtime with a 15-minute charge)

Max Battery Life[2]

- Models with 2.5K panel and integrated graphics:
  MobileMark® 2018@200nits: 13.7 hr
  Local video (1080p) playback@150nits: 18.9 hr
- Models with 3K panel and discrete graphics:
  MobileMark® 2018@200nits: 10.1 hr
  Local video (1080p) playback@150nits: 16.6 hr
- Models with 3K panel and integrated graphics:
  MobileMark® 2018@200nits: 12.6 hr
  Local video (1080p) playback@150nits: 16.8 hr

Notes:

[1] Rapid Charge Express is only effective in hibernates or fully shutting down the computer.

[2] All battery life claims are approximate maximum and based on results using the MobileMark® 2014, MobileMark® 2018, MobileMark® 25, JEITA 2.0, 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**[1]

- 100W USB-C® slim (3-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz
- 140W USB-C® slim (3-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz

Notes:

[1] AC adapter offerings depend on the country.

DESIGN

Display

Display**[1]**

Size	Resolution	Touch	Type	Brightness	Surface	Aspect Ratio	Contrast Ratio	Color Gamut	Refresh Rate	Viewing Angle (L/R/U/D)	Key Features
14.5″	2.5K (2560x1600)	None	IPS	350nits	Anti-glare	16:10	1,500:1	100% sRGB	90Hz (Max)	85°/85°/85°/85°	Above 91.4% screen-to-body ratio, Eyesafe® Certified 2.0, Dolby Vision®
14.5″	3K (3072x1920)	None	IPS	400nits	Anti-glare	16:10	1,500:1	100% P3	120Hz (Max)	85°/85°/85°/85°	Above 91.4% screen-to-body ratio, Eyesafe® Certified 2.0, Dolby Vision®, TCON
14.5″	3K (3072x1920)	Multi-touch	IPS	400nits	Glossy	16:10	1,500:1	100% P3	120Hz (Max)	85°/85°/85°/85°	Above 91.4% screen-to-body ratio, Eyesafe® Certified 2.0, Dolby Vision®, AGC Dragontrail™ Glass, TCON

Color Calibration

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

Touchscreen

- OGM (One Glass Metal mesh) multi-touch, supports 10-point touch
- Non-touch

Notes:

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

Input Device

Keyboard

6-row, multimedia Fn keys

Keyboard Backlight

LED backlight

Touchpad

Buttonless glass surface multi-touch touchpad, supports Precision TouchPad (PTP), 80 x 135 mm (3.15 x 5.31 inches)

Mechanical

Dimensions (WxDxH)[1]

325.5 x 226.49 x 15.6 mm (12.81 x 8.92 x 0.61 inches)

Weight[2]

Models	Weight
Models with 2.5K panel	Starting at 1.49 kg (3.28 lbs)

Models with 3K panel	Starting at 1.49 kg (3.28 lbs)
Models with 3K panel	Starting at 1.59 kg (3.50 lbs)

Case Color**

- Storm grey
- Tidal teal

Surface Treatment

Aluminium stamping (anodized with sandblasting)

Case Material

Aluminium (top), aluminium (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

No onboard Ethernet

WLAN + Bluetooth®[1]

Wi-Fi® 6E, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.3, M.2 card

Notes:

[1] 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.
Bluetooth® 5.3 operation requires Windows® 11. For more information please visit General Bluetooth® Support Information on Microsoft®.

Ports[1]

Standard Ports

- 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™ 1.4
- 1x HDMI® 2.1, up to 4K/60Hz
- 1x Headphone / microphone combo jack (3.5mm)

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 the theoretical speed.

Docking

Docking

Various docking solutions are supported via Thunderbolt™ / USB-C®.
For more compatible docking solutions, please visit Docking for Yoga® Pro 7 14IRH8

SECURITY & PRIVACY

Security

Security Chip

Firmware TPM 2.0 integrated in SoC

Fingerprint Reader

No fingerprint reader

BIOS Security

- Administrator password
- User password
- Master hard disk password
- User hard disk password
- Self-healing BIOS

Other Security

- IR camera for Windows® Hello (facial recognition)
- E-shutter

SERVICE

Warranty

Base Warranty**

- 1-year courier or carry-in service
- 1-year courier or carry-in with 2-year system board service (Korea only)
- 2-year (1-yr battery) courier or carry-in service
- 3-year (1-yr battery) courier or carry-in service

ACCESSORIES

Bundled Accessories

Bundled Accessories[1]

None

Notes:

[1] For more compatible accessory solutions, please visit Accessories for Yoga® Pro 7 14IRH8.

OPERATING REQUIREMENTS

Operating Environment

Temperature[1]

- 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 and transportation: 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).

CERTIFICATIONS

Green Certifications[1]

Green Certifications[2]

- ENERGY STAR® 8.0
- EPEAT™ Gold Registered[3]
- ErP Lot 6
- ErP Lot 26

- RoHS compliant

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 dependent on system OS. Please visit epeat.net and energystar.gov for more information.
[3] EPEAT™ is registered where applicable, please visit epeat.net for registration status by country.

Other Certifications

Mil-Spec Test

MIL-STD-810H military test passed (21 test items)

Other Certifications

- (Optional) Intel® Evo™ Platform
- Eyesafe® Certified 2.0
- TÜV Rheinland® Low Blue Light (Hardware Solution)

- Feature with ** means that only one offering listed under the feature is configured on selected models.

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