

# ThinkPad T14 Gen 3

Thinner, lighter, and redesigned with a higher screen-to-body ratio and new 16:10 aspect ratio for more expansive views, ThinkPad T14 Gen 3 delivers uncompromised performance and intentional sustainability. This endlessly configurable device is packed with AMD Ryzen™ 6000 PRO series processors with 20W Thermal Design Power, plus integrated AMD Radeon™ 600M graphics. Powerful new LPDDR5 memory, enhanced storage, and a larger battery option for true all-day power further enhance productivity.

ThinkPad T14 Gen 3 is the perfect companion for professionals on-the-go with blazing-fast Wi-Fi 6E and LTE CAT16 connectivity options. It features built-in ThinkShield security and AMD PRO Security, including AMD Memory Guard, for optimized protection against threats. This combines with Pluton technology, designed and updated by Microsoft, which is built directly into the processor, hardening new Windows 11 PCs with continuous, up-to-date security. Enhanced AI security features include ePrivacy with PrivacyGuard.



AMD  
**RYZEN**  
PRO

Smarter  
technology  
for all

Lenovo

# ThinkPad T14 Gen 3



## POWER-PACKED PERFORMANCE

ThinkPad T14 Gen 3 is built to perform with AMD Ryzen™ 6000 PRO series processors and up to 32GB LPDDR5 Dual Channel Soldered Down memory. Ample storage—up to 2TB Gen 4 performance PCIe SSD—combines with integrated AMD Radeon™ 600M graphics for a device that keeps pace with everything users do day and night.



## ENHANCED USER EXPERIENCE

Expect more from ThinkPad T14 Gen 3, like digital wellness features designed to keep users healthy and productive. Newly added features to Glance software aim to support wellness with posture alert and reminders to look away for 10 seconds to allow the user's eyes to refocus and alleviate fatigue. New Low Blue Light display options further support eye health.



## BUILT FOR WORK AND PLAY

With display options that range up to WQUXGA Touch with Dolby® Vision™, optional FHD cameras, Dolby® Audio™ Speaker System, and new Dolby® Voice AI noise suppression technology, ThinkPad T14 Gen 3 delivers an immersive and impressive audio/visual experience whether videoconferencing for work, creating content on the side, or consuming it just for fun.



## EVERYWHERE CONNECTIVITY

Along with an expansive array of ports, ThinkPad T14 Gen 3 also assures users of blazing-fast Gigabit Internet speeds no matter where they happen to be thanks to Wi-Fi 6E and LTE CAT16 connectivity options.



## SMARTER SECURITY

This secured-core PC features enhanced built-in ThinkShield security solutions, like human presence detection. It has Microsoft Pluton technology built into the processor, which offers continuous protection for user identity, data, and apps. Plus, ThinkPad T14 Gen 3 has chip-level AMD PRO Security, which offers a modern, multi-layered approach that helps protect sensitive data from today's sophisticated attacks, avoid downtime, and reduce resource drain.



## sustainability

ThinkPad T14 Gen 3 uses 90% recycled and/or sustainable packaging<sup>1</sup>, as well as PCC recycled material for the battery brackets, speaker enclosures, and AC adaptors. All Lenovo devices are manufactured using low-temperature solder for reduced emissions. And by 2025, Lenovo aims to obtain 90% of electricity for global operations from renewable sources and remove one million tons of greenhouse gas emissions from the supply chain.

## customization

Between processor, memory, storage, display, and security options, ThinkPad T14 Gen 3 offers nearly unlimited configurations, making it one of the most popular and personal computers on the market.

## security

In addition to chip- and processor-level security, an antimicrobial treatment option can be applied to protect users from literal viruses and germs.

<sup>1</sup>Product packaging shall contain, on average, a minimum total percentage of 90% by weight of any combination of the following materials: Recycled content, biobased plastic, non-wood biobased fiber material, and/or sustainably forested material.

# ThinkPad T14 Gen 3

Lenovo offers a comprehensive portfolio of end-to-end services to support and protect your investment—so you can focus on the job at hand, not IT.

## Services



### PREMIER SUPPORT

Provides direct access to skilled and experienced Lenovo technicians offering comprehensive hardware and software support. Gives you a consistent point of contact within Lenovo to ensure that your case resolution is professionally managed from start to finish.



### BULK PACKAGING SERVICE

Bulk Packaging is an environmental packaging solution designed for multiple product types. Each package contains multiples of one like-type product to minimize the amount of material used without jeopardizing the integrity of packaging necessary to protect product in shipping process.



### CO<sub>2</sub> OFFSET SERVICE

As an option with the hardware purchase, the Lenovo CO<sub>2</sub> Offset Service gives customers a simple and transparent way to give back to the environment by helping them offset the carbon emissions associated with their Lenovo PC. With it, Lenovo has calculated the carbon emissions of its PCs across their lifecycle, from manufacture and shipment, all the way through usage and disposal. Carbon offset credits are later purchased based on the calculated emissions of the specific device, and Lenovo's carbon offset partner contributes them to one of several United Nations Climate Action projects.

## Accessories

### ThinkPad USB-C Dock Gen 2

Broadly compatible, this dock expands data, power, and video, providing one connection with no limitations.



PN: 40AS0090US

### Lenovo Professional Wireless Keyboard & Mouse Combo

Slim, wireless keyboard with responsive key feeling, adjustable tilt leg, numeric keypad, and spill resistant design. Full-size wireless ambidextrous mouse features five button design for four-way scrolling. Connect both using only one nano USB wireless receiver.



PN: Varies by country

### ThinkPad Essential 13-14-Inch Slim Topload

Comes with all the perks you'd expect from a well-designed toploader case. Features padded, organized interior storage, easy-grip zippers, adjustable shoulder strap, and 13/14-inch notebook compartment.



PN: 4X41D97727

# ThinkPad T14 Gen 3



## performance

### PROCESSOR

Up to AMD Ryzen™ 6000 PRO series processors (20W)

### OPERATING SYSTEM

Up to Windows 11 Pro or Linux  
Windows 10 Pro preinstalled through downgrade rights in Windows 11 Pro

### GRAPHICS

Integrated AMD Radeon™ 600M

### CAMERA

HD RGB, FHD RGB, or FHD + IR camera with webcam privacy shutter

### MEMORY

Up to 32GB LPDDR5 (6400Mhz) Dual Channel (Soldered)

### STORAGE

Up to 2TB Gen 4 performance PCIe SSD

### BATTERY

Choice of 39.3 Whr or 52.4 Whr battery

### AC ADAPTER

65W AC adapter, supports RapidCharge for both battery options

### AUDIO

Dolby® Audio™ Speaker System with Dolby® Voice  
2x User-facing Microphones

### NFC

Yes (optional)

### DOCKING

USB-C dock

## security

AMD PRO Security with AMD Memory Guard

Microsoft Pluton

Secured-Core PC

Power-On Touch Fingerprint Reader

FHD IR Hybrid camera

Privacy Guard Display

dTPM 2.0 chip

Webcam privacy shutter

Kensington™ lock slot

Optional antimicrobial treatment

## design

### DISPLAY

14" WUXGA 16:10 (1920x1200) IPS AG (300nit, 45%CG)

14" WUXGA 16:10 (1920x1200) IPS AG Touch (300nit, 45%CG)

14" WUXGA 16:10 (1920x1200) IPS LP AG (400nit, 100%sRGB, Low Blue Light)

14" WUXGA 16:10 (1920x1200) IPS AG Touch with Privacy Guard (500nit, 100%sRGB)

14" 2.2K 16:10 (2240x1400) IPS AG (300nit, 100% sRGB, Low Blue Light)

14" WQXGA 16:10 (3840x2400) IPS AOFT Touch AGARAS (500nit, 100% DCI-P3, HDR400, Dolby® Vision™, Low Blue Light)

### DIMENSIONS (W X D X H)

317.7 x 226.9 x 17.9 mm

12.51 x 8.93 x 0.70 inches

### WEIGHT

Starting at < 3 lbs.

### KEYBOARD

Standard and backlit keyboard with TrackPoint and 115 mm wide TrackPad

### COLORS

Storm Grey

Thunder Black

## connectivity

### INPUT/OUTPUT PORTS

2x USB-C 3.2 Gen 2

2x USB-A 3.2 Gen 1

1x HDMI 2.0b

1x Audio (headphone and microphone combo jack)

1x RJ45

1x SIM

### WIRELESS

Wi-Fi 6E (requires Windows 11 Pro)

LTE (CAT16) with eSIM

LTE (CAT4) (PRC and WW only)

Bluetooth® 5.2



## sustainability

### MATERIALS

97% PCC recycled plastic used in speaker enclosure

97% PCC recycled plastic used in the 52.4Wh battery; 25-30% in the 39.3Wh

95% PCC recycled plastic used in standard 65-watt adaptor

Low-temperature solder

90% recycled and/or sustainable packaging<sup>1</sup>

### CERTIFICATIONS

EPEAT® Gold, registered in the U.S., Canada, and Germany

ENERGY STAR® certified

TCO v9

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