

ThinkBook 16 G7 IML

Experience unmatched processing power and efficiency with this laptop featuring the Intel® U or H Series Core™ Ultra 7 Processors, ensuring swift multitasking, seamless application launches, and smooth operation of resource-intensive tasks. The ample memory capacity of up to 32GB DDR5-5600 allows professionals to run multiple applications simultaneously, providing a responsive computing experience. With up to 1TB SSD storage, get ample space for your documents, applications, and media files. Moreover, power through your workday with confidence, thanks to the high-capacity Li-Polymer 71Wh battery option that offers extended usage time on a single charge.



Redefining possibilities with powerful performance and groundbreaking on-device AI

ThinkBook combines the style and user experience of consumer devices with the security and business-class support of ThinkPad.

Indulge in crystal-clear sound with rich, immersive quality, thanks to the 2W dual Dolby Audio stereo speakers. The high-resolution FHD 1080p camera with built-in privacy shutter ensures that your video calls are clear and detailed, allowing you to connect with colleagues without worrying about prying eyes.

Weighing in at 1.7 kg (3.75 lbs), the lightweight design ensures that you can effortlessly carry the laptop to your work or outdoor meetings. The dual-tone design with its sleek aluminum top exudes sophistication, while the durable PC-ABS bottom ensures robustness – creating a perfect balance between form and function.

The powerful Intel® U or H Series Core™ Ultra 7 Processors and integrated Intel® Arc Graphics features are capable of handling all kinds of computing tasks- from data analysis, real-time trading, budgeting, accounting, and more.

Lenovo Services

Lenovo delivers tailored sustainability services, devices, and infrastructure solutions from our broad portfolio, working closely with you to support your target outcomes across the IT lifecycle..



Return To Depot Repair Warranty

- No-hassle repair process at a Lenovo service center
- Lenovo pays for all shipping between the customer and service facility
- Avoid unplanned operational expense with a simple annual fee

Accessories

Lenovo Professional Wireless Rechargeable Combo Keyboard and Mouse



- Transform your workspace into a clutter-free, cable-free zone for ultimate productivity.
- The mouse's Optical IR Sensor ensures precise tracking, with 4-way scrolling for smooth, versatile navigation.
- Keyboard layouts are tailored to vary by language, ensuring accessibility and usability for all users.

PN: 4X31K03931 - 4X31K03978

ThinkPad Essential Wireless Mouse



- Full-size wireless mouse suitable for both left-handed and right-handed users
- Plug-and-forget 2.4 GHz wireless USB connection
- Optical sensor and 12000 DPI resolution for smooth tracking experience

PN: 4X30M56887

ThinkBook 16 G7 IML

Performance

Processor

Intel U or H Series Core Ultra 5/7 Processor (Series 1)

Operating System

Windows 11 Pro
Windows 11 Home
Windows 11 Home Single Language

NPU

Integrated Intel AI Boost, up to 11 TOPS

Graphics¹

Intel Graphics (integrated)
Intel Arc Graphics (integrated)

¹Intel 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.

Memory²

Up to 64GB DDR5-5600, 2x SO-DIMM

²Maximum memory is only to test technical readiness of notebook. Available memory to sell would vary.

Storage³

Up to two M.2 PCIe NVMe SSD
M.2 2280 SSD up to 2TB each

³The system supports dual SSD via two M.2 slots, but Lenovo only offers one SSD configuration, another SSD slot for user self-extension. The max storage capacity is only technical readiness and may be different with current Lenovo storage offerings.

Audio

High Definition (HD) Audio
Stereo speakers, 2W x2, Dolby Audio
Dual-microphone array with smart noise-cancelling

Camera^{*}

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

Battery⁴

45Wh (up to 6.65 hr) battery, Rapid Charge Pro
71Wh (up to 11.05 hr) battery, Rapid Charge

⁴Battery life claims are approximate maximum. Actual result will vary depending on many factors and the maximum battery capacity will decrease with time and use.

Power Adapter^{*}

65W USB-C adapter, PD 3.0
65W USB-C slim adapter, PD 3.0
100W USB-C slim adapter, PD 3.0

Design

Display⁵

16" WUXGA (1920x1200) IPS Anti-glare 16:10
- 300nits, 45% NTSC, 60Hz
- 300nits, 45% NTSC, 60Hz, touch
- 300nits, 100% sRGB, 60Hz
16" WQXGA (2560x1600) IPS Anti-glare 16:10
- 350nits, 100% sRGB, 120Hz, TCON

⁵IPS (in-plane switching) technology may refer to IPS, PLS, ADS, AHVA, AAS.

Keyboard

6-row, spill-resistant, numeric keypad, Copilot Key, optional backlight

Touchpad

Mylar surface touchpad
75 x 120 mm (2.95 x 4.72 inches)

Dimensions⁶

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

⁶The system dimensions may vary depending on configurations.

Weight⁷

Starting at 1.7 kg (3.75 lbs)

⁷The system weight is approximate and may vary depending on configurations

Color

Arctic grey, dual-tone design

Case material

Aluminium (top)
PC-ABS (bottom)

Special Features

Modern Standby

Connectivity

Ethernet

Gigabit onboard Ethernet

WLAN + Bluetooth^{* 8}

802.11ax (Wi-Fi 6 or Wi-Fi 6E), Bluetooth 5.2 or 5.3
Up to Intel Wi-Fi 6E AX211, Bluetooth 5.3

⁸Wi-Fi 6E is only enabled on Windows 11 and operates as Wi-Fi 6 with Windows 10.

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 & DP 1.4
1x USB-C (Thunderbolt 4 / USB4 40Gbps), with USB PD 3.0 & DP 2.1
1x HDMI 2.1, up to 4K/60Hz
1x SD card reader
1x Ethernet (RJ-45)
1x Headphone / microphone combo jack (3.5mm)

Docking

Docking support via Thunderbolt or USB-C

Security & Privacy

Security

Firmware TPM 2.0
Kensington Nano Security Slot
Touch style MOC fingerprint reader on smart power button*
Camera privacy shutter
IR camera for Windows Hello (facial recognition)*

Manageability

System Management^{* 9}

Intel vPro Essential*

⁹Intel vPro offers a superset of DASH's defined capabilities

Certifications

Green Certifications^{10 11 12}

EPEAT Gold Registered
ENERGY STAR 8.0
ErP Lot 6/26
TCO Certified 9.0
RoHS compliant

¹⁰The items listed under the "Green Certifications" section may not only refer to certification but also registration or self-declaration.

¹¹EPEAT registration and ENERGY STAR certification are optional and only available on the models with preloaded OS.

¹²EPEAT is registered where applicable, please see epeat.net for registration status by country.

Other Certifications

TÜV Rheinland Low Blue Light (Hardware Solution)*
TÜV Rheinland Low Blue Light (Software Solution)*
Eyesafe Certified 2.0*
MIL-STD-810H