

# ThinkPad T14 Gen 6 (Intel)

Empowering business professionals to seamlessly manage complex projects on the go, this next-generation ThinkPad, powered by Intel® V, U, or H Series Core Ultra 5/7 processors, delivers exceptional performance. With the integration of Copilot+ PC, the laptop optimizes system performance, ensuring a smooth and intuitive user experience. It intelligently manages system resources, keeping the laptop responsive and minimizing slowdowns. Configured with up to 64GB of DDR5-6400 memory, it significantly enhances overall system responsiveness, enabling faster data transfers and more efficient multitasking. Additionally, equipped with up to 2TB of M.2 2280 SSD storage, this laptop provides remarkable speed and ample space, allowing you to easily store large volumes of data, documents, and files.



## Redefining possibilities with powerful performance and groundbreaking on-device AI

ThinkPad T series laptops offer professional-grade durability, powerful performance with good processors, ample memory, and fast SSD storage. They feature robust security features and long battery life for productivity on-the-go.

The 2W dual Dolby Audio™ stereo speakers deliver rich, immersive sound quality, perfect for crisp video conferencing and impactful multimedia presentations on the go. Optional 5.0MP + IR discrete cameras with a built-in privacy shutter ensure crystal-clear video while maintaining security and confidentiality.

Powering long work sessions, the 57Wh rechargeable Li-ion battery supports Rapid Charge technology, enabling users to recharge up to 80% in just an hour, reducing downtime between meetings or while traveling.

The Copilot+ PC experience elevates efficiency with features like Recall for productivity gains, Cocreator for AI-generated images, Live Captions for easier collaboration, and Windows Studio Effects for better videocalls. Plus, by running local AI apps on your device instead of in the cloud, your experience is more personalized, proactive, and protected.

# 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..



# Accessories

## Lenovo Essential Wired Keyboard & Mouse

- USB wired keyboard & mouse combo. Low profile island style keys, LED indicators & adjustable feet
- Spill-resistant keyboard with waterproof membrane to protect from accidental spills
- Mouse with 1000 DPI optical sensor and scroll wheel for precise control



PN: 4X30I79883

## Lenovo Go Wireless Vertical Mouse

- 6-button mouse including 2 programmable side buttons and an IR sensor
- True Ergonomic vertical design with a 45-degree vertical grip made from treated cork material
- 800, 1600, 2400 adjustable DPI and 2.4 GHz wireless dongle connection



PN: 4Y51C33792



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## Performance

**Processor**  
Intel V Series Core Ultra 5 / 7 Processor (Series 2) - Lunar Lake  
Intel U or H Series Core Ultra 5 / 7 Processor (Series 2) - Arrow Lake

**AI PC Category\***  
AI PC (Arrow Lake)  
Copilot+ PC (Lunar Lake)

**Operating System\***  
Windows 11 Pro or Home  
Fedora or Ubuntu Linux

**NPU\***  
Integrated Intel AI Boost, up to 48 TOPS

**Graphics<sup>1 1</sup>**  
Intel Graphics (integrated)  
Intel Arc 130T GPU (integrated)  
Intel Arc 140T GPU (integrated)  
Intel Arc Graphics 130V (integrated)  
Intel Arc Graphics 140V (integrated)

<sup>1</sup>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.

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**Memory<sup>2 1 2</sup>**  
Arrow Lake: up to 64GB DDR5-5600, 2x CSODIMM  
Lunar Lake: 16GB or 32GB LPDDR5x-8533 MoP memory, soldered

<sup>2</sup>The max memory is based on the test results with current Lenovo memory offerings.

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**Storage<sup>1 3 1 2 1 3</sup>**  
Up to 1x 2TB M.2 2280 PCIe NVMe SSD

<sup>1</sup>The storage capacity supported is based on the test results with current Lenovo storage offerings.

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**Audio\***  
High Definition (HD) Audio  
Stereo speakers, 2W x2, Dolby Audio  
Dual-microphone array, 360° far-field, Dolby Voice\*

**Camera\***  
5.0MP, with privacy shutter, temporal noise reduction  
5.0MP + IR discrete, with privacy shutter, temporal noise reduction

**Battery<sup>2 4 5 2 3 2 4</sup>**  
52.5Wh or 57Wh battery, up to 18.76 hr, Rapid Charge

<sup>2</sup>Battery life claims are approximate maximum. Actual result will vary depending on many factors and the maximum battery capacity will decrease with time and use.

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

<sup>5</sup>Rapid charge is only guaranteed when the computer is turned off or in standby mode or in hibernation mode.

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**Power Adapter\***  
65W USB-C adapter, PD 3.0  
65W USB-C nano GaN adapter, PD 3.0  
65W USB-C slim GaN adapter, PD 3.0

## Design

**Display<sup>6 3 4 3 5</sup>**  
14" WUXGA (1920x1200) IPS Anti-glare 16:10  
- 400nits, 45% NTSC, 3M DBEF5  
- 400nits, 45% NTSC, on-cell touch, Eyesafe, 3M DBEF!  
- 500nits, 100% sRGB, low power, Eyesafe  
- 500nits, 100% sRGB, on-cell touch, ThinkPad Privacy Guard  
14" 2.8K (2880x1800) OLED AGARAS 16:10  
- 500nits, 100% DCI-P3, 120Hz VRR, DisplayHDR True Black 500, Dolby Vision, Eyesafe, Add-on Film Touch

<sup>6</sup>IPS (in-plane switching) technology may refer to IPS, PLS, ADS, AHVA, AAS.

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**Screen-to-Body Ratio**  
85.73%

**Keyboard**  
6-row, spill-resistant, Copilot key, optional backlight

**Touchpad**  
TrackPoint and glass-like Mylar surface 3-button Trackpad  
61 x 115 mm (2.40 x 4.53 inches)

Items with \* are optional and only available on selected models. Information presented here may represent the maximum possible configurations for this product, but it does not necessarily reflect what is available in your region. Please ask your rep or check the specifications for specific Part Numbers in your region. © 2025 Lenovo. Products are available while supplies last. Lenovo is not responsible for photographic or typographic errors. Lenovo, the Lenovo logo, ThinkPad, ThinkCentre, ThinkBook, ThinkStation and ThinkVision are trademarks or registered trademarks of Lenovo. 3rd party product and service names may be trademarks of others. Depending on factors such as the processing capability of peripheral devices, file attributes, system configuration and operating environments, the actual data transfer rate of USB connectors will vary and is typically slower than published standards.