



ENERGY STAR CERTIFIED Computers (Bold)

Lenovo - IdeaPad Flex 5 14IAU7 : IdeaPad Flex 5 14IAU7

Specifications

ENERGY STAR Unique ID:	2393006
Brand Name:	Lenovo
Model Name:	IdeaPad Flex 5 14IAU7
Model Number:	IdeaPad Flex 5 14IAU7
Type:	Notebook
Category 1: Processor Brand:	Intel
Category 1: Processor Name:	Pentium Gold 8505
Category 1: Base Processor Speed Per Core (GHz):	1.2
Category 1: Physical CPU Cores (count):	5
Category 1: System Memory (GB):	8
Category 1: Default Low-power Mode:	ALPM
Category 1: Long Idle Power Used for Sleep Mode:	No
Category 1: Off Mode (watts):	0.4
Category 1: Sleep Mode (watts):	0.5
Category 1: Long Idle (watts):	0.5
Category 1: Short Idle (watts):	6.6
Category 1: Base TEC Allowance (kWh):	8
Category 1: Functional Adder Allowances (kWh):	13.2
Category 1: TEC of Model (kWh):	20.1
Category 2: Processor Brand:	Intel
Category 2: Processor Name:	Core i7
Category 2: Base Processor Speed Per Core (GHz):	2.6
Category 2: Physical CPU Cores (count):	10
Category 2: System Memory (GB):	16
Category 2: Default Low-power Mode:	ALPM
Category 2: Long Idle Power Used for Sleep Mode:	No
Category 2: Off Mode (watts):	0.3
Category 2: Sleep Mode (watts):	0.4
Category 2: Long Idle (watts):	0.4
Category 2: Short Idle (watts):	6.1

Category 2: Base TEC Allowance (kWh):	14
Category 2: Functional Adder Allowances (kWh):	19.1
Category 2: TEC of Model (kWh):	18.6
Notebooks, Desktops, Integrated Computers, Slate/Tablets, Two-in-one Notebooks, and Portable All-in-ones Category for TEC (Typical Energy Consumption) Criteria:	1
Category 1: Operating System Name:	Windows 11
Category 2: Operating System Name:	Windows 11
Sleep Mode Default Time Upon Shipment (min.):	10
Display Sleep Mode Default Time Upon Shipment (min.):	10
Will the Speed of Any Active 1 GB/s or Higher Ethernet Network Links be Reduced to Less Than 1 GB/s When Transitioning to Sleep or Off Mode?:	No
Ethernet Capability:	No
Touch Screen:	Yes
Date Available On Market:	2022-03-28
Date Certified:	2022-02-15
Markets:	United States, Switzerland, Taiwan, Japan, Canada
ENERGY STAR Certified:	Yes

Additional Model Information

Lenovo Flex 7 14IAU7,Lenovo Flex 7 14IAU7,

Captured On:
04/29/2025