



ENERGY STAR CERTIFIED

**Computers (Bold)**

## Lenovo - ThinkBook 14 G7+ IAH : ThinkBook 14 G7+ IAH

## Specifications

ENERGY STAR Unique ID:	3943364
Brand Name:	Lenovo
Model Name:	ThinkBook 14 G7+ IAH
Model Number:	ThinkBook 14 G7+ IAH
Type:	Notebook
Category 2: Processor Brand:	Intel
Category 2: Processor Name:	Core Ultra 9 285H
Category 2: Base Processor Speed Per Core (GHz):	2.9
Category 2: Physical CPU Cores (count):	16
Category 2: System Memory (GB):	32
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):	1.2
Category 2: Long Idle (watts):	1.2
Category 2: Short Idle (watts):	5.3
Category 2: Base TEC Allowance (kWh):	14
Category 2: Functional Adder Allowances (kWh):	31.6
Category 2: TEC of Model (kWh):	17.4
Notebooks, Desktops, Integrated Computers, Slate/Tablets, Two-in-one Notebooks, and Portable All-in-ones Category for TEC (Typical Energy Consumption) Criteria:	2
Category 2: Operating System Name:	Windows 11
Sleep Mode Default Time Upon Shipment (min.):	5
Display Sleep Mode Default Time Upon Shipment (min.):	5
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?:	Yes
Ethernet Capability:	Yes
Touch Screen:	No

Date Available On Market:	2025-02-18
Date Certified:	2025-01-24
Markets:	United States, Switzerland, Taiwan, Japan, Canada
ENERGY STAR Certified:	Yes

## Additional Model Information

ZhaoYang X7-14 IAH,ZhaoYang X7-14 IAH,; ZhaoYang Yue Plus 14 IAH,ZhaoYang Yue Plus 14 IAH,

Captured On:  
07/17/2025