

Lenovo - ThinkBook 16 G7 IML : ThinkBook 16 G7 IML

Brand Name: Lenovo Model Name: ThinkBook 16 G7 IML Model Number: ThinkBook 16 G7 IML Type: Notebook Category 2: Processor Brand: Intel Category 2: Processor Name: Core Ultra 7 155H Category 2: Base Processor Speed Per Core (GHz): 1.4 Category 2: Base Processor Speed Per Core (GHz): 32 Category 2: System Memory (GB): 32 Category 2: Default Low-power Mode: ALPM Category 2: Long Idle Power Used for Sleep Mode: ALPM Category 2: Gff Mode (watts): 0.4 Category 2: Sleep Mode (watts): 0.6 Category 2: Sleep Mode (watts): 0.6 Category 2: Short Idle (watts): 0.6 Category 2: Short Idle (watts): 0.6 Category 2: Short Idle (watts): 22.4 (kWh): 22.4 Category 2: TEC of Model (kWh): 20.1 Notebooks, Desktops, Integrated Computers, Slate/Tablets, Two-in-one Notebooks, and Portable All-in-ones Category for TEC (Typical Energy Consumption) Criteria: Category 2: Operating System Name: Windows 11 Pro Sleep Mode Default Time Upon Shipment (min.): Shipped Disabled Will the Speed of Any Active 1 GB/s or Higher Ethernet Network Links be Reduced to Less Shipped Disabled Will the Speed of Any Active 1 GB/s or Higher Ethernet Network Links be Reduced to Less	Specifications	
Model Name: ThinkBook 16 G7 IML Model Number: ThinkBook 16 G7 IML Type: Notebook Category 2: Processor Brand: Intel Category 2: Processor Name: Core Ultra 7 155H Category 2: Base Processor Speed Per Core (clutra 7 155H 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: Category 2: Off Mode (watts): 0.4 Category 2: Sleep Mode (watts): 0.6 Category 2: Sleep Mode (watts): 0.6 Category 2: Short Idle (watts): 0.6 Category 2: Short Idle (watts): 0.6 Category 2: Short Idle (watts): 0.6 Category 2: Functional Adder Allowances (kWh): 14 Category 2: TEC of Model (kWh): 20.1 Notebooks, Desktops, Integrated Computers, Slate/Tablets, Two-in-one Notebooks, and Portable All-in-ones Category for TEC (Typical Energy Consumption) Criteria: Category 2: Operating System Name: Windows 11 Pro Sleep Mode Default Time Upon Shipment (min.): Shipped Disabled Will the Speed of Any Active 1 GB/s or Higher Ethernet Network Links be Reduced to Less	ENERGY STAR Unique ID:	3354794
Model Number: ThinkBook 16 G7 IML Type: Notebook Category 2: Processor Brand: Intel Category 2: Processor Name: Core Ultra 7 155H Category 2: Base Processor Speed Per Core (GH2): Category 2: Base Processor Speed Per Core (1.4 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: Category 2: Coff Mode (watts): 0.4 Category 2: Sleep Mode (watts): 0.6 Category 2: Sleep Mode (watts): 0.6 Category 2: Short Idle (watts): 0.6 Category 2: Short Idle (watts): 14 Category 2: Short Idle (watts): 14 Category 2: Functional Adder Allowances (kWh): 14 Category 2: Functional Adder Allowances (kWh): 22.4 (kWh): 20.1 Notebooks, Desktops, Integrated Computers, Slate/Tablets, Two-In-one Notebooks, and Portable All-in-ones Category for TEC (Typical Energy Consumption) Criteria: Category 2: Operating System Name: Windows 11 Pro Sleep Mode Default Time Upon Shipment (min.): Display Sleep Mode Default Time Upon Shipment (min.): Shipped Disabled Will the Speed of Any Active 1 GB/s or Higher Ethernet Network Links be Reduced to Less	Brand Name:	Lenovo
Type: Notebook Category 2: Processor Brand: Intel Category 2: Processor Name: Core Ultra 7 155H Category 2: Base Processor Speed Per Core (GHz): 1.4 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: Category 2: Coff Mode (watts): 0.4 Category 2: Sleep Mode (watts): 0.6 Category 2: Sleep Mode (watts): 0.6 Category 2: Short Idle (watts): 0.6 Category 2: Short Idle (watts): 14 Category 2: Base TEC Allowance (kWh): 14 Category 2: TEC of Model (kWh): 22.4 (kWh): 22.4 Notebooks, Desktops, Integrated Computers, (kWh): 2 Category 2: TEC of Model (kWh): 20.1 Notebooks, Desktops, Integrated Computers, later/Tablets, Two-in-one Notebooks, and Portable All-in-ones Category for TEC (Typical Energy Consumption) Criteria: Category 2: Operating System Name: Windows 11 Pro Sleep Mode Default Time Upon Shipment (min.): Display Sleep Mode Default Time Upon Shipment (min.): WOL (Wake on LAN) From Sleep: Shipped Disabled Will the Speed of Any Active 1 GB/s or Higher Ethernet Network Links be Reduced to Less	Model Name:	ThinkBook 16 G7 IML
Category 2: Processor Brand: Category 2: Base Processor Speed Per Core (GHz): Category 2: Physical CPU Cores (count): Category 2: System Memory (GB): Category 2: Default Low-power Mode: Category 2: Long Idle Power Used for Sleep Mode: Category 2: Sleep Mode (watts): Category 2: Short Idle (watts): Category 2: Short Idle (watts): Category 2: Base TEC Allowance (kWh): Category 2: Functional Adder Allowances (kWh): Category 2: TEC of Model (kWh): Category 2: TEC of Model (kWh): Category 2: TEC of Model (kWh): Category 2: Texnoinal Adder Allowances (kWh): Category 2: Texnoinal Adder Allowances (kWh): Category 2: Texnoinal Adder Allowance (kWh): Category 2: Texnoinal Adder Allowances (kWh): Category 2: Texnoinal Adder Allowance (kW	Model Number:	ThinkBook 16 G7 IML
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Category 2: Base Processor Speed Per Core (GHz): Category 2: Physical CPU Cores (count): Category 2: System Memory (GB): Category 2: Default Low-power Mode: Category 2: Long Idle Power Used for Sleep Mode: Category 2: Off Mode (watts): Category 2: Sleep Mode (watts): Category 2: Short Idle (watts): Category 2: Short Idle (watts): Category 2: Base TEC Allowance (kWh): Category 2: Functional Adder Allowances (kWh): Category 2: TEC of Model (kWh): Slate/Tablets, Two-in-one Notebooks, and Portable All-in-ones Category for TEC (Typical Energy Consumption) Criteria: Category 2: Operating System Name: Sleep Mode Default Time Upon Shipment (min.): Display Sleep Mode Default Time Upon Shipment (min.): Wol (Wake on LAN) From Sleep: Will the Speed of Any Active 1 GB/s or Higher Ethernet Network Links be Reduced to Less	Category 2: Processor Brand:	Intel
(GHz): 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: Category 2: Off Mode (watts): 0.4 Category 2: Sleep Mode (watts): 0.6 Category 2: Long Idle (watts): 0.6 Category 2: Long Idle (watts): 0.6 Category 2: Short Idle (watts): 14 Category 2: Short Idle (watts): 22.4 (kWh): 22.4 Category 2: Functional Adder Allowances (kWh): 20.1 Notebooks, Desktops, Integrated Computers, Slate/Tablets, Two-in-one Notebooks, and Portable All-in-ones Category for TEC (Typical Energy Consumption) Criteria: Category 2: Operating System Name: Windows 11 Pro Sleep Mode Default Time Upon Shipment (min.): Display Sleep Mode Default Time Upon Shipment (min.): WOL (Wake on LAN) From Sleep: Shipped Disabled Will the Speed of Any Active 1 GB/s or Higher Ethernet Network Links be Reduced to Less	Category 2: Processor Name:	Core Ultra 7 155H
Category 2: Default Low-power Mode: Category 2: Long Idle Power Used for Sleep Mode: Category 2: Long Idle Power Used for Sleep Mode: Category 2: Off Mode (watts): Category 2: Sleep Mode (watts): 0.6 Category 2: Long Idle (watts): 0.6 Category 2: Short Idle (watts): Category 2: Short Idle (watts): Category 2: Short Idle (watts): Category 2: Functional Adder Allowances (kWh): Category 2: Functional Adder Allowances (kWh): Category 2: Tenctional Adder Allowances (kWh): Category 2: Tenc of Model (kWh): Soleep Mode Desautt Time Upon Shipment (min.): Sleep Mode Default Time Upon Shipment (min.): WOL (Wake on LAN) From Sleep: Shipped Disabled Will the Speed of Any Active 1 GB/s or Higher Ethernet Network Links be Reduced to Less	Category 2: Base Processor Speed Per Core (GHz):	1.4
Category 2: Default Low-power Mode: Category 2: Long Idle Power Used for Sleep Mode: Category 2: Off Mode (watts): 0.4 Category 2: Sleep Mode (watts): 0.6 Category 2: Short Idle (watts): 0.6 Category 2: Short Idle (watts): 14 Category 2: Base TEC Allowance (kWh): 14 Category 2: Functional Adder Allowances (kWh): Category 2: TEC of Model (kWh): 22.4 (kWh): Category 2: TEC of Model (kWh): 20.1 Notebooks, Desktops, Integrated Computers, Slate/Tablets, Two-in-one Notebooks, and Portable All-in-ones Category for TEC (Typical Energy Consumption) Criteria: Category 2: Operating System Name: Sleep Mode Default Time Upon Shipment (min.): Display Sleep Mode Default Time Upon Shipment (min.): WOL (Wake on LAN) From Sleep: Shipped Disabled Will the Speed of Any Active 1 GB/s or Higher Ethernet Network Links be Reduced to Less	Category 2: Physical CPU Cores (count):	16
Category 2: Long Idle Power Used for Sleep Mode: Category 2: Off Mode (watts): Category 2: Sleep Mode (watts): Category 2: Long Idle (watts): Category 2: Long Idle (watts): Category 2: Short Idle (watts): Category 2: Short Idle (watts): Category 2: Base TEC Allowance (kWh): Category 2: Functional Adder Allowances (kWh): Category 2: TEC of Model (kWh): Slate/Tablets, Two-in-one Notebooks, and Portable All-in-ones Category for TEC (Typical Energy Consumption) Criteria: Category 2: Operating System Name: Windows 11 Pro Sleep Mode Default Time Upon Shipment (min.): Display Sleep Mode Default Time Upon Shipment (min.): WOL (Wake on LAN) From Sleep: Shipped Disabled Will the Speed of Any Active 1 GB/s or Higher Ethernet Network Links be Reduced to Less	Category 2: System Memory (GB):	32
Mode: Category 2: Off Mode (watts): 0.4 Category 2: Sleep Mode (watts): 0.6 Category 2: Long Idle (watts): 0.6 Category 2: Short Idle (watts): 6.4 Category 2: Base TEC Allowance (kWh): 14 Category 2: Functional Adder Allowances (kWh): Category 2: TEC of Model (kWh): 20.1 Notebooks, Desktops, Integrated Computers, Slate/Tablets, Two-in-one Notebooks, and Portable All-in-ones Category for TEC (Typical Energy Consumption) Criteria: Category 2: Operating System Name: Windows 11 Pro Sleep Mode Default Time Upon Shipment (min.): Display Sleep Mode Default Time Upon Shipment (min.): WOL (Wake on LAN) From Sleep: Will the Speed of Any Active 1 GB/s or Higher Ethernet Network Links be Reduced to Less	Category 2: Default Low-power Mode:	ALPM
Category 2: Sleep Mode (watts): Category 2: Long Idle (watts): Category 2: Short Idle (watts): Category 2: Short Idle (watts): Category 2: Base TEC Allowance (kWh): Category 2: Functional Adder Allowances (kWh): Category 2: TEC of Model (kWh): Category 2: TEC of Model (kWh): Category 2: TEC of Model (kWh): Notebooks, Desktops, Integrated Computers, Slate/Tablets, Two-in-one Notebooks, and Portable All-in-ones Category for TEC (Typical Energy Consumption) Criteria: Category 2: Operating System Name: Windows 11 Pro Sleep Mode Default Time Upon Shipment (min.): Display Sleep Mode Default Time Upon Shipment (min.): WOL (Wake on LAN) From Sleep: Shipped Disabled Yes	Category 2: Long Idle Power Used for Sleep Mode:	No
Category 2: Long Idle (watts): Category 2: Short Idle (watts): 6.4 Category 2: Base TEC Allowance (kWh): 14 Category 2: Functional Adder Allowances (kWh): Category 2: TEC of Model (kWh): Category 2: TEC of Model (kWh): Output Category 2: Tec of Model (kWh): Category 2: Operating System Name: Category 2: Operating System Name: Windows 11 Pro Sleep Mode Default Time Upon Shipment (min.): Display Sleep Mode Default Time Upon Shipment (min.): WOL (Wake on LAN) From Sleep: Shipped Disabled Will the Speed of Any Active 1 GB/s or Higher Ethernet Network Links be Reduced to Less	Category 2: Off Mode (watts):	0.4
Category 2: Short Idle (watts): Category 2: Base TEC Allowance (kWh): Category 2: Functional Adder Allowances (kWh): Category 2: TEC of Model (kWh): Category 2: TEC of Model (kWh): Notebooks, Desktops, Integrated Computers, Slate/Tablets, Two-in-one Notebooks, and Portable All-in-ones Category for TEC (Typical Energy Consumption) Criteria: Category 2: Operating System Name: Sleep Mode Default Time Upon Shipment (min.): Display Sleep Mode Default Time Upon Shipment (min.): WOL (Wake on LAN) From Sleep: Shipped Disabled Yes	Category 2: Sleep Mode (watts):	0.6
Category 2: Base TEC Allowance (kWh): Category 2: Functional Adder Allowances (kWh): Category 2: TEC of Model (kWh): Category 2: TEC of Model (kWh): Notebooks, Desktops, Integrated Computers, Slate/Tablets, Two-in-one Notebooks, and Portable All-in-ones Category for TEC (Typical Energy Consumption) Criteria: Category 2: Operating System Name: Sleep Mode Default Time Upon Shipment (min.): Display Sleep Mode Default Time Upon Shipment (min.): WOL (Wake on LAN) From Sleep: Shipped Disabled Yes	Category 2: Long Idle (watts):	0.6
Category 2: Functional Adder Allowances (kWh): Category 2: TEC of Model (kWh): Notebooks, Desktops, Integrated Computers, Slate/Tablets, Two-in-one Notebooks, and Portable All-in-ones Category for TEC (Typical Energy Consumption) Criteria: Category 2: Operating System Name: Sleep Mode Default Time Upon Shipment (min.): Display Sleep Mode Default Time Upon Shipment (min.): WOL (Wake on LAN) From Sleep: Shipped Disabled Yes	Category 2: Short Idle (watts):	6.4
(kWh): Category 2: TEC of Model (kWh): Notebooks, Desktops, Integrated Computers, Slate/Tablets, Two-in-one Notebooks, and Portable All-in-ones Category for TEC (Typical Energy Consumption) Criteria: Category 2: Operating System Name: Sleep Mode Default Time Upon Shipment (min.): Display Sleep Mode Default Time Upon Shipment (min.): Display Sleep Mode Default Time Upon Shipment (min.): WOL (Wake on LAN) From Sleep: Shipped Disabled Will the Speed of Any Active 1 GB/s or Higher Ethernet Network Links be Reduced to Less	Category 2: Base TEC Allowance (kWh):	14
Notebooks, Desktops, Integrated Computers, Slate/Tablets, Two-in-one Notebooks, and Portable All-in-ones Category for TEC (Typical Energy Consumption) Criteria: Category 2: Operating System Name: Sleep Mode Default Time Upon Shipment (min.): Display Sleep Mode Default Time Upon Shipment (min.): WOL (Wake on LAN) From Sleep: Shipped Disabled Yes Yes	Category 2: Functional Adder Allowances (kWh):	22.4
Slate/Tablets, Two-in-one Notebooks, and Portable All-in-ones Category for TEC (Typical Energy Consumption) Criteria: Category 2: Operating System Name: Sleep Mode Default Time Upon Shipment (min.): Display Sleep Mode Default Time Upon Shipment (min.): Shipment (min.): WOL (Wake on LAN) From Sleep: Windows 11 Pro Shipment (min.): Shipped Disabled Yes Windows 11 Pro Yes	Category 2: TEC of Model (kWh):	20.1
Sleep Mode Default Time Upon Shipment (min.): Display Sleep Mode Default Time Upon 5 Shipment (min.): WOL (Wake on LAN) From Sleep: Shipped Disabled Will the Speed of Any Active 1 GB/s or Higher Ethernet Network Links be Reduced to Less	Notebooks, Desktops, Integrated Computers, Slate/Tablets, Two-in-one Notebooks, and Portable All-in-ones Category for TEC (Typical Energy Consumption) Criteria:	2
(min.): Display Sleep Mode Default Time Upon Shipment (min.): WOL (Wake on LAN) From Sleep: Shipped Disabled Will the Speed of Any Active 1 GB/s or Higher Ethernet Network Links be Reduced to Less	Category 2: Operating System Name:	Windows 11 Pro
Shipment (min.): WOL (Wake on LAN) From Sleep: Will the Speed of Any Active 1 GB/s or Higher Ethernet Network Links be Reduced to Less Shipped Disabled Yes	Sleep Mode Default Time Upon Shipment (min.):	5
Will the Speed of Any Active 1 GB/s or Higher Yes Ethernet Network Links be Reduced to Less	Display Sleep Mode Default Time Upon Shipment (min.):	5
Ethernet Network Links be Reduced to Less	WOL (Wake on LAN) From Sleep:	Shipped Disabled
	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	Ethernet Capability:	Yes

Touch Screen:	Yes
Date Available On Market:	2024-02-19
Date Certified:	2024-01-18
Markets:	United States, Switzerland, Taiwan, Japan, Canada
ENERGY STAR Certified:	Yes

Additional Model Information

ZhaoYang X5-16 IML, ZhaoYang X5-16 IML,

Captured On: 04/29/2025