



## Apple - MacBook Pro 14-inch (M3) : MR7J3

### Specifications

|   |   |
|---|---|
| <b>ENERGY STAR Unique ID:</b>                           | 3814703   |
| <b>Brand Name:</b>                                      | Apple   |
| <b>Model Name:</b>                                      | MacBook Pro 14-inch (M3)                          |
| <b>Model Number:</b>                                    | MR7J3   |
| <b>Type:</b>  | Notebook  |
| <b>Category 2: Processor Brand:</b>                     | Other   |
| <b>Category 2: Processor Name:</b>                      | M3  |
| <b>Category 2: Base Processor Speed Per Core (GHz):</b> | 3.6   |
| <b>Category 2: Physical CPU Cores (count):</b>          | 8   |
| <b>Category 2: System Memory (GB):</b>                  | 24  |
| <b>Category 2: Default Low-power Mode:</b>              | Sleep Mode  |
| <b>Category 2: Long Idle Power Used for Sleep Mode:</b> | No  |
| <b>Category 2: Off Mode (watts):</b>                    | 0.1   |
| <b>Category 2: Sleep Mode (watts):</b>                  | 0.2   |
| <b>Category 2: Long Idle (watts):</b>                   | 0.6   |
| <b>Category 2: Short Idle (watts):</b>                  | 3.8   |
| <b>Category 2: Base TEC Allowance (kWh):</b>            | 14  |
| <b>Category 2: Functional Adder Allowances (kWh):</b>   | 26.4  |
| <b>Category 2: TEC of Model (kWh):</b>                  | 11.5  |
| <b>Category 2: Operating System Name:</b>               | MacOS   |
| <b>Ethernet Capability:</b>                             | No  |
| <b>Touch Screen:</b>                                    | No  |
| <b>Date Available On Market:</b>                        | 2023-10-30  |
| <b>Date Certified:</b>                                  | 2023-10-02  |
| <b>Markets:</b>   | United States, Switzerland, Taiwan, Japan, Canada |
| <b>ENERGY STAR Certified:</b>                           | Yes   |

## Additional Model Information

MacBook Pro 14-inch (M3),MR7K3;; MacBook Pro 14-inch (M3),MTL73;; MacBook Pro 14-inch (M3),MTL83;; MacBook Pro 14-inch (M3),MXE03;; MacBook Pro 14-inch (M3),MXE13;; MacBook Pro 14-inch (M3),Z1A9;; MacBook Pro 14-inch (M3),Z1AA;; MacBook Pro 14-inch (M3),Z1C8;; MacBook Pro 14-inch (M3),Z1C9;; MacBook Pro 14-inch (M3),Z1GM;; MacBook Pro 14-inch (M3),Z1GN,

**UPC Codes**

195949014666, 195949014840, 195949015113, 195949015298, 195949015830, 195949015922, 195949098727, 195949098901, 195949099175, 195949099359, 195949099632, 195949099724, 195949327599, 195949327605, 195949327612, 195949327629, 195949327636, 195949327643, 195949327650, 195949327667, 195949327674, 195949327681, 195949327698, 195949327704, 195949327711, 195949327728, 195949327735, 195949327742, 195949327759, 195949327766, 195949333019, 195949333026, 195949333033, 195949333040

**Captured On:**

04/24/2025