



## ENERGY STAR CERTIFIED Computers

### Lenovo - ThinkBook 14 G8 IAL : ThinkBook 14 G8 IAL

Specifications	
ENERGY STAR Unique ID:	3943339
Brand Name:	Lenovo
Model Name:	ThinkBook 14 G8 IAL
Model Number:	ThinkBook 14 G8 IAL
Type:	Notebook
Category 2: Processor Brand:	Intel
Category 2: Processor Name:	Ultra 7 255H
Category 2: Base Processor Speed Per Core (GHz):	2.0
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):	0.5
Category 2: Sleep Mode (watts):	1.0
Category 2: Long Idle (watts):	1.0
Category 2: Short Idle (watts):	5.1
Category 2: Base TEC Allowance (kWh):	14
Category 2: Functional Adder Allowances (kWh):	20.5
Category 2: TEC of Model (kWh):	18.2
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 Pro
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:	Yes

Date Available On Market:	2025-03-06
Date Certified:	2025-03-21
Markets:	United States, Switzerland, Taiwan, Japan, Canada
ENERGY STAR Certified:	Yes

## Additional Model Information

ZhaoYang X5-14 IAL,ZhaoYang X5-14 IAL,; ZhaoYang Yue Max 14 IAL,ZhaoYang Yue Max 14 IAL,

Captured On:  
07/31/2025