



ThinkPad T14 Gen 5 / ThinkPad T16 Gen 3



Get started

Első lépések | Introdúcere | เริ่มต้นใช้งาน | Memulai



* Lenovo USB-C to
VGA Adapter



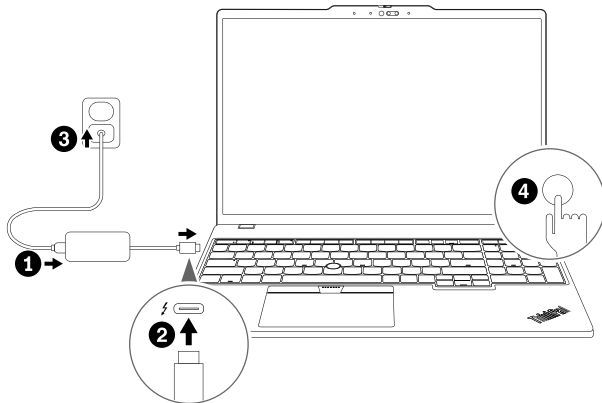
* Lenovo USB-C to
DisplayPort Adapter



* Lenovo USB-C to
Ethernet Adapter



* Lenovo HDMI to
VGA Adapter

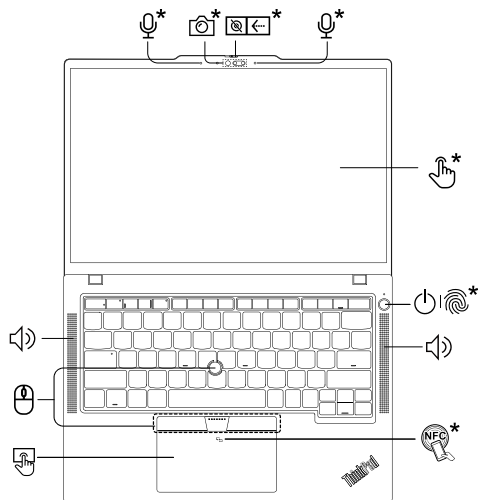


* For selected models | Bizonyos modellek esetén | Pentru modelele selectate | เฉพาะบางรุ่นเท่านั้น | Untuk model tertentu

Overview

Áttekintés | Prezentare generală | ภาพรวม | Ikhtisar

ThinkPad T14 Gen 5



Press to log in to the computer*

Nyomja meg a számítógépre való
bejelentkezéshez*

Apăsați pentru a vă conecta la computer*
กดเพื่อเข้าสู่ระบบคอมพิวเตอร์*

Tekan untuk masuk ke komputer*



Navigate as a traditional mouse
Navigálás hagyományos egérként
Navigați ca un mouse tradițional
ไปยังส่วนต่างๆ โดยใช้เมาส์แบบดั้งเดิม
Navigasikan selayaknya mouse
tradisional

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Tekan untuk masuk ke komputer*



Navigate as a traditional mouse

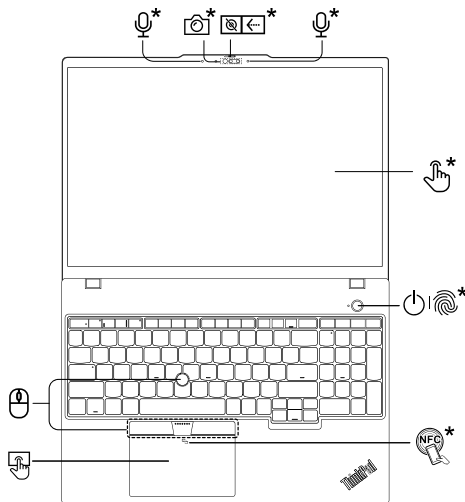
Navigálás hagyományos egérként

Navigați ca un mouse tradițional

ไปยังส่วนต่างๆ โดยใช้เมาส์แบบดั้งเดิม

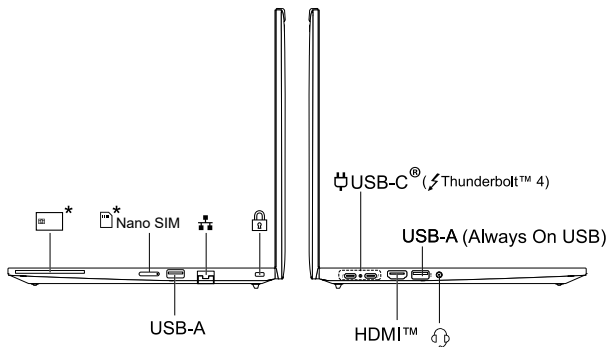
Navigasikan selayaknya mouse tradisional

ThinkPad T16 Gen 3



Overview

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Read the statement on USB transfer rate in the *User Guide*. To access the *User Guide*, refer to methods mentioned on the back cover.

Az USB átviteli sebességére vonatkozó nyilatkozat a *Felhasználói kézikönyvben* található. A *Felhasználói kézikönyv* megnyitásával kapcsolatban tekintse meg a hátsó borítón említett eljárásokat.

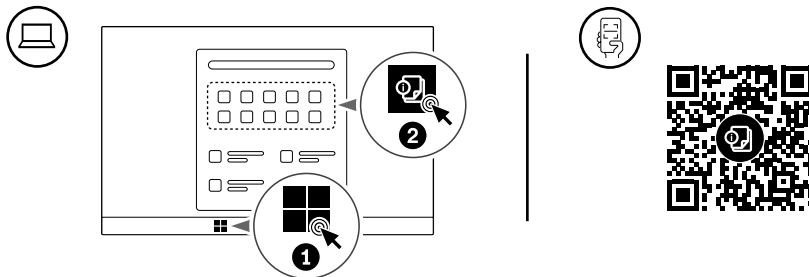
Citiți declarația privind rata de transfer USB din *Ghidul utilizatorului*. Pentru a accesa *Ghidul utilizatorului*, consultați metodele menționate pe capacul din spate.

อ่านคำชี้แจงเกี่ยวกับอัตราการถ่ายโอนข้อมูลผ่าน USB ได้ใน *คู่มือผู้ใช้* หากต้องการเข้าถึง *คู่มือผู้ใช้* โปรดดูวิธีการที่ระบุไว้บนฝาครอบด้านหลัง

Baca pernyataan tentang kecepatan transfer USB di *Panduan Pengguna*. Untuk mengakses *Panduan Pengguna*, lihat metode yang tertera di penutup belakang.

Access User Guide

Hozzáférés a *Felhasználói kézikönyvhöz* | Accesați *Ghidul utilizatorului* | เข้าถึง*คู่มือผู้ใช้* | Mengakses *Panduan Pengguna*



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Reduce
Reuse
Recycle

For FSC Mix logo only

TrackPoint Quick Menu

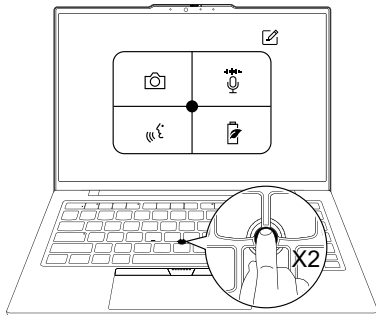
Launch TrackPoint Quick Menu by double tapping¹ for quick configuration of some device settings.

Koppintson duplán¹ a TrackPoint Quick Menu indításhoz, amellyel gyorsan konfigurálhatók egyes eszközbeállítások.

Lansați TrackPoint Quick Menu cu o atingere dublă¹ pentru configurarea rapidă a unor setări ale dispozitivului.

แตะสองครั้ง¹ เพื่อเปิดใช้งาน TrackPoint Quick Menu สำหรับการกำหนดค่าด่วนให้กับการตั้งค่าอุปกรณ์บางส่วน

Buka TrackPoint Quick Menu dengan mengetuk dua kali¹ untuk konfigurasi cepat beberapa pengaturan perangkat.



¹ It can be set to single tapping. | Egy koppintásra is beállítható. | Se poate seta pentru o singură atingere. | สามารถตั้งค่าแบบการแตะครั้งเดียวได้ | Ini dapat diatur ke membuka dengan sekali ketuk.

Lenovo Commercial Vantage*

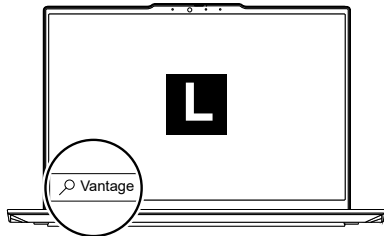
Access Commercial Vantage to adjust device settings and check for system updates.

A Commercial Vantage szolgáltatásban megadhatja az eszközbeállításokat, és ellenőrizheti a rendszerfrissítéseket.

Accesați Commercial Vantage pentru a ajusta setările dispozitivului și pentru a verifica dacă există actualizări de sistem.

เข้าถึง Commercial Vantage เพื่อปรับการตั้งค่าอุปกรณ์และตรวจสอบการอัปเดตระบบ

Akses Commercial Vantage untuk menyesuaikan pengaturan perangkat dan memeriksa pembaruan sistem.



Lock on leave²

Lezárás távozáskor | Blocare la plecarea | ล็อกเมื่อออก | Mengunci tanpa sentuhan



Protect your privacy and improve battery life.

Megvédheti adatait és javíthatja az akkumulátor üzemidejét.

Protejați-vă confidențialitatea și îmbunătățiți durata de viață a bateriei.

ปกป้องความเป็นส่วนตัวและยืดอายุการใช้งานแบตเตอรี่

Lindungi privasi Anda dan tingkatan masa pakai baterai.



Note: The initial BIOS disabled this function. It will be enabled by software update soon. Refer to README file for BIOS on system support site.

Megjegyzés: A BIOS kezdeti verziójában ez a funkció le van tiltva. Egy szoftverfrissítés keretében hamarosan engedélyezni fogjuk. Tekintse meg a BIOS README fájlját a rendszertámogatási oldalon.

Notă: Sistemul BIOS inițial a dezactivat această funcție. Aceasta va fi activată în curând se o actualizare de software. Consultați fișierul README pentru BIOS pe site-ul de asistență pentru sistem.

หมายเหตุ: BIOS เริ่มต้นจะปิดใช้งานฟังก์ชันนี้ ฟังก์ชันจะเปิดใช้งานผ่านการอัปเดตซอฟต์แวร์ในอนาคต โปรดดูไฟล์ README ของ BIOS บนเว็บไซต์สนับสนุนระบบ

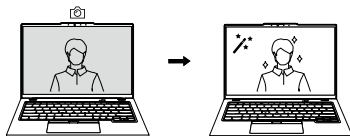
Catatan: BIOS awal menonaktifkan fungsi ini. Fungsi ini akan diaktifkan lewat pembaruan perangkat lunak yang akan datang. Lihat file README untuk BIOS di situs dukungan sistem.

² For infrared camera models only | Csak az infravörös kamerával rendelkező modellek esetén | Doar pentru modelele cu cameră cu infraroșu | เฉพาะรุ่นที่มีกล้องอินฟราเรดเท่านั้น | Hanya untuk model kamera inframerah

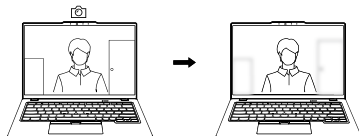
Lenovo View*



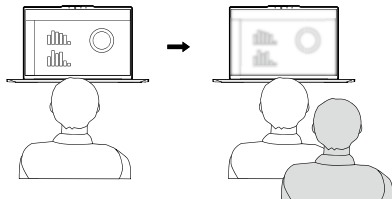
Video Enhancer | Videojavító |
Optimizator video | Video Enhancer |
Video Enhancer



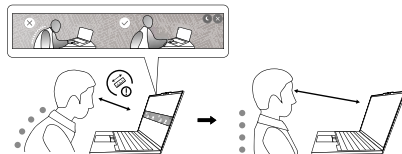
Background Removal* | Háttér eltávolítása* |
Eliminare fundal* | Background Removal* |
Background Removal*



Privacy Guard | Biztos adatvédelem |
Protect. Confidențialitate | Privacy Guard |
Privacy Guard



Posture Warning | Testtartás figyelmeztetés |
Avertizare postură | Posture Warning |
Posture Warning



[English]

Specific absorption rate (SAR)

YOUR DEVICE MEETS INTERNATIONAL GUIDELINES FOR EXPOSURE TO RADIO WAVES.

Refer to the following for 10g SAR limit and maximum reported SAR values:

10g SAR limit: 2 W/kg (body-worn SAR); 4 W/kg (limb SAR)

Maximum SAR with 0 mm separation distance:

Product name	Body-worn SAR value	Limb SAR value
ThinkPad T14 Gen 5	1.600 W/kg	1.929 W/kg
ThinkPad T16 Gen 3	1.569 W/kg	1.569 W/kg

For more information about SAR, refer to the *Safety and Warranty Guide* that came with your device.

European Union (EU) / United Kingdom (UK) — radio frequency and power

This radio equipment operates with the following frequency bands and maximum radio-frequency power:

Technology	Frequency [MHz] / band	Maximum transmit power
WLAN 802.11b/g/n/ax/be Bluetooth BR/EDR/LE	2400 - 2483.5	< 20 dBm
WLAN 802.11a/n/ac/ax/be	5150 - 5350; 5470 - 5725	< 23 dBm
WLAN 802.11a/n/ac/ax/be	5725 - 5875	< 13.98 dBm
WLAN 802.11ax/be	5945 - 6425	< 23 dBm
WWAN UMTS	1/3/8	< 25.2 dBm
WWAN LTE	1/3/7/8/20/28/34/38/40/41/42/43	< 25 dBm
WWAN LTE HPUE	41	< 27 dBm
WWAN 5G NR	1/3/7/8/20/28/38/40/41/77/78	< 25 dBm
WWAN 5G NR HPUE	41/77/78	< 27.5 dBm
NFC	13.56	< -5.31 dBμA/m@10m

Note: Not all wireless bands may be enabled depending on your product configuration. Usage of this device is limited to indoor locations in the bands 5150 - 5350 MHz and 5945 - 6425 MHz.

[Magyar]

Fajlagos energiaelnyelési tényező (SAR)

AZ ESZKÖZ MEGFELEL A RÁDIÓHULLÁMOKNAK VALÓ KITETTSÉGÉRE VONATKOZÓ NEMZETKÖZI ÍRÁNYELVEKNEK.

Az alábbiakban további információkat tudhat meg a 10 g SAR-határértékről és a legmagasabb jelentett SAR-értékekről:

10 g SAR-határérték: 2 W/kg (határérték testen viselés esetén); 4 W/kg (határérték végtagok esetében)

Maximális SAR 0 mm távolság esetén:

A termék neve	Fajlagos energiaelnyelési érték testen való viseléskor	Fajlagos energiaelnyelési érték végtagon való viseléskor
ThinkPad T14 Gen 5	1,600 W/kg	1,929 W/kg
ThinkPad T16 Gen 3	1,569 W/kg	1,569 W/kg

A SAR-értékről a készülékhez mellékelte *Biztonsági és jótállási útmutatóban* talál további információt.

Európai Unió (EU) / Egyesült Királyság (UK) – Rádióberendezések frekvenciája és energiája

Ez a rádióberendezés a következő frekvenciasávokat és maximális rádiófrekvenciás teljesítményt használja:

Technológia	Frekvencia [MHz]/sáv	Maximális átviteli teljesítmény
WLAN 802.11b/g/n/ax/be Bluetooth BR/EDR/LE	2400 - 2483,5	< 20 dBm
WLAN 802.11a/n/ac/ax/be	5150 - 5350, 5470 - 5725	< 23 dBm
WLAN 802.11a/n/ac/ax/be	5725 - 5875	< 13,98 dBm
WLAN 802.11ax/be	5945 - 6425	< 23 dBm
WWAN UMTS	1/3/8	< 25,2 dBm
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WWAN 5G NR	1/3/7/8/20/28/38/40/41/77/78	< 25 dBm
WWAN 5G NR HPUE	41/77/78	< 27,5 dBm
NFC	13,56	< -5,31 dBμA/m @10 m

Megjegyzés: A termékkonfigurációtól függően előfordulhat, hogy nem minden vezeték nélküli sáv engedélyezett. Az eszköz használata beltérre, az 5150 – 5350 MHz és a 5945 – 6425 MHz frekvenciatartományra korlátozódik.

[Română]

Rată specifică de absorbție (SAR)

DISPOZITIVUL DUMNEAVOASTRĂ RESPECTĂ REGULILE INTERNAȚIONALE PRIVIND EXPUNEREA LA UNDELE RADIO.

Pentru limita SAR 10 g și pentru valorile maxime raportate SAR, consultați următoarele:

Limita SAR 10 g: 2 W/kg (limita SAR pentru dispozitive purtate asupra corpului); 4 W/kg (limita SAR pentru membre)

Limita maximă SAR la o distanță de separare de 0 mm:

Numele produsului	Valoarea SAR pentru dispozitive purtate asupra corpului	Valoarea SAR pentru membre
ThinkPad T14 Gen 5	1,600 W/kg	1,929 W/kg
ThinkPad T16 Gen 3	1,569 W/kg	1,569 W/kg

Pentru mai multe informații despre SAR, consultați *Ghidul pentru măsuri de siguranță și garanție* primit odată cu dispozitivul.

Uniunea Europeană (UE) / Regatul Unit (UK) – frecvență radio și alimentare

Acest echipament radio funcționează cu următoarele benzi de frecvență și puteri maxime ale frecvenței radio:

Tehnologie	Frecvență [MHz]/bandă	Putere de transmisie maximă
WLAN 802.11b/g/n/ax/be Bluetooth BR/EDR/LE	2400 - 2483,5	< 20 dBm
WLAN 802.11a/n/ac/ax/be	5150 - 5350; 5470 - 5725	< 23 dBm
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Notă: este posibil ca nu toate benzile wireless să fie activate, în funcție de configurația produsului. Folosirea acestui dispozitiv este limitată la locațiile interioare, în benzile de 5150 - 5350 MHz și 5945 - 6425 MHz.

[ภาษาไทย]

ข้อมูลความสอดคล้องกับวิทยุไร้สายสำหรับประเทศไทย

ThinkPad T14 Gen 5

เครื่องโทรคมนาคมและอุปกรณ์นี้มีความสอดคล้องตามมาตรฐาน หรือข้อกำหนดทางเทคนิคของ กสทช.

เครื่องวิทยุคมนาคมนี้มีอัตราการดูดกลืนพลังงานจำเพาะ (Specific Absorption Rate – SAR) อันเนื่องมาจากเครื่องวิทยุคมนาคม

เท่ากับ 1.745 W/kg ซึ่งสอดคล้องตามมาตรฐานความปลอดภัย ต่อสุขภาพของมนุษย์จากการใช้เครื่องวิทยุคมนาคมที่ กสทช. ประกาศกำหนด

ThinkPad T16 Gen 3

เครื่องโทรคมนาคมและอุปกรณ์นี้มีความสอดคล้องตามมาตรฐาน หรือข้อกำหนดทางเทคนิคของ กสทช.

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เท่ากับ 1.518 W/kg ซึ่งสอดคล้องตามมาตรฐานความปลอดภัย ต่อสุขภาพของมนุษย์จากการใช้เครื่องวิทยุคมนาคมที่ กสทช. ประกาศกำหนด