



ThinkPad T14 Gen 7 / ThinkPad T16 Gen 5



Get Started

Első lépések | Introducere | เริ่มต้นใช้งาน | Memulai



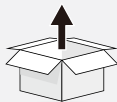
* Lenovo USB-C to
VGA Adapter



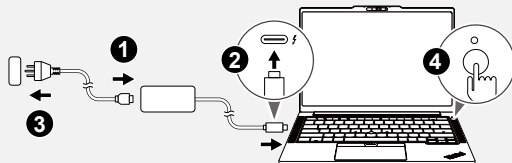
* Lenovo USB-C to
DisplayPort Adapter



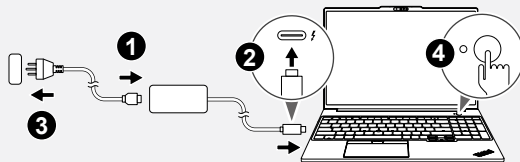
* Lenovo HDMI to
VGA Adapter



ThinkPad T14 Gen 7



ThinkPad T16 Gen 5

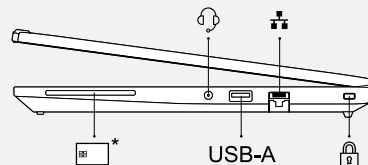
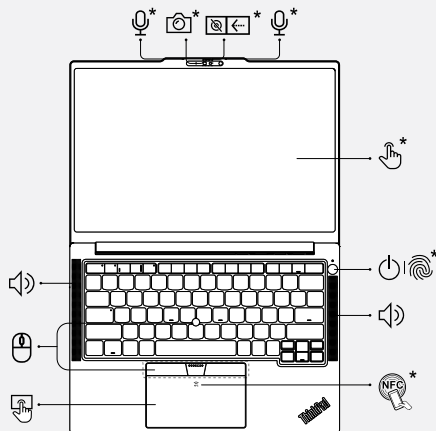


* For selected models | Bizonyos modellek esetén | Pentru modelele selectate | เฉพาะบางรุ่นเท่านั้น | Untuk model tertentu

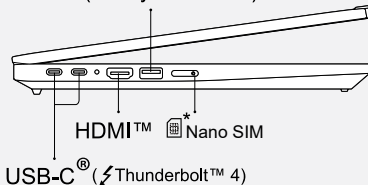
Overview

Áttekintés | Prezentare generală | نظرة عامة | Ikhtisar

ThinkPad T14 Gen 7



USB-A (Always On USB)



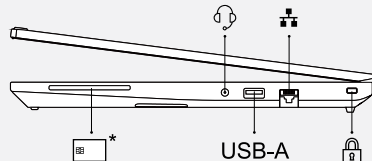
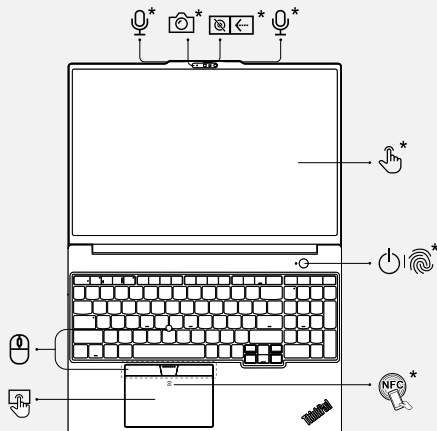
Read the statement on USB transfer rate in online manuals. To access online manuals, refer to methods mentioned on the back cover.
Olvasa el az USB átviteli sebességére vonatkozó nyilatkozatot az online kézikönyvekben. Az online kézikönyveket a hátsó borítón említett eljárásokat követve tekintheti meg.
Citiți declarația privind rata de transfer USB din manualele online. Pentru a accesa manualele online, consultați metodele menționate pe capacul din spate.
อ่านคำชี้แจงเกี่ยวกับอัตราการถ่ายโอนข้อมูลผ่าน USB ได้ในคู่มือออนไลน์ หากต้องการเข้าถึงคู่มือออนไลน์ โปรดดูวิธีที่ระบุไว้บนฝาครอบด้านหลัง
Baca pernyataan tentang kecepatan transfer USB di manual online. Untuk mengakses manual online, lihat metode yang tertera di penutup belakang.

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

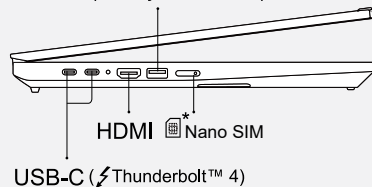
Overview

Áttekintés | Prezentare generală | إلمحة عامة | Ikhtisar

ThinkPad T16 Gen 5



USB-A (Always On USB)



Read the statement on USB transfer rate in online manuals. To access online manuals, refer to methods mentioned on the back cover.
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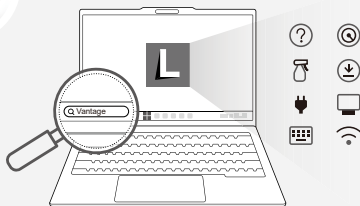
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Features

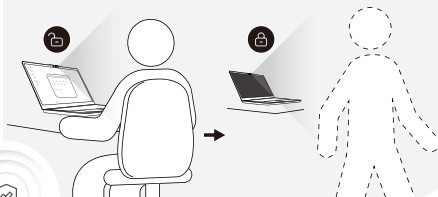
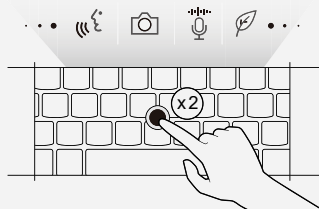
Szolgáltatások | Caracteristici | คุณลักษณะ | Fitur

L

Lenovo Commercial Vantage*

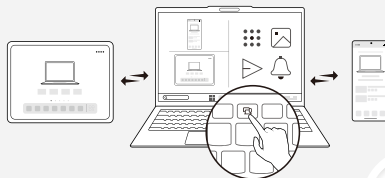


TrackPoint Quick Menu



Presence Sensing

Jelenlétszélés | Detectarea prezenței | ตรวจวัดการมี :
Sensor Keberadaan



Smart Connect

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

[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 7	1.206 W/kg	2.044 W/kg
ThinkPad T16 Gen 5	1.255 W/kg	1.255 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	2400 - 2483.5	< 20 dBm
Bluetooth BR/EDR/LE		
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	1/8	< 24.5 dBm
WWAN LTE	1/3/7/8/20/28/34/38/40/41/42/43	< 25.7 dBm
WWAN LTE HPUe	41	< 27 dBm
WWAN 5G NR	1/3/7/8/20/28/38/40/41/77/78	< 24.5 dBm
WWAN 5G NR HPUe	41/77/78	< 29 dBm
NFC	13.56	< -5.31 dBμA/m@10m

Note: Not all wireless modes / 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.

Connect to and disconnect from a wireless network

Connecting to a wireless network will increase energy consumption of the product.

Connect to and disconnect from a Wi-Fi network

- Click the quick settings area on the taskbar.
- For the Wi-Fi quick setting, click on the right arrow to list available networks.
- Select a network available for connection and connect. Provide the necessary information if required.

Clicking the Wi-Fi box will disconnect the Wi-Fi network.

Connect to and disconnect from a cellular network (for selected models)

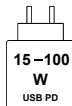
To connect to a 4G or 5G cellular data network, ensure you have a wireless wide area network (WWAN) card along with a SIM card or an installed eSIM profile.

Click the network icon, and then select the cellular network icon from the list. Provide the necessary information if required.

Clicking the cellular network icon again will disconnect the cellular network.

Important: Disabling the OS's sleep setting will result in higher energy consumption. It is recommended that you keep the sleep setting enabled, as it will automatically switch the product into standby mode.

Power adapter notice



The power delivered by the adapter must be between min 15 Watts (5V, 3A) required by the radio equipment, and max 100 Watts (20V, 5A) to achieve the maximum charging speed. This product supports USB PD fast charging.

[Magyar]

Fajlagos energiafelvétel tényező (SAR)

AZ ESZKÖZ MEGFELEL A RÁDIÓHULLÁMOKNAK VALÓ KITETTSÉGRE VONATKOZÓ NEMZETKÖZI IRÁNYELVEKNEK.

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-érték 0 mm távolság esetén:

A termék neve	Fajlagos energiafelvétel érték testen való viseléskor	Fajlagos energiafelvétel érték végtagon való viseléskor
ThinkPad T14 Gen 7	1,206 W/kg	2,044 W/kg
ThinkPad T16 Gen 5	1,255 W/kg	1,255 W/kg

A SAR-értékek 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	1/8	< 24,5 dBm
WWAN LTE	1/3/7/8/20/28/34/38/40/41/42/43	< 25,7 dBm
WWAN LTE HPUE	41	< 27 dBm
WWAN 5G NR	1/3/7/8/20/28/38/40/41/77/78	< 24,5 dBm
WWAN 5G NR HPUE	41/77/78	< 29 dBm
NFC	13,56	< -5,31 dBμA/m @10 m

Megjegyzés: A termékkonfigurációtól függően előfordulhat, hogy nem minden vezeték nélküli mód/sáv van engedélyezve. Az eszköz használata beltérre, az 5150 - 5350 MHz-es és a 5945 - 6425 MHz-es frekvenciatarományra korlátozódik.

Vezeték nélküli hálózathoz való csatlakozás és onnan való lecsatlakozás

A vezeték nélküli hálózathoz való csatlakozás növeli a termék energiafogyasztását.

Wi-Fi-hálózathoz való csatlakozás és onnan való lecsatlakozás

1. Kattintson a gyorsbeállítások területre a tálcán.
2. A Wi-Fi gyorsbeállításához kattintson a jobbra mutató nyílra a rendelkezésre álló hálózatok listájának megtekintéséhez.
3. Válasszon ki egy rendelkezésre álló hálózatot, és csatlakozzon hozzá. Ha szükséges, adja meg a kért információkat.

A Wi-Fi jelölőnégyzetre kattintva megszakad a kapcsolat a Wi-Fi-hálózattal.

Mobilhálózathoz való csatlakozás és onnan való lecsatlakozás (bizonyos modellek esetén)

A 4G-s vagy 5G-s mobil adathálózathoz való csatlakozáshoz győződjön meg róla, hogy rendelkezik telepített vezeték nélküli nagy kiterjedésű hálózati (WWAN) kártyával, valamint SIM-kártyával vagy egy telepített eSIM-profilal.

Kattintson a hálózat ikonra, és válassza ki a listából a mobilhálózat ikonját. Ha szükséges, adja meg a kért információkat.

Ha ismét a mobil adathálózat ikonjára kattint, megszakad a mobil adathálózattal való kapcsolat.

Fontos: Az operációs rendszer alvási beállításának kikapcsolása magasabb energiafogyasztást eredményez. Javasoljuk, hogy hagyja bekapcsolva az alvó beállítást, mivel ez automatikusan készenléti módba helyezi a terméket.

Hálózati adapterrel kapcsolatos megjegyzés

Az adapter által leadott teljesítménynak a rádióberendezés által igényelt legalább 15 watt (5 V, 3 A) és a maximális töltési sebesség eléréséhez szükséges legfeljebb 100 watt (20 V, 5 A) között kell lennie. Ez a termék támogatja az USB PD gyorsított töltést.

[Română]

Rata 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 7	1,206 W/kg	2,044 W/kg
ThinkPad T16 Gen 5	1,255 W/kg	1,255 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	Puterea maximă de transmisie
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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NFC	13,56	< -5,31 dBμA/m @10 m

Notă: este posibil ca nu toate modulele/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.

Conectarea și deconectarea de la o rețea fără fir

Conectarea la o rețea fără fir va crește consumul de energie al produsului.

Conectarea și deconectarea de la o rețea Wi-Fi

1. Faceți clic pe zona de setări rapide din bara de activități.
2. Pentru setarea rapidă Wi-Fi, faceți clic pe săgeata din dreapta pentru a lista rețelele disponibile.
3. Selectați o rețea disponibilă pentru conectare și conectați-vă. Introduceți informațiile necesare, dacă este cazul.

Dacă faceți clic pe pictograma Wi-Fi, rețeaua Wi-Fi se va deconecta.

Conectarea și deconectarea de la o rețea de telefonie mobilă (pentru modelele selectate)

Pentru a vă conecta la o rețea de telefonie mobilă 4G sau 5G, asigurați-vă că aveți un card de rețea de arie largă fără fir (WWAN) împreună cu o cartelă SIM sau un profil eSIM instalat. Faceți clic pe pictograma de rețea și apoi selectați pictograma de rețea de telefonie mobilă din listă. Introduceți informațiile necesare, dacă este cazul. Dacă faceți clic din nou pe pictograma de rețea de telefonie mobilă, rețeaua de telefonie mobilă se va deconecta.

Important: Dezactivarea setării de repaus a sistemului de operare va duce la un consum mai mare de energie. Se recomandă să păstrați activată setarea de repaus, deoarece produsul va fi trecut automat în modul standby.

Notificare privind adaptorul de alimentare

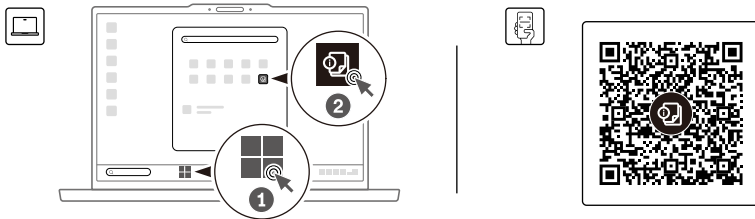
Puterea adaptorului trebuie să fie între 15 wați (5 V, 3 A) și 100 wați (20 V, 5 A). Prima valoare reprezintă puterea minimă necesară echipamentului radio, în timp ce ultima valoare permite utilizarea celei mai rapide viteze de încărcare. Acest produs acceptă încărcarea rapidă USB PD.

For Barcode Position Only

PN: SP40G77168 Printed in China

Access online manuals

Az online kézikönyvek elérése |
Accesăți manualele online |
อ่านคู่มือออนไลน์ | Akses manual online



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