

OVERVIEW



| 1. USB-C 3.2 Gen 1 (data transfer only) | 6. HDMI 2.1 |
|---|--|
| 2. E-camera shutter switch | 7. Power connector |
| 3. Ethernet (RJ-45) | 8. Thunderbolt 4 |
| 4. Thunderbolt 4 | 9. Headphone / microphone combo jack (3.5mm) |
| 5. 3x USB 3.2 Gen 1 (one Always On) | |



PERFORMANCE

Processor

Processor Family

11th Generation Intel® Core™ i7 / i9 Processor

Processor**

| Processor Name | Cores | Threads | Base Frequency | Max Frequency | Cache | Memory Support | Processor Graphics |
|-----------------|-------|---------|----------------|---------------|-------|----------------|--------------------|
| Core i7-11800H | 8 | 16 | 2.3GHz | 4.6GHz | 24MB | DDR4-3200 | Intel UHD Graphics |
| Core i9-11980HK | 8 | 16 | 3.3GHz | 5.0GHz | 24MB | DDR4-3200 | Intel UHD Graphics |

Operating System

Operating System**

- Windows® 11 Pro 64
- Windows 11 Home 64
- Windows 10 Pro 64
- · Windows 10 Home 64
- · No operating system

Graphics

Graphics**

| Graphics | Туре | Memory | Boost Clock | TGP | Key Features |
|--|----------|---------------|------------------------|------|---|
| NVIDIA® GeForce® RTX™ 3060 Laptop GPU | Discrete | 6GB GDDR6 | 1425 MHz / 1702 MHz | 130W | Advanced Optimus, Resizable BAR, Dynamic Boost 2.0, VR ready, DirectX® 12 Ultimate |
| NVIDIA GeForce RTX 3070 Laptop GPU | Discrete | 8GB GDDR6 | 1560 MHz / 1620 MHz | 140W | Advanced Optimus, Resizable BAR, Dynamic Boost 2.0, VR ready, DirectX 12 Ultimate |
| NVIDIA GeForce RTX 3080 Laptop GPU | Discrete | 16GB GDDR6 | 1545 MHz / 1710 MHz | 165W | Advanced Optimus, Resizable BAR, Dynamic Boost 2.0, VR ready, DirectX 12 Ultimate |

Monitor Support

Monitor Support

Supports up to 4 independent displays (native display and 3 external monitors via HDMI® and USB-C)

- HDMI supports up to 7680x4320@60Hz
- USB-C supports up to 5120x3200@60Hz

Chipset

Chipset

Intel HM570 chipset

Memory

Max Memory[1]

Up to 32GB DDR4-3200 offering

Memory Slots

Two DDR4 SO-DIMM slots, dual-channel capable

Memory Type

DDR4-3200

Notes:

1. The max memory is based on the test results with current Lenovo® memory offerings. The system may support more memory as the technology develops.

Storage

Storage Support[1]

Up to two drives, 2x M.2 SSD

• M.2 2280 SSD up to 2TB



Storage Slot

Two M.2 slots

- One M.2 2280 PCIe[®] Gen 3x4 slot, supports M.2 2242/2280 SSD
- One M.2 2280 PCIe Gen 4x4 slot, supports M.2 2242/2280 SSD

Storage Type

| Disk Type | Interface | RPM | Offering | Security |
|--------------|-------------------------|-----|----------|----------|
| M.2 2280 SSD | PCIe NVMe®, PCIe 4.0 x4 | - | - | - |

RAID

- RAID 0 support
- No support

Notes:

1. The storage capacity supported is based on the test results with current Lenovo storage offerings. The system may support larger storage as the technology develops.

Removable Storage

Optical

None

Card Reader

No card reader

Multi-Media

Audio Chip

High Definition (HD) Audio, Realtek® ALC3306 codec

Speakers

Stereo speakers, 2W x2, Nahimic Audio, Harman Speakers, Smart AMP

Microphone

Dual array microphone

Camera

720p, with E-camera shutter, fixed focus

Battery

Battery

Integrated Li-Polymer 80Wh battery, supports Rapid Charge Boost (get 2 hours of runtime with a 15-minute charge)

Max Battery Life[1]

MobileMark® 2018: 4.8 hr (discrete mode) or 6.6 hr (hybrid mode)

Notes:

1. All battery life claims are approximate maximum and based on results using the MobileMark 2014, MobileMark 2018, JEITA 2.0, continuous 1080p video playback (with 150nits brightness and default volume level) or Google Power Load Test (PLT) battery-life benchmark tests. Actual battery life will vary and depends on many factors such as product configuration and usage, software use, wireless functionality, power management settings, and screen brightness. The maximum capacity of the battery will decrease with time and use.

Power Adapter

Power Adapter[1]

300W slim tip (3-pin) AC adapter, 100-240V, 50-60Hz

Notes:

1. AC adapter offerings depend on the country.

DESIGN

Display

Display**[1]



| Size | Resolution | Touch | Туре | Brightness | Surface | Aspect Ratio | Contrast Ratio | Color Gamut | Viewing Angle | Key Features |
|-------|----------------------|-------|---------------------|------------|----------------|-----------------|-------------------|---|------------------|---|
| 16.0" | WQXGA (2560x1600) | None | Mini- LED IPS | 1250 nits | Anti- glare | 16:10 | 100000:1 | 100% DCI- P3 & 100% Adobe® RGB | 178° | Refresh rate 165Hz, Dolby® Vision™, DisplayHDR™ 1000, Free-Sync |
| 16.0" | WQXGA (2560x1600) | None | IPS | 500 nits | Anti- glare | 16:10 | 1200:1 | 100% sRGB | 178° | Refresh rate 165Hz, Dolby Vision, DisplayHDR 400, G- Sync, DC dimmer |

Color Calibration

X-Rite® Pantone® factory color calibration

Touchscreen

Non-touch

Notes:

In California, per state law, Lenovo charges an electronic waste recycling fee on this covered device at the time of sale of the product. For more information, go to https://www.calrecycle.ca.gov/Electronics/Consumer

Input Device

Keyboard

6-row, spill-resistant, multimedia Fn keys, numeric keypad

Keyboard Backlight

RGB backlight

Touchpad

Buttonless glass surface multi-touch touchpad, supports Precision TouchPad (PTP), 75 x 120 mm (2.95 x 4.72 inches)

Mechanical[®]

Dimensions (WxDxH)

360 x 260 x 20.1-23.5 mm (14.17 x 10.23 x 0.79-0.93 inches)

Weight

2.5 kg (5.5 lbs)

Case Color

Storm grey

Surface Treatment

Anodizing sandblasting

Case Material

Aluminium (top), aluminium (bottom)

System Lighting

"Y" logo RGB lighting on top cover

RGB lighting on power button

"U" strip RGB lighting

RGB lighting on left / right / rear thermal vent

Notes:

1. The system dimensions and weight vary depending on configurations.

CONNECTIVITY

Network

Onboard Ethernet

Gigabit Ethernet, 1x RJ-45

WLAN + Bluetooth®**[1][2]

^{1.} California Electronic Waste Recycling Fee

Lenovo Legion 7 16ITHg6



- Wi-Fi® 6, 802.11ax 2x2 Wi-Fi + Bluetooth 5.1, M.2 card
- Intel Killer Wi-Fi 6 AX1650, 802.11ax 2x2 Wi-Fi + Bluetooth 5.1, M.2 Card

Notes:

- 1. Bluetooth 5.2 is hardware ready but may run at a lower version due to OS limitation
- 2. Wi-Fi 6 full features might be limited by country-level restrictions.

Ports^[1]

Standard Ports

- 2x USB 3.2 Gen 1
- 1x USB 3.2 Gen 1 (Always On)
- 1x USB-C 3.2 Gen 1 (support data transfer only)
- 1x Thunderbolt[™] 4 / USB4[™] 40Gbps (support data transfer and DisplayPort[™] 1.4)
- 1x Thunderbolt 4 / USB4 40Gbps (support data transfer, Power Delivery 100W and DisplayPort 1.4)
- 1x HDMI 2.1
- 1x Ethernet (RJ-45)
- 1x Headphone / microphone combo jack (3.5mm)
- 1x Power connector

Notes:

1. The transfer speed of following ports will vary and, depending on many factors, such as the processing speed of the host device, file attributes and other factors related to system configuration and your operating environment, will be slower than theoretical speed. USB 2.0: 480 Mbit/s:

USB 3.2 Gen 1 (SuperSpeed USB 5Gbps, formerly USB 3.0 / USB 3.1 Gen 1): 5 Gbit/s;

USB 3.2 Gen 2 (SuperSpeed USB 10Gbps, formerly USB 3.1 Gen 2): 10 Gbit/s;

USB 3.2 Gen 2x2 (SuperSpeed USB 20Gbps): 20 Gbit/s;

Thunderbolt 3/4: 40 Gbit/s;

FireWire 400: 400 Mbit/s;

FireWire 800: 800 Mbit/s

SECURITY & PRIVACY

Security

Security Chip

Firmware TPM 2.0 integrated in chipset

Fingerprint Reader

No fingerprint reader

BIOS Security

- Power-on password
- · Supervisor password
- Hard disk password

Other Security

E-Camera shutter

SERVICE

Warranty

Base Warranty**[1]

- 1-year depot service
- 1-year depot with 2-year system board service (Korea only)
- 2-year (1-yr battery) depot service
- 3-year (1-yr battery) depot service

Notes:

1. More information of warranty policy, please access https://pcsupport.lenovo.com/warranty

ENVIRONMENTAL



Operating Environment

Temperature[1]

- At altitudes up to 2438 m (8,000 ft)
 - Operating: 5°C to 35°C (41°F to 95°F)
 - Storage: 5°C to 43°C (41°F to 109°F)
- At altitudes above 2438 m (8,000 ft)
 - Maximum temperature when operating under the unpressurized condition: 31.3°C (88°F)

Humidity

- Operating: 8% to 95% at wet-bulb temperature 23°C (73°F)
- Storage: 5% to 95% at wet-bulb temperature 27°C (81°F)

Altitudo

Maximum altitude (without pressurization): 3048 m (10,000 ft)

Notes:

1. When you charge the battery, its temperature must be no lower than 10°C (50°F).

CERTIFICATIONS

Green Certifications

Green Certifications

- ErP Lot 3
- RoHS compliant

Other Certifications

Other Certifications

- TÜV Rheinland® High Gaming Performance
- TÜV Rheinland Low Blue Light (Hardware Solution)
- Feature with ** means that only one offering listed under the feature is configured on selected models.
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