



Lenovo IdeaPad Pro 5 16IAH10 Intel Core Ultra 5 225H Laptop 40.6 cm (16") 2.8K 32 GB LPDDR5x-SDRAM 1 TB SSD Wi-Fi 7 (802.11be) Windows 11 Home Grey English

Brand : Lenovo

Product family: IdeaPad

Product code: 83JM004DUK

Product name : IdeaPad Pro 5 16IAH10

- Intel Core Ultra 5 225H, 14C (4P + 8E + 2LPE)/14T, Max Turbo up to 4.9GHz, 18MB Intel Smart Cache
- 16" 2.8K (2880x1800) OLED 500nits (typical) / 1100nits (peak) Glossy 100% DCI-P3 120Hz VRR DisplayHDR True Black 1000
- 32GB LPDDR5X-8533
- 1TB SSD M.2 2242 PCIe 4.0x4 NVMe
- Intel Arc 130T GPU
- Windows 11 Home
Intel Core Ultra 5 225H, 14C (4P + 8E + 2LPE)/14T, Max Turbo up to 4.9GHz, 18MB Intel Smart Cache, 32GB LPDDR5X-8533, 1TB SSD M.2 2242 PCIe 4.0x4 NVMe, 16" 2.8K (2880x1800) OLED 500nits (typical) / 1100nits (peak) Glossy 100% DCI-P3 120Hz VRR DisplayHDR True Black 1000, Intel Arc 130T GPU, Wi-Fi 7 802.11be 2x2 + BT5.4, Windows 11 Home

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Design		Storage	
Colour name	Luna Grey	Card reader integrated	✓
Product type *	Laptop	Compatible memory cards	SD
Product colour *	Grey	Graphics	
Form factor *	Clamshell	Discrete graphics card model *	Not available
Housing material	Aluminium	On-board graphics card *	✓
Display back cover material	Aluminium	On-board GPU manufacturer	Intel
Display		Discrete graphics card *	✗
Display diagonal *	40.6 cm (16")	On-board graphics card family	Intel Arc Graphics
Display resolution *	2880 x 1800 pixels	On-board graphics card model *	Intel Arc 130T
Touchscreen *	✗	Audio	
HD type	2.8K	Number of built-in speakers	2
Panel type	OLED	Speaker power	2 W
LED backlight	✓	Built-in microphone	✓
Native aspect ratio	16:10	Number of microphones	2
Display surface	Gloss	Camera	
Display brightness	500 cd/m ²	Front camera	✓
RGB colour space	DCI-P3	Front camera resolution	1920 x 1080 pixels
Colour gamut	100%	Front camera HD type	Full HD
Maximum refresh rate	120 Hz	Infrared (IR) camera	✓
Processor		Privacy camera	✓
Processor manufacturer *	Intel	Privacy type	Privacy shutter
Processor family *	Intel Core Ultra 5	Network	
Processor generation	Intel Core Ultra (Series 2)	Top Wi-Fi standard *	Wi-Fi 7 (802.11be)
Processor model *	225H	Wi-Fi standards	Wi-Fi 7 (802.11be)
Processor cores	14	Mobile network connection *	✗
Processor threads	14	Antenna type	2x2
Processor boost frequency	4.9 GHz		
Performance cores	4		

Processor		Network	
Efficient cores	8	Ethernet LAN	✗
Low Power Efficient-cores	2	Bluetooth	✓
Performance-core Max Turbo Frequency	4.9 GHz	Bluetooth version	5.4
Efficient-core Max Turbo Frequency	4.3 GHz	WWAN	Not installed
Low Power Efficient-core Max Turbo Frequency	2.5 GHz	Ports & interfaces	
Performance-core base frequency	1.7 GHz	USB 3.2 Gen 1 (3.1 Gen 1) Type-A ports quantity *	2
Efficient-core base frequency	1.3 GHz	HDMI ports quantity *	1
Low Power Efficient-core Base Frequency	700 MHz	HDMI version	2.1
Processor cache	18 MB	Thunderbolt 4 ports quantity	2
Processor base power	28 W	Intel® Thunderbolt 4	✓
Maximum turbo power	115 W	Combo headphone/mic port	✓
Neural processor unit (NPU)		USB Sleep-and-Charge	✓
Neural processor unit (NPU)	Intel AI Boost	Performance	
Sparsity support	✓	Motherboard chipset	Intel SoC
Windows Studio effects support	✓	Keyboard	
AI software frameworks supported by NPU	DirectML, OpenVINO, Windows ML, ONNX RT, WebNN	Pointing device	Touchpad
Total processor performance up to	83 TOPs	Numeric keypad *	✓
NPU performance up to	13 TOPs	Keyboard backlit	✓
GPU performance up to	63 TOPs	Keyboard language	English
Memory		Software	
Internal memory *	32 GB	Operating system language	English
Internal memory type	LPDDR5x-SDRAM	Trial software	Office
Memory clock speed	8533 MHz	Operating system installed *	Windows 11 Home
Memory form factor	On-board	Battery	
Maximum internal memory *	32 GB	Battery capacity *	84 Wh
Storage		Power	
Total storage capacity *	1 TB	AC adapter power	100 W
Storage media *	SSD	USB Type-C charging port *	✓
Total SSDs capacity	1 TB	USB Power Delivery (USB PD)	✓
Number of SSDs installed	1	Security	
SSD capacity	1 TB	Fingerprint reader	✗
SSD interface	PCI Express 4.0	Windows Hello	✓
NVMe	✓	Trusted Platform Module (TPM)	✓
SSD form factor	M.2	Trusted Platform Module (TPM) version	2.0
Optical drive type *	✗	Certificates	
		Certification	ENERGY STAR,EPEAT Gold,RoHS
		Weight & dimensions	
		Width	356.8 mm
		Depth	251 mm
		Height	15.9 mm
		Weight *	1.72 kg
		Packaging content	
		AC adapter included *	✓



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