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The Lenovo ThinkPad T14s Gen 6 with AMD Ryzen AI 300 Series

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Introduction

The commercial and business laptop segment has distinct demands that differentiate it from consumer-oriented markets. Systems in this space are expected to offer robust reliability, strong security features, long battery life, streamlined manageability, and high performance across a wide range of professional tasks. Lenovo's ThinkPad line has exemplified these attributes, becoming a benchmark in enterprise computing and securing a strong share of the market through its consistent focus on these priorities.

The emergence of Microsoft Copilot and the expanded Copilot+ features and the rise of the AI PC category, signals a shift in the commercial laptop landscape. These cutting-edge software tools are unlocking new possibilities for productivity, customization, and intelligent assistance—seamlessly woven into the daily routines of business users. As these innovations reshape what professionals expect from their devices, the hardware must also advance to deliver the performance and user experience these next-generation applications demand.

The Lenovo ThinkPad T14s Gen 6, powered by the AMD Ryzen AI 7 PRO 360 processor, brings advanced AI capabilities and powerful multi-threaded performance to one of the most trusted and widely adopted platforms in the ThinkPad lineup. As a proven favorite among business professionals, the T14s Gen 6 maintains its reputation for exceptional productivity, efficiency, and portability—now enhanced by AMD's industry-leading AI acceleration. This combination makes it an ideal choice for today's AI-enhanced workflows within a familiar and dependable form factor.

Practical design and thoughtfully engineered components reflect the Lenovo commitment to mobility and usability, while keeping the durability and dependability expected from the ThinkPad brand. With support for Microsoft Copilot+ features and a processor built for those modern AI workloads, the ThinkPad T14s Gen 6 equips commercial users with a reliable, high-performance system that is optimized for today's evolving productivity. It reinforces the ThinkPad legacy in the enterprise by delivering performance gains without compromising on the experience professionals look for.

This Signal65 Lab Insights Report will analyze the new Lenovo ThinkPad T14s Gen 6 laptop with the Ryzen AI 7 PRO processor on merits of performance, AI capabilities, and productivity and creation capability to determine how it compares against other leading commercial laptop designs.

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The Lenovo ThinkPad T14s Gen 6 with Ryzen AI

Overview

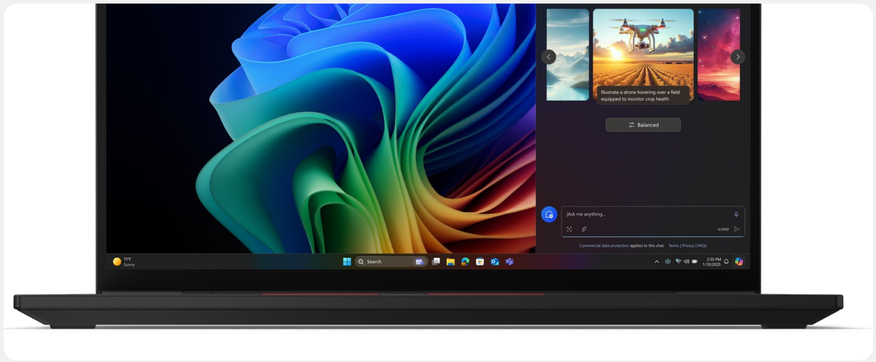
The Lenovo ThinkPad T14s Gen 6 with Ryzen AI represents a step forward in the ongoing collaboration between AMD and Lenovo, aimed at broadening the range of high-performance options available to enterprise customers. Long recognized for its reliability, durability, and business-focused features, the ThinkPad brand now brings these strengths together with AMD's advanced Ryzen AI processors—offering more choice and flexibility to IT decision-makers seeking modern, AI-ready systems across their fleets.

The ThinkPad T14s Gen 6 with Ryzen AI refines the Lenovo widely adopted commercial notebook formula, delivering improvements in mobility, performance, and power efficiency. With a thin 16.9mm profile and starting weight of just 2.86 lbs., it offers a highly portable solution that doesn't compromise on durability or capability. Backed by the AMD Ryzen AI 7 PRO 360 processor and enhanced thermal engineering, the T14s Gen 6 is built to handle modern business workloads efficiently. It retains the hallmark reliability and manageability of the ThinkPad brand while incorporating next-generation AI processing and longer battery life for evolving workplace demands.

Powered by the AMD Ryzen AI 7 PRO 360 processor, the ThinkPad T14s Gen 6 delivers next-level productivity through support for Microsoft Copilot+. These AI-enhanced capabilities streamline workflows, automate repetitive tasks, and deliver context-aware assistance—enabling users to work more efficiently and make faster, more informed decisions throughout the day.

Overall, the ThinkPad T14s Gen 6 reflects an evolution within Lenovo's commercial portfolio, balancing mobility, multi-threaded performance, and advanced on-device AI capabilities. It's a versatile solution built to meet the growing productivity demands of today's professionals, while offering IT teams a familiar, dependable platform.

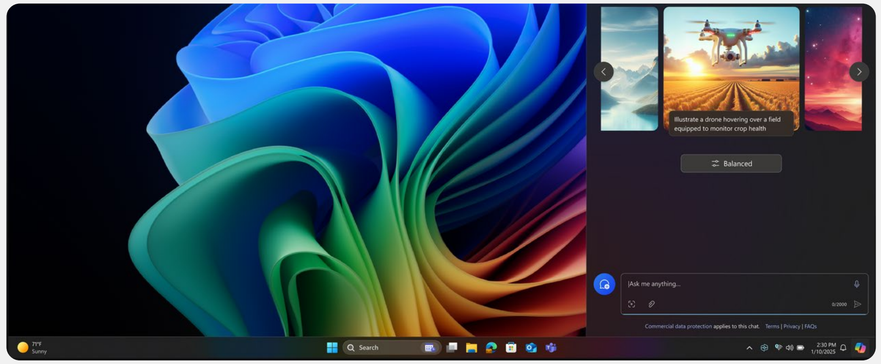
The Lenovo ThinkPad T14s Gen 6 with Ryzen AI



Design

The Lenovo ThinkPad T14s Gen 6 with AMD Ryzen AI strikes a balance between portability, durability, and enterprise performance. With a slim 16.9mm profile and starting weight of just 2.86 pounds (1.30 kg), it's designed for professionals who need a lightweight device without sacrificing capability. The chassis combines robust materials with sustainability in mind, including recycled carbon fiber and aluminum components—demonstrating Lenovo's ongoing commitment to environmental responsibility.

Staying true to the ThinkPad legacy, the T14s Gen 6 retains the familiar keyboard and TrackPoint layout that users trust, while introducing subtle refinements such as a more efficient cooling system and optimized screen-to-body ratio. Its 14-inch WUXGA display provides a comfortable 16:10 aspect ratio, up to 400 nits of brightness, and enhanced power efficiency—making it ideal for both productivity-focused workflows and mobile use across diverse professional settings.



Screen

The Lenovo ThinkPad T14s Gen 6 offers a versatile 14-inch display designed to support a wide range of business and productivity use cases. Buyers can choose between two WUXGA (1920x1200) IPS display configurations, both featuring a modern 16:10 aspect ratio and 88% screen-to-body ratio. The non-touch variant delivers 400 nits of brightness, 100% sRGB color gamut coverage, and a low-power panel for optimized battery efficiency—ideal for professionals who value clarity and extended unplugged use. Alternatively, a multi-touch version is available with a 400-nit brightness rating, enhanced by 3M optical technology to improve visibility while maintaining efficient power consumption.

The Lenovo ThinkPad T14s Gen 6 with Ryzen AI

Connectivity

The ThinkPad T14s Gen 6 with Ryzen AI offers comprehensive connectivity tailored to modern enterprise workflows. It supports Wi-Fi 7 for high-speed wireless access and Bluetooth 5.3 hardware with support for Bluetooth 5.4 under Windows 11, enabling smooth peripheral integration. The device features a well-rounded set of physical ports, including two USB-C ports with USB4 and Thunderbolt 4, two USB-A 3.2 Gen 1 ports (one with Always On), a full-size HDMI 2.1 port capable of 4K@60Hz output, and a 3.5mm audio jack for headset or microphone use. This balanced mix of wireless technology and I/O ensures the T14s Gen 6 slots into any professional environment.

Keyboard and Touchpad

Lenovo retains its iconic keyboard design in the ThinkPad T14s Gen 6, delivering a familiar and reliable typing experience with 1.5mm key travel and spill-resistant construction—ideal for busy professionals. The classic TrackPoint remains a core feature, accompanied by a three-button touchpad that supports responsive navigation. The T14s Gen 6 builds on user-trusted input methods, offering a balance of modern enhancements and the ergonomic consistency professionals have long valued in the ThinkPad lineup.

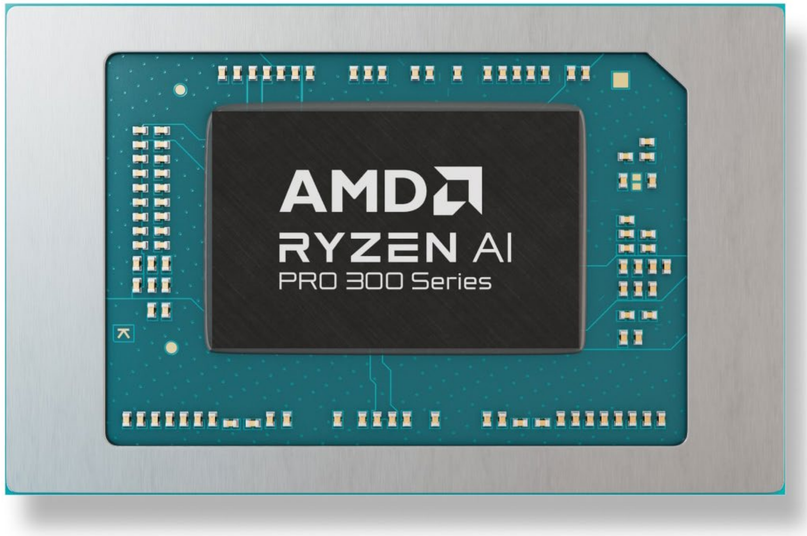
The AMD Ryzen AI 7 PRO Processor

The Lenovo ThinkPad T14s Gen 6 is powered by the AMD Ryzen AI 7 PRO 360 processor, part of AMD's latest generation of laptop CPUs, designed to deliver performance across demanding professional workloads. Built on a 4nm architecture and featuring eight efficient "Zen 5" cores and 16 threads, this processor is optimized for multi-threading, multitasking, creation and productivity in real-world business scenarios.

Integrated AMD Radeon 880M graphics offer great performance for content creation, data visualization, and multimedia tasks—delivering smooth rendering and efficient power consumption without the need for discrete graphics.

One of the standout features of the platform is its integrated Neural Processing Unit (NPU), capable of up to 50 TOPS of AI compute—the fastest in its class. This enables accelerated on-device AI workloads, such as real-time transcription, intelligent camera enhancements, and advanced automation, and more across Copilot+ and other third-party applications.

In addition, AMD's improved power efficiency supports extended battery life and excellent thermal management, making the T14s Gen 6 a capable and mobile-ready solution for enterprise computing.



Competitive Landscape

The commercial laptop segment is more competitive than ever, with a broadening array of options across silicon, system providers, and even operating systems. As a result, it is increasingly important for buyers to become informed about the performance characteristics and capabilities of the available options as they make the best investment of critical IT dollars. For this Lab Insights report, Signal65 selected three competing laptops to include with the ThinkPad T14s Gen 6 in a set of benchmarks and side-by-side comparisons to conducted hands-on testing.

Though this isn't our first experience with the latest AMD client processor platform, the Ryzen AI PRO 300 series, it marks one of the first implementations in high-end commercial laptop. This provides us with an opportunity to examine how AMD and Lenovo collaborated in the continued development of enterprise designs.

From the Windows ecosystem perspective, we have included two other laptops in our comparisons. First is a system based on the Intel Core Ultra 200 series for the commercial segment, the Core Ultra 7 268V. This is an 8-core processor (a combination of 4x P-cores and 4x E-cores) with up to 5.0GHz boost clock, integrated Intel Arc graphics, and a 48 TOPS integrated NPU to power Copilot+ features.

The second comparison is a laptop using the Qualcomm Snapdragon X Plus 42-100, which uses an Arm-based architecture rather than an x86 architecture on the Intel and AMD platforms. It is also an 8-core processor with a peak 3.4GHz clock speed, an integrated Adreno GPU, and a 45 TOPS NPU fully capable of Copilot+ features.

All of these devices have 14" screens and are *roughly* the same size and form factor, making for a solid set of comparative data points for one of the most popular categories of commercial laptops.

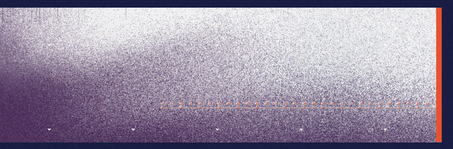
Where relevant our comparisons will also include the Apple MacBook Air 15" laptop using the M3 processor, setting up a comparison for how these devices compete across the OS ecosystem.

When it comes to pricing on commercial devices, it can be extremely difficult to relevant and accurate purchase pricing as enterprises and vendors are often discounting and including large quantities of devices in these orders. For that reason, we have left a cost and performance-per-dollar section out of this report.

	Lenovo ThinkPad T14s Gen 6	Commercial Laptop - Core Ultra 7 268V	Commercial Laptop - Snapdragon X Plus 42-100	Apple MacBook Air 15" - M3
CPU	AMD Ryzen AI 7 Pro 360	Intel Core Ultra 7 268V	Qualcomm Snapdragon X1 Plus 42-100	Apple M3
Graphics	AMD Radeon 880M	Intel Arc 140V	Qualcomm Adreno X1-45	Apple Graphics
RAM	32GB LPDDR5X-7500	32GB LPDDR5X-8533	16GB LPDDR5X-8448	24GB LPDDR5-6400
Storage	1TB Kioxia KXG8AZNV1T02	512GB Samsung MZCL2512HCJQ-00BH1	512GB SK Hynix PVC10	1TB Apple SSD
Display	14" 1920x1200	14" 2880x1800	14" 1920x1200	15" 2880x1864
System BIOS	R2NET36W (1.10)	01.01.04	2.6.0	N/A
Operating System	Windows 11 Pro 26100.2894	Windows 11 Pro 26100.2894	Windows 11 Pro 26100.2894	MacOS Sequoia 15.3.1

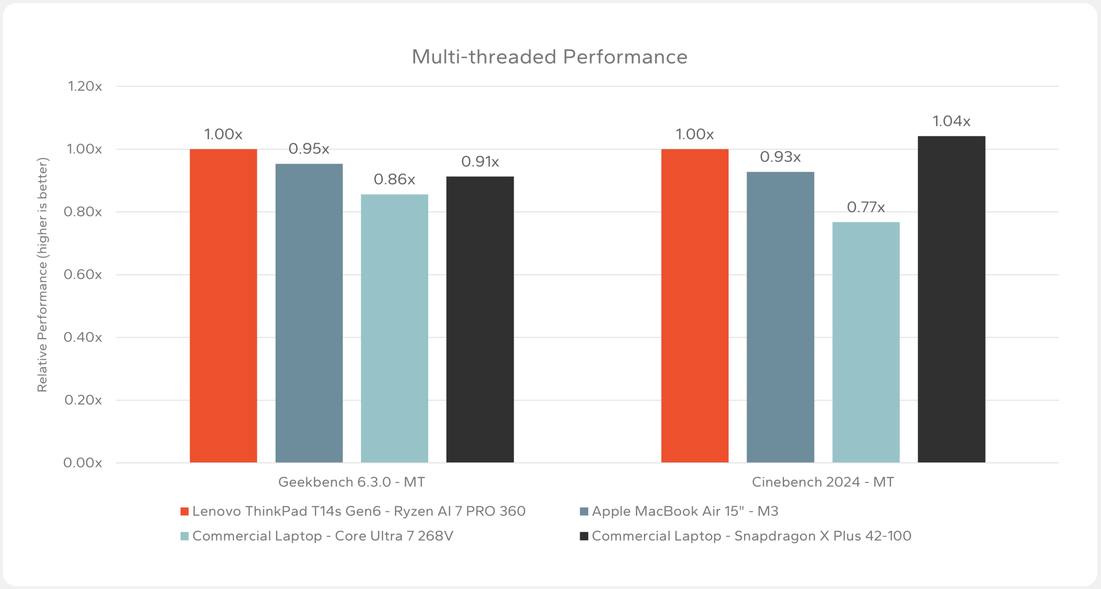
Performance Bounding

Peak and sustained synthetic performance comparisons.



Geekbench 6 is self-described as a benchmark that measures a “system’s performance with the press of a button” and allows for device comparisons between everything from mobile to desktop. It is comprised of a collection of workloads that stress the CPU and GPU, through tests that the developer considers “real world” in that they represent workloads from augmented reality to object detection to file compression and much more.

Cinebench 2024 has been a consistent benchmark used in analysis and reviews across the industry for years. It is based on the Maxon Cinema 4D rendering engine and runs a heavily multi-threaded workload to measure maximum, sustained performance of a processor.

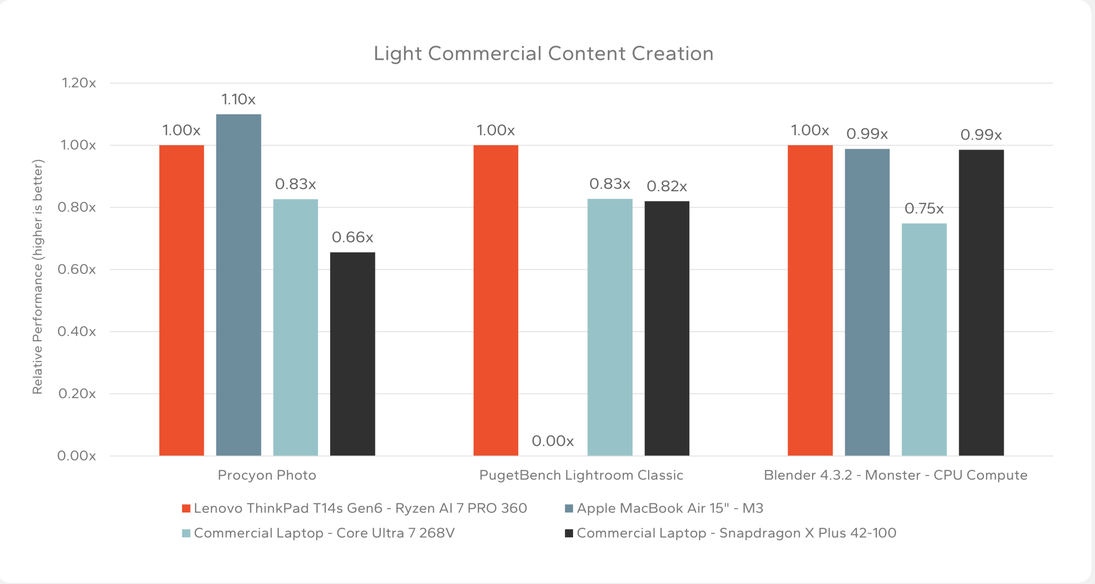


The Lenovo ThinkPad T14s Gen 6 with Ryzen AI 7 PRO 360 demonstrates robust multi-threaded performance, effectively leading or closely matching the competition across benchmark tests. In Geekbench 6.3.0, the Lenovo T14s sets performance leadership, surpassing Apple’s MacBook Air 15” and showing notable advantages over the Core Ultra 7 268V and Snapdragon X Plus 42-100 platforms. The Cinebench 2024 results further underscore the Lenovo laptop competitiveness, where it again defines the baseline, significantly outperforming the Core Ultra-based laptop and narrowly trailing behind only the Snapdragon X Plus-based laptop. This indicates that the Lenovo T14s Gen 6 provides a compelling combination of multi-threading and multi-tasking capability, making it an excellent choice for productivity tasks and workflows in business environments.

Light Content Creation and Creativity

Content creation application performance across photo editing, manipulation, and media encoding.

Content creation and creativity applications have a wide range of functions and features, and scale from lightweight to extremely heavy workloads. In this section we are looking at the performance of a handful of different benchmarks and use cases across Adobe Photoshop, Lightroom Classic, and Blender.

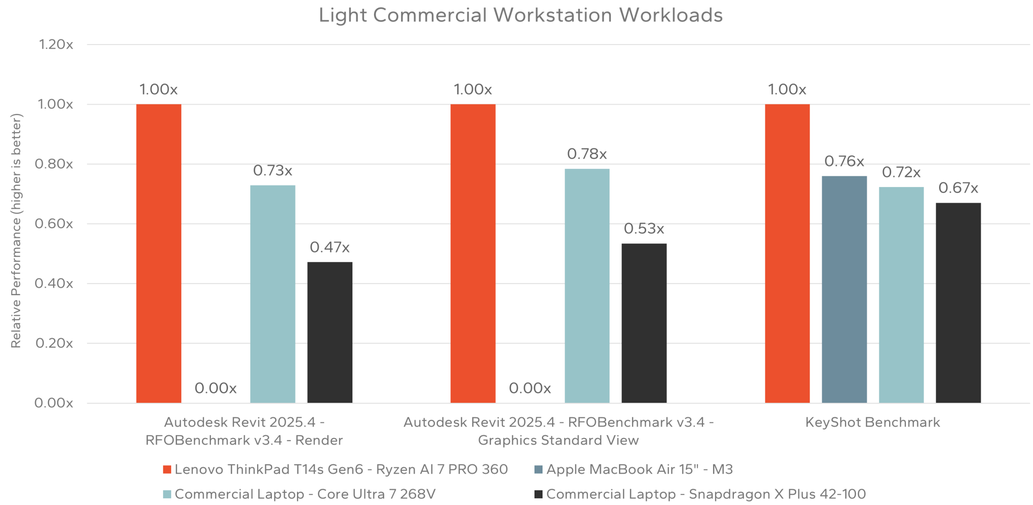


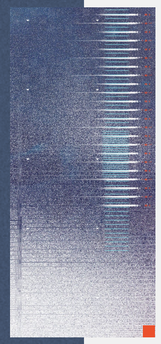
The Lenovo ThinkPad T14s Gen 6 with Ryzen AI 7 PRO 360 demonstrates excellent versatility and strength in light commercial content creation workloads. In Procyon Photo, it delivers strong performance, narrowly surpassed only by the Apple MacBook Air 15” (M3) but significantly outperforming both Core Ultra and Snapdragon-based commercial laptops. In PugetBench Lightroom Classic, Lenovo emerges as the standout performer, vastly outperforming competitors—particularly as the MacBook Air cannot complete this benchmark. The ThinkPad T14s Gen 6 maintains competitive parity in Blender 4.3.2, effectively matching the MacBook and Snapdragon systems’ performance and clearly exceeding the Core Ultra-based laptop. These results highlight the Lenovo T14s Gen 6 with Ryzen AI and its capability to handle content creation tasks efficiently.

Light Commercial Workstation Capabilities

Professional applications across simple project management tasks.

While a system like the Lenovo ThinkPad T14s Gen 6 is not targeting a full workstation-class level of performance, project managers in the field that need to do final updates or modifications for customers can still find themselves needing to make a tweak or two before a meeting. These benchmarks using Autodesk Revit and KeyShot to compare performance across the different commercial options.





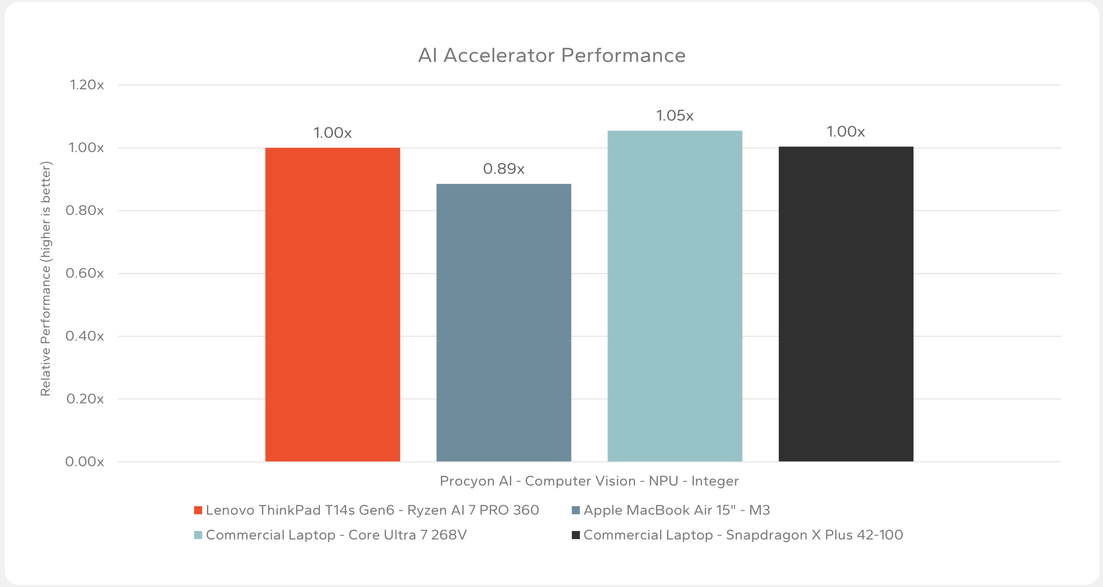
The Lenovo ThinkPad T14s Gen 6 with Ryzen AI 7 PRO 360 stands out as the top performer in these light commercial workstation workloads. In both Autodesk Revit 2025.4 tests, render and viewport performance, the Lenovo system leads, with other systems either trailing significantly or unable to complete the benchmarks. In the KeyShot Benchmark, Lenovo maintains its leadership, outperforming the Core Ultra and Snapdragon-based laptops, while also showing a 25% advantage over the MacBook Air 15” with M3. These results underscore the T14s Gen 6 and its ability to handle light-to-moderate workstation applications.

Modern AI Performance

AI throughput and performance using benchmarks and applications.

Procyon AI

From UL, “Procyon AI Computer Vision Benchmark gives insights into how AI inference engines perform on your Windows PC or Apple Mac. The benchmark features AI inference engines, with benchmark scores reflecting the performance of on-device inferencing operations.”



In the Procyon AI benchmark for computer vision tasks using integer precision on each system’s NPU, the Lenovo ThinkPad T14s Gen 6 with Ryzen AI 7 PRO 360 delivers solid AI accelerator performance, matching the Snapdragon X Plus commercial laptop and closely trailing the Core Ultra platform. While the Core Ultra 7 268V edges ahead with a 5% lead, the T14s maintains a balanced position, outperforming the MacBook Air 15” with the Apple M3 by more than 10%. These results reflect the Lenovo system’s readiness for AI-enhanced workflows, offering dependable performance for workloads that take advantage of dedicated AI.

Conclusions

The Lenovo ThinkPad T14s Gen 6 with AMD Ryzen AI represents more than just a product refresh, it reflects the growing momentum behind the Lenovo and AMD partnership to deliver commercial solutions that are both scalable and practical. Building on the ThinkPad legacy of reliability, security, and enterprise manageability, the T14s Gen 6 brings next-generation AI acceleration to one of Lenovo's most popular and widely deployed form factors.

In performance testing, the T14s Gen 6 with the Ryzen AI 7 PRO 360 processor delivered impressive results across a wide range of benchmarks and applications. It led or remained highly competitive in multi-threaded workloads, content creation tasks, and light workstation scenarios, outperforming comparable systems based on Intel Core Ultra and Snapdragon platforms from competing OEMs. Its performance in tools like Autodesk Revit, Adobe Lightroom, and KeyShot showed that the T14s is more than capable of handling productivity and creative workloads typical of modern enterprise use cases. Combined with the 50 TOPS NPU, currently the fastest in the AI PC market, the system offers on-device AI performance for Copilot+ features and other AI-accelerated workflows.

Physically, the T14s Gen 6 delivers a refined ThinkPad experience with a slim 16.9mm chassis and a starting weight of just 2.86 lbs., making it ideal for mobile professionals. It retains Lenovo's hallmark design elements, including the trusted keyboard, TrackPoint, and build quality, while incorporating modern additions like a low-power WUXGA display and Wi-Fi 7 connectivity. The T14s Gen 6 maintains excellent thermals, battery life, and durability, making it a solid companion for both travel and hybrid work environments.

With Microsoft Copilot+ support and deeply integrated AI workflows, the T14s Gen 6 empowers users to streamline repetitive tasks, accelerate decision-making, and work more efficiently, whether in the office, on the road, or in increasingly common hybrid environments. The new Ryzen AI 300 series of processors also offers AMD's best power efficiency in a PC platform to date, providing impressive battery life and power efficiency for enterprise users on the move.

By combining the trusted ThinkPad engineering pedigree with AMD's strong position multi-core performance and AI acceleration, the T14s Gen 6 with Ryzen AI delivers a compelling platform for organizations looking to modernize their fleet with secure, capable, and future-ready systems. For IT leaders and professionals alike, it's a practical and powerful choice that brings enterprise computing into the AI era.

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System Configurations & Applications

	LENOVO THINKPAD T14S GEN 6	COMMERCIAL LAPTOP - CORE ULTRA 7 268V	COMMERCIAL LAPTOP - SNAPDRAGON X PLUS 42-100	APPLE MACBOOK AIR 15" - M3
CPU	AMD Ryzen AI 7 Pro 360	Intel Core Ultra 7 268V	Qualcomm Snapdragon X1 Plus 42-100	Apple M3
Graphics	AMD Radeon 880M	Intel Arc 140V	Qualcomm Adreno X1-45	Apple Graphics
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System BIOS	R2NET36W (1.10)	01.01.04	2.6.0	N/A
Operating System	Windows 11 Pro 26100.2894	Windows 11 Pro 26100.2894	Windows 11 Pro 26100.2894	MacOS Sequoia 15.3.1
Windows Power Mode (Performance Testing)	Best Performance	Best Performance	Best Performance	N/A
OEM Power Application Settings (Performance Testing)	Intellegent Cooling	Performance	Ultra Performance	N/A
Windows Power Mode (Battery Life Testing)	Best Power Efficiency	Best Power Efficiency	Best Power Efficiency	N/A
OEM Power Application Settings (Battery Life Testing)	Intellegent Cooling	Smart Sense	Quiet	N/A
Virtualization Based Security	Enabled	Enabled	Enabled	N/A

Applications Used

Geekbench 6.3.0

Cinebench 2024.0.1

UL Procyon 2.10.1542

3DMark 2.31.8372

Adobe Photoshop 26.3.0

Adobe Lightroom Classic 14.2

Blender 4.3.2

Autodesk Revit 2025.4

Keyshot Viewer 2024.3


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