



DELL Precision 3490 Intel Core Ultra 7 155H Mobile workstation 35.6 cm (14") Full HD 16 GB DDR5-SDRAM 512 GB SSD NVIDIA RTX 500 Ada Wi-Fi 6E (802.11ax) Windows 11 Pro Grey

Brand : DELL

Product family: Precision

Product code: 3VM7K

Product name : 3490

- Windows 11 Pro 64-bit
- Intel Core Ultra 7 155H (24MB Cache)
- 35.6 cm (14") Full HD 1920 x 1080 IPS, NVIDIA RTX 500 Ada (4GB GDDR6)
- 16GB DDR5-SDRAM (1 x 16) & 512GB SSD

Intel Core Ultra 7 155H (24MB Cache), 16GB DDR5-SDRAM, 512GB SSD, 35.6 cm (14") Full HD 1920 x 1080 IPS, Intel Arc Graphics, NVIDIA RTX 500 Ada (4GB GDDR6), LAN, WLAN, Webcam, Windows 11 Pro 64-bit

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Purpose built for Power Users

Ultra-light and mobile, this 14-inch workstation is perfect for professionals who need a compact device for productivity while multi-tasking across applications.



Design		Audio	
Product type *	Mobile workstation	Audio system	MaxxAudio Pro
Product colour *	Grey	Number of built-in speakers	2
Form factor *	Clamshell	Speakers manufacturer	Waves
Market positioning	Business	Speaker power	2 W
Intel® vPro™ Platform Eligibility	✓	Built-in microphone	✓
		Number of microphones	2
Display		Camera	
Display diagonal *	35.6 cm (14")	Front camera	✓
Display resolution *	1920 x 1080 pixels	Front camera resolution (numeric)	2.07 MP
Touchscreen *	✗	Front camera resolution	1920 x 1080 pixels
HD type	Full HD	Front camera HD type	Full HD
Panel type	IPS	Privacy camera	✓
LED backlight	✓	Privacy type	Privacy shutter
Native aspect ratio	16:9	Network	
Anti-glare screen	✓	Top Wi-Fi standard *	Wi-Fi 6E (802.11ax)
Display brightness	250 cd/m ²	Wi-Fi standards	Wi-Fi 5 (802.11ac), 802.11b, 802.11g, Wi-Fi 4 (802.11n), Wi-Fi 6E (802.11ax)
Pixel density	157 ppi	Mobile network connection *	✗
Display diagonal (metric)	35.56 cm	Wi-Fi data rate (max)	2400 Mbit/s
RGB colour space	NTSC	Antenna type	2x2
Colour gamut	45%	WLAN controller model	Intel Wi-Fi 6E AX211
Maximum refresh rate	60 Hz	WLAN controller manufacturer	Intel
Contrast ratio (typical)	600:1	Ethernet LAN	✓
Processor		Ethernet LAN data rates	10,100,1000 Mbit/s
Processor manufacturer *	Intel	Bluetooth	✓
Processor family *	Intel Core Ultra 7		
Processor generation	Intel Core Ultra (Series 1)		
Processor model *	155H		
Processor cores	16		
Processor threads	22		

Processor		Ports & interfaces	
Processor boost frequency	4.8 GHz	USB 3.2 Gen 1 (3.1 Gen 1) Type-A ports quantity *	2
Performance cores	6	Ethernet LAN (RJ-45) ports	1
Efficient cores	8	HDMI ports quantity *	1
Low Power Efficient-cores	2	HDMI version	2.1
Performance-core Max Turbo Frequency	4.8 GHz	Thunderbolt 4 ports quantity	2
Efficient-core Max Turbo Frequency	3.8 GHz	Intel® Thunderbolt 4	✓
Low Power Efficient-core Max Turbo Frequency	2.5 GHz	Combo headphone/mic port	✓
Performance-core base frequency	1.4 GHz	Charging port type	USB Type-C
Efficient-core base frequency	0.9 GHz	USB Type-C DisplayPort Alternate Mode	✓
Low Power Efficient-core Base Frequency	700 MHz	USB Power Delivery	✓
Processor cache	24 MB	PowerShare	✓
Processor cache type	Smart Cache	Performance	
Processor base power	28 W	Motherboard chipset	Intel SoC
Maximum turbo power	115 W	Keyboard	
Neural processor unit (NPU)		Pointing device	Touchpad
Neural processor unit (NPU)	Intel AI Boost	Keyboard language	UK English
Maximum frequency NPU	1.4 GHz	Numeric keypad *	✗
Sparsity support	✓	Keyboard backlit	✓
Windows Studio effects support	✓	Software	
AI datatype support on NPU	FP16, FP32, Int8	Operating system architecture	64-bit
AI software frameworks supported by NPU	DirectML, ONNX RT, OpenVINO, Windows ML	Operating system language	German, Dutch, English, French, Italian
Memory		Trial software	No Microsoft Office Licence Included - 30 day Trial Offer Only
Internal memory *	16 GB	Operating system installed *	Windows 11 Pro
Internal memory type	DDR5-SDRAM	Battery	
Memory form factor	SO-DIMM	Number of battery cells	3
Memory layout (slots x size)	1 x 16 GB	Battery capacity *	54 Wh
Memory slots	2x SO-DIMM	Battery voltage	11.4 V
Maximum internal memory *	64 GB	Battery recharge time	4 h
Memory data transfer rate	5600 MT/s	Fast charging	✓
Non-ECC	✓	Battery weight	220 g
Storage		Power	
Total storage capacity *	512 GB	AC adapter power	130 W
Storage media *	SSD	AC adapter frequency	50/60 Hz
Total SSDs capacity	512 GB	AC adapter input voltage	100 - 240 V
Number of SSDs installed	1	Security	
SSD capacity	512 GB	Cable lock slot	✓
SSD memory type	TLC	Cable lock slot type	Wedge
SSD interface	PCI Express 4.0	Smart card reader	✓
NVMe	✓	Trusted Platform Module (TPM)	✓
SSD form factor	M.2	Trusted Platform Module (TPM) version	2.0
SSD performance class	35	Operational conditions	
Optical drive type *	✗	Operating temperature (T-T)	0 - 35 °C
Graphics		Storage temperature (T-T)	-40 - 65 °C
Discrete graphics card model *	NVIDIA RTX 500 Ada	Operating relative humidity (H-H)	10 - 90%
Discrete graphics card memory	4 GB	Storage relative humidity (H-H)	0 - 95%
Discrete graphics memory type	GDDR6	Operating altitude	-15.2 - 3048 m
On-board graphics card *	✓	Non-operating altitude	-15.2 - 10668 m
On-board GPU manufacturer	Intel	Operating shock	110 G
Discrete graphics card *	✓	Non-operating shock	160 G
On-board graphics card family	Intel Arc Graphics	Operating vibration	0.66 G
On-board graphics card model *	Intel Arc Graphics	Non-operating vibration	1.3 G
		Weight & dimensions	
		Width	321.4 mm

Weight & dimensions

Depth	212 mm
Height (front)	1.91 cm
Height (rear)	2.1 cm
Weight *	1.4 kg

Packaging content

Cables included	AC
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