![Dell logo]

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	
Product type *	Mobile workstation
Product colour *	Grey
Form factor *	Clamshell
Market positioning	Business
Intel® vPro™ Platform Eligibility	✔

Display	
Display diagonal *	35.6 cm (14")
Display resolution *	1920 x 1080 pixels
Touchscreen *	✘
HD type	Full HD
Panel type	IPS
LED backlight	✔
Native aspect ratio	16:9
Anti-glare screen	✔
Display brightness	250 cd/m²
Pixel density	157 ppi
Display diagonal (metric)	35.56 cm
RGB colour space	NTSC
Colour gamut	45%
Maximum refresh rate	60 Hz
Contrast ratio (typical)	600:1

Processor	
Processor manufacturer *	Intel
Processor family *	Intel Core Ultra 7
Processor generation	Intel Core Ultra (Series 1)
Processor model *	155H
Processor cores	16
Processor threads	22

Audio	
Audio system	MaxxAudio Pro
Number of built-in speakers	2
Speakers manufacturer	Waves
Speaker power	2 W
Built-in microphone	✔
Number of microphones	2

Camera	
Front camera	✔
Front camera resolution (numeric)	2.07 MP
Front camera resolution	1920 x 1080 pixels
Front camera HD type	Full HD
Privacy camera	✔
Privacy type	Privacy shutter

Network	
Top Wi-Fi standard *	Wi-Fi 6E (802.11ax)
Wi-Fi standards	Wi-Fi 5 (802.11ac), 802.11b, 802.11g, Wi-Fi 4 (802.11n), Wi-Fi 6E (802.11ax)
Mobile network connection *	✘
Wi-Fi data rate (max)	2400 Mbit/s
Antenna type	2x2
WLAN controller model	Intel Wi-Fi 6E AX211
WLAN controller manufacturer	Intel
Ethernet LAN	✔
Ethernet LAN data rates	10,100,1000 Mbit/s
Bluetooth	✔

Processor

Processor boost frequency	4.8 GHz
Performance cores	6
Efficient cores	8
Low Power Efficient-cores	2
Performance-core Max Turbo Frequency	4.8 GHz
Efficient-core Max Turbo Frequency	3.8 GHz
Low Power Efficient-core Max Turbo Frequency	2.5 GHz
Performance-core base frequency	1.4 GHz
Efficient-core base frequency	0.9 GHz
Low Power Efficient-core Base Frequency	700 MHz
Processor cache	24 MB
Processor cache type	Smart Cache
Processor base power	28 W
Maximum turbo power	115 W

Neural processor unit (NPU)

Neural processor unit (NPU)	Intel AI Boost
Maximum frequency NPU	1.4 GHz
Sparsity support	✓
Windows Studio effects support	✓
AI datatype support on NPU	FP16, FP32, Int8
AI software frameworks supported by NPU	DirectML, ONNX RT, OpenVINO, Windows ML

Memory

Internal memory *	16 GB
Internal memory type	DDR5-SDRAM
Memory form factor	SO-DIMM
Memory layout (slots x size)	1 x 16 GB
Memory slots	2x SO-DIMM
Maximum internal memory *	64 GB
Memory data transfer rate	5600 MT/s
Non-ECC	✓

Storage

Total storage capacity *	512 GB
Storage media *	SSD
Total SSDs capacity	512 GB
Number of SSDs installed	1
SSD capacity	512 GB
SSD memory type	TLC
SSD interface	PCI Express 4.0
NVMe	✓
SSD form factor	M.2
SSD performance class	35
Optical drive type *	✗

Graphics

Discrete graphics card model *	NVIDIA RTX 500 Ada
Discrete graphics card memory	4 GB
Discrete graphics memory type	GDDR6
On-board graphics card *	✓
On-board GPU manufacturer	Intel
Discrete graphics card *	✓
On-board graphics card family	Intel Arc Graphics
On-board graphics card model *	Intel Arc Graphics

Ports & interfaces

USB 3.2 Gen 1 (3.1 Gen 1) Type-A ports quantity *	2
Ethernet LAN (RJ-45) ports	1
HDMI ports quantity *	1
HDMI version	2.1
Thunderbolt 4 ports quantity	2
Intel® Thunderbolt 4	✓
Combo headphone/mic port	✓
Charging port type	USB Type-C
USB Type-C DisplayPort Alternate Mode	✓
USB Power Delivery	✓
PowerShare	✓

Performance

Motherboard chipset	Intel SoC

Keyboard

Pointing device	Touchpad
Keyboard language	UK English
Numeric keypad *	✗
Keyboard backlit	✓

Software

Operating system architecture	64-bit
Operating system language	German, Dutch, English, French, Italian
Trial software	No Microsoft Office Licence Included - 30 day Trial Offer Only
Operating system installed *	Windows 11 Pro

Battery

Number of battery cells	3
Battery capacity *	54 Wh
Battery voltage	11.4 V
Battery recharge time	4 h
Fast charging	✓
Battery weight	220 g

Power

AC adapter power	130 W
AC adapter frequency	50/60 Hz
AC adapter input voltage	100 - 240 V

Security

Cable lock slot	✓
Cable lock slot type	Wedge
Smart card reader	✓
Trusted Platform Module (TPM)	✓
Trusted Platform Module (TPM) version	2.0

Operational conditions

Operating temperature (T-T)	0 - 35 °C
Storage temperature (T-T)	-40 - 65 °C
Operating relative humidity (H-H)	10 - 90%
Storage relative humidity (H-H)	0 - 95%
Operating altitude	-15.2 - 3048 m
Non-operating altitude	-15.2 - 10668 m
Operating shock	110 G
Non-operating shock	160 G
Operating vibration	0.66 G
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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