



DELL Precision 3490 Intel Core Ultra 7 155H Mobile workstation 35.6 cm (14") Full HD 32 GB DDR5-SDRAM 1 TB SSD NVIDIA RTX 500 Ada Wi-Fi 6E (802.11ax) Windows 11 Pro Grey

Brand : DELL

Product family: Precision

Product code: TXFGG

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)
- 32GB DDR5-SDRAM (2 x 16) & 1000GB SSD

Intel Core Ultra 7 155H (24MB Cache), 32GB DDR5-SDRAM, 1000GB 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		Camera	
Product type *	Mobile workstation	Front camera	✓
Product colour *	Grey	Front camera resolution (numeric)	2.07 MP
Form factor *	Clamshell	Front camera resolution	1920 x 1080 pixels
Market positioning	Business	Front camera HD type	Full HD
Intel® vPro™ Platform Eligibility	✓	Privacy camera	✓
Display		Privacy type	Privacy shutter
Display diagonal *	35.6 cm (14")	Network	
Display resolution *	1920 x 1080 pixels	Top Wi-Fi standard *	Wi-Fi 6E (802.11ax)
Touchscreen *	✗	Wi-Fi standards	802.11a, Wi-Fi 5 (802.11ac), 802.11b, 802.11g, Wi-Fi 4 (802.11n), Wi-Fi 6E (802.11ax)
HD type	Full HD	Mobile network connection *	✗
Panel type	IPS	Wi-Fi data rate (max)	2400 Mbit/s
LED backlight	✓	Antenna type	2x2
Native aspect ratio	16:9	WLAN controller model	Intel Wi-Fi 6E AX211
Anti-glare screen	✓	WLAN controller manufacturer	Intel
Display brightness	250 cd/m ²	Ethernet LAN	✓
Pixel pitch	0.161 x 0.161 mm	Ethernet LAN data rates	10,100,1000 Mbit/s
Pixel density	157 ppi	Bluetooth	✓
Display diagonal (metric)	35.56 cm	MIMO	✓
RGB colour space	NTSC	MIMO type	Multi User MIMO
Colour gamut	45%	Ports & interfaces	
Display response rise/fall	35 ms	USB 3.2 Gen 1 (3.1 Gen 1) Type-A ports quantity *	2
Maximum refresh rate	60 Hz	Ethernet LAN (RJ-45) ports	1
Contrast ratio (typical)	600:1	HDMI ports quantity *	1
Processor		HDMI version	2.1
Processor manufacturer *	Intel	Thunderbolt 4 ports quantity	2
Processor family *	Intel Core Ultra 7	Intel® Thunderbolt 4	✓
Processor generation	Intel® Core™ Ultra (Series 1)		
Processor model *	155H		

Processor		Ports & interfaces	
Processor cores	16	Combo headphone/mic port	✓
Processor threads	22	Charging port type	USB Type-C
Processor boost frequency	4.8 GHz	USB Type-C DisplayPort Alternate Mode	✓
Performance cores	6	USB Power Delivery	✓
Efficient cores	8	PowerShare	✓
Low Power Efficient-cores	2	Performance	
Performance-core Max Turbo Frequency	4.8 GHz	Motherboard chipset	Intel SoC
Efficient-core Max Turbo Frequency	3.8 GHz	Ambient light sensor	✓
Low Power Efficient-core Max Turbo Frequency	2.5 GHz	Keyboard	
Performance-core base frequency	1.4 GHz	Pointing device	Touchpad
Efficient-core base frequency	0.9 GHz	Keyboard language	UK English
Low Power Efficient-core Base Frequency	700 MHz	Numeric keypad *	✗
Processor cache	24 MB	Keyboard backlit	✓
Processor cache type	Smart Cache	Software	
Processor base power	28 W	Operating system architecture	64-bit
Maximum turbo power	115 W	Operating system language	German, Dutch, English, French, Italian
Neural processor unit (NPU)		Trial software	No Microsoft Office License Included 30 day Trial Offer Only
Neural processor unit (NPU)	Intel AI Boost	Operating system installed *	Windows 11 Pro
Maximum frequency NPU	1.4 GHz	Battery	
Sparsity support	✓	Number of battery cells	3
Windows Studio effects support	✓	Battery capacity *	54 Wh
AI datatype support on NPU	FP16, FP32, Int8	Battery voltage	11.4 V
AI software frameworks supported by NPU	DirectML, ONNX RT, OpenVINO, Windows ML	Battery recharge time	4 h
Memory		Fast charging	✓
Internal memory *	32 GB	Battery weight	220 g
Internal memory type	DDR5-SDRAM	Power	
Memory form factor	SO-DIMM	AC adapter power	130 W
Memory layout (slots x size)	2 x 16 GB	AC adapter frequency	50/60 Hz
Memory slots	2x SO-DIMM	AC adapter input voltage	100 - 240 V
Maximum internal memory *	64 GB	USB charging voltage	20,5 V
Memory data transfer rate	5600 MT/s	USB charging current	6.5 A
Non-ECC	✓	Security	
Storage		Cable lock slot	✓
Total storage capacity *	1 TB	Cable lock slot type	Wedge
Storage media *	SSD	Smart card reader	✓
Total SSDs capacity	1 TB	Trusted Platform Module (TPM)	✓
Number of SSDs installed	1	Trusted Platform Module (TPM) version	2.0
SSD capacity	1 TB	Operational conditions	
SSD memory type	TLC	Operating temperature (T-T)	0 - 35 °C
SSD interface	PCI Express 4.0	Storage temperature (T-T)	-40 - 65 °C
NVMe	✓	Operating relative humidity (H-H)	10 - 90%
SSD form factor	M.2	Storage relative humidity (H-H)	0 - 95%
SSD performance class	35	Operating altitude	-15.2 - 3048 m
Optical drive type *	✗	Non-operating altitude	-15.2 - 10668 m
Card reader integrated	✗	Operating shock	110 G
Graphics		Non-operating shock	160 G
Discrete GPU manufacturer	NVIDIA	Operating vibration	0.66 G
Discrete graphics card model *	NVIDIA RTX 500 Ada	Non-operating vibration	1.3 G
Discrete graphics card memory	4 GB	Sustainability	
Discrete graphics memory type	GDDR6	Sustainability compliance	✓
On-board graphics card *	✓	Weight & dimensions	
On-board GPU manufacturer	Intel	Width	321.4 mm
Discrete graphics card *	✓	Depth	212 mm
On-board graphics card family	Intel Arc Graphics		
On-board graphics card model *	Intel Arc Graphics		

Audio		Weight & dimensions	
Audio system	MaxxAudio Pro	Height (front)	1.91 cm
Number of built-in speakers	2	Height (rear)	2.1 cm
Speakers manufacturer	Waves	Weight *	1.4 kg
Speaker power	2 W	Carbon footprint	
Built-in microphone	✓	Total carbon footprint (kg of CO2e)	104
Number of microphones	2	Carbon emissions, manufacturing (kg of CO2e)	76
		Carbon emissions, logistics (kg of CO2e)	4
		Carbon emissions, energy usage (kg of CO2e)	23
		Carbon emissions, end-of-life (kg of CO2e)	1
		Total carbon emissions, w/o use phase (kg of CO2e)	81
		PAIA version	GaBi verison1



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Publication date: 25-OCT-2024. Prints or copies of Information are only valid on the printed Publication date