



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		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	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 density	157 ppi	Ethernet LAN data rates	10,100,1000 Mbit/s
Display diagonal (metric)	35.56 cm	Bluetooth	✓
RGB colour space	NTSC	Ports & interfaces	
Colour gamut	45%	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)	Combo headphone/mic port	✓
Processor model *	155H	Charging port type	USB Type-C
Processor cores	16		
Processor threads	22		

Processor		Ports & interfaces	
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	Keyboard	
Low Power Efficient-core Max Turbo Frequency	2.5 GHz	Pointing device	Touchpad
Performance-core base frequency	1.4 GHz	Keyboard language	UK English
Efficient-core base frequency	0.9 GHz	Numeric keypad *	✗
Low Power Efficient-core Base Frequency	700 MHz	Keyboard backlit	✓
Processor cache	24 MB	Software	
Processor cache type	Smart Cache	Operating system architecture	64-bit
Processor base power	28 W	Operating system language	German, Dutch, English, French, Italian
Maximum turbo power	115 W	Trial software	No Microsoft Office Licence Included - 30 day Trial Offer Only
Neural processor unit (NPU)		Operating system installed *	Windows 11 Pro
Neural processor unit (NPU)	Intel AI Boost	Battery	
Maximum frequency NPU	1.4 GHz	Number of battery cells	3
Sparsity support	✓	Battery capacity *	54 Wh
Windows Studio effects support	✓	Battery voltage	11.4 V
AI datatype support on NPU	FP16, FP32, Int8	Battery recharge time	4 h
AI software frameworks supported by NPU	DirectML, ONNX RT, OpenVINO, Windows ML	Fast charging	✓
Memory		Battery weight	220 g
Internal memory *	16 GB	Power	
Internal memory type	DDR5-SDRAM	AC adapter power	130 W
Memory form factor	SO-DIMM	AC adapter frequency	50/60 Hz
Memory layout (slots x size)	1 x 16 GB	AC adapter input voltage	100 - 240 V
Memory slots	2x SO-DIMM	Security	
Maximum internal memory *	64 GB	Cable lock slot	✓
Memory data transfer rate	5600 MT/s	Cable lock slot type	Wedge
Non-ECC	✓	Smart card reader	✓
Storage		Trusted Platform Module (TPM)	✓
Total storage capacity *	512 GB	Trusted Platform Module (TPM) version	2.0
Storage media *	SSD	Operational conditions	
Total SSDs capacity	512 GB	Operating temperature (T-T)	0 - 35 °C
Number of SSDs installed	1	Storage temperature (T-T)	-40 - 65 °C
SSD capacity	512 GB	Operating relative humidity (H-H)	10 - 90%
SSD memory type	TLC	Storage relative humidity (H-H)	0 - 95%
SSD interface	PCI Express 4.0	Operating altitude	-15.2 - 3048 m
NVMe	✓	Non-operating altitude	-15.2 - 10668 m
SSD form factor	M.2	Operating shock	110 G
SSD performance class	35	Non-operating shock	160 G
Optical drive type *	✗	Operating vibration	0.66 G
Graphics		Non-operating vibration	1.3 G
Discrete graphics card model *	NVIDIA RTX 500 Ada	Weight & dimensions	
Discrete graphics card memory	4 GB	Width	321.4 mm
Discrete graphics memory type	GDDR6	Depth	212 mm
On-board graphics card *	✓	Height (front)	1.91 cm
On-board GPU manufacturer	Intel	Height (rear)	2.1 cm
Discrete graphics card *	✓	Weight *	1.4 kg
On-board graphics card family	Intel Arc Graphics	Carbon footprint	
On-board graphics card model *	Intel Arc Graphics	Total carbon footprint (kg of CO2e)	104
Audio		Carbon emissions, manufacturing (kg of CO2e)	76
Audio system	MaxxAudio Pro		
Number of built-in speakers	2		
Speakers manufacturer	Waves		

Audio		Carbon footprint	
Speaker power	2 W	Carbon emissions, logistics (kg of CO2e)	4
Built-in microphone	✓	Carbon emissions, energy usage (kg of CO2e)	23
Number of microphones	2	Carbon emissions, end-of-life (kg of CO2e)	1
		Total carbon emissions, w/o use phase (kg of CO2e)	81
		PAIA version	GaBi verison1
		Packaging content	
		Cables included	AC



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