



DELL Precision 5690 Intel Core Ultra 7 165H Mobile workstation 40.6 cm (16") Full HD+ 32 GB LPDDR5x-SDRAM 1 TB SSD NVIDIA RTX 2000 Ada Wi-Fi 7 (802.11be) Windows 11 Pro Grey

Brand : DELL

Product family: Precision

Product code: GJ92P

Product name : 5690



DELL Precision 5690. Product type: Mobile workstation, Form factor: Clamshell. Processor family: Intel Core Ultra 7, Processor model: 165H. Display diagonal: 40.6 cm (16"), HD type: Full HD+, Display resolution: 1920 x 1200 pixels. Internal memory: 32 GB, Internal memory type: LPDDR5x-SDRAM. Total storage capacity: 1 TB, Storage media: SSD. On-board graphics card model: Intel Arc Graphics, Discrete graphics card model: NVIDIA RTX 2000 Ada. Operating system installed: Windows 11 Pro. Product colour: Grey

Design		Camera	
Product type *	Mobile workstation	Video capturing speed	30 fps
Product colour *	Grey	Infrared (IR) camera	✓
Form factor *	Clamshell	Network	
Market positioning	Business	Top Wi-Fi standard *	Wi-Fi 7 (802.11be)
Intel® vPro™ Platform Eligibility	✓	Wi-Fi standards	802.11a, 802.11b, 802.11g, Wi-Fi 4 (802.11n), Wi-Fi 5 (802.11ac), Wi-Fi 6E (802.11ax), Wi-Fi 7 (802.11be)
Display		Mobile network connection *	✗
Display diagonal *	40.6 cm (16")	Antenna type	2x2
Display resolution *	1920 x 1200 pixels	WLAN controller model	Intel Wi-Fi 7 BE200
Touchscreen *	✗	WLAN controller manufacturer	Intel
HD type	Full HD+	Bluetooth	✓
Panel type	IPS	MIMO	✓
LED backlight	✓	MIMO type	Multi User MIMO
Native aspect ratio	16:10	Ports & interfaces	
Anti-glare screen	✓	USB 3.2 Gen 2 (3.1 Gen 2) Type-C ports quantity	1
Display brightness	500 cd/m ²	HDMI ports quantity *	1
Pixel density	142 ppi	HDMI version	2.1
RGB colour space	DCI-P3	Thunderbolt 4 ports quantity	2
Colour gamut	100%	Intel® Thunderbolt 4	✓
Maximum refresh rate	60 Hz	Combo headphone/mic port	✓
Contrast ratio (typical)	1300:1	USB Type-C DisplayPort Alternate Mode	✓
Processor		Performance	
Processor manufacturer *	Intel	Ambient light sensor	✓
Processor family *	Intel Core Ultra 7	Accelerometer	✓
Processor generation	Intel® Core™ Ultra (Series 1)		
Processor model *	165H		
Processor cores	16		
Processor threads	22		

Processor		Performance	
Processor boost frequency	5 GHz	Proximity sensor	✓
Performance cores	6	Gyroscope	✓
Efficient cores	8	Hall sensor	✓
Low Power Efficient-cores	2	Keyboard	
Performance-core Max Turbo Frequency	5 GHz	Pointing device	Touchpad
Efficient-core Max Turbo Frequency	3.8 GHz	Keyboard language	Nordic
Low Power Efficient-core Max Turbo Frequency	2.5 GHz	Numeric keypad *	✗
Performance-core base frequency	1.4 GHz	Keyboard backlit	✓
Efficient-core base frequency	0.9 GHz	Copilot key	✓
Low Power Efficient-core Base Frequency	700 MHz	Software	
Processor cache	24 MB	Operating system architecture	64-bit
Processor cache type	Smart Cache	Operating system language	Danish, English, Finnish, Norwegian, Swedish
Processor base power	28 W	Trial software	No Microsoft Office Licence Included - 30 day Trial Offer Only
Maximum turbo power	115 W	Operating system installed *	Windows 11 Pro
Neural processor unit (NPU)		Microsoft Copilot	✓
Neural processor unit (NPU)	Intel AI Boost	Battery	
Maximum frequency NPU	1.4 GHz	Battery technology	Lithium-Ion (Li-Ion)
Sparsity support	✓	Number of battery cells	6
Windows Studio effects support	✓	Battery capacity *	99.5 Wh
AI datatype support on NPU	FP16, FP32, Int8	Battery voltage	11.55 V
AI software frameworks supported by NPU	DirectML, ONNX RT, OpenVINO, Windows ML	Battery recharge time	3 h
Memory		Fast charging	✓
Internal memory *	32 GB	Battery charge indicator	✓
Internal memory type	LPDDR5x-SDRAM	Battery weight	363 g
Memory form factor	On-board	Power	
Maximum internal memory *	32 GB	AC adapter power	165 W
Memory channels	Dual-channel	AC adapter frequency	50 - 60 Hz
Memory data transfer rate	7467 MT/s	AC adapter input voltage	100 - 240 V
Storage		USB Power Delivery (USB PD) *	✓
Total storage capacity *	1 TB	Security	
Storage media *	SSD	Cable lock slot	✓
Total SSDs capacity	1 TB	Cable lock slot type	Wedge
Number of SSDs installed	1	Fingerprint reader	✓
SSD capacity	1 TB	Trusted Platform Module (TPM)	✓
SSD interface	PCI Express 4.0	Trusted Platform Module (TPM) version	2.0
NVMe	✓	Password protection	✓
SSD form factor	M.2	Operational conditions	
SSD performance class	40	Operating temperature (T-T)	0 - 35 °C
M.2 SSD size	2280 (22 x 80 mm)	Storage temperature (T-T)	-40 - 65 °C
Optical drive type *	✗	Operating relative humidity (H-H)	10 - 90%
Graphics		Storage relative humidity (H-H)	0 - 95%
Discrete graphics card model *	NVIDIA RTX 2000 Ada	Operating altitude	-15.2 - 3048 m
Discrete graphics card memory	8 GB	Non-operating altitude	-15.2 - 10668 m
Discrete graphics memory type	GDDR6	Operating shock	110 G
On-board graphics card *	✓	Non-operating shock	160 G
On-board GPU manufacturer	Intel	Operating vibration	0.66 G
Discrete graphics card *	✓	Non-operating vibration	1.3 G
On-board graphics card family	Intel Arc Graphics	Weight & dimensions	
On-board graphics card model *	Intel Arc Graphics	Width	353.7 mm
Audio		Depth	240.3 mm
Number of built-in speakers	4	Height (front)	2.05 cm
Speakers manufacturer	Waves	Height (rear)	2.22 cm
Built-in microphone	✓	Weight *	2.03 kg
Number of microphones	2		

Camera		Carbon footprint	
Front camera	✓	Total carbon footprint (kg of CO2e)	246
Front camera resolution (numeric)	2.07 MP	Carbon emissions, manufacturing (kg of CO2e)	200
Front camera resolution	1920 x 1080 pixels	Carbon emissions, logistics (kg of CO2e)	7
Front camera HD type	Full HD	Carbon emissions, energy usage (kg of CO2e)	36
		Carbon emissions, end-of-life (kg of CO2e)	2
		Total carbon emissions, w/o use phase (kg of CO2e)	210
		PAIA version	GaBi version 1, 2024
		Packaging content	
		Cables included	AC



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