



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: GTH8Y

Product name : 3490



DELL Precision 3490. Product type: Mobile workstation, Form factor: Clamshell. Processor family: Intel Core Ultra 7, Processor model: 155H. Display diagonal: 35.6 cm (14"), HD type: Full HD, Display resolution: 1920 x 1080 pixels. Internal memory: 32 GB, Internal memory type: DDR5-SDRAM. Total storage capacity: 1 TB, Storage media: SSD. On-board graphics card model: Intel Arc Graphics, Discrete graphics card model: NVIDIA RTX 500 Ada. Operating system installed: Windows 11 Pro. Product colour: Grey



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	✓
		Privacy type	Privacy shutter
Display		Network	
Display diagonal *	35.6 cm (14")	Top Wi-Fi standard *	Wi-Fi 6E (802.11ax)
Display resolution *	1920 x 1080 pixels	Wi-Fi standards	802.11a, Wi-Fi 5 (802.11ac), 802.11b, 802.11g, Wi-Fi 4 (802.11n), Wi-Fi 6E (802.11ax)
Touchscreen *	✗	Mobile network connection *	✗
HD type	Full HD	Wi-Fi data rate (max)	2400 Mbit/s
Panel type	IPS	Antenna type	2x2
LED backlight	✓	WLAN controller model	Intel Wi-Fi 6E AX211
Native aspect ratio	16:9	WLAN controller manufacturer	Intel
Anti-glare screen	✓	Ethernet LAN	✓
Display brightness	250 cd/m ²	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	
Maximum refresh rate	60 Hz	USB 3.2 Gen 1 (3.1 Gen 1) Type-A ports quantity *	2
Contrast ratio (typical)	600:1	Ethernet LAN (RJ-45) ports	1
Processor		HDMI ports quantity *	1
Processor manufacturer *	Intel	HDMI version	2.1
Processor family *	Intel Core Ultra 7	Thunderbolt 4 ports quantity	2
Processor generation	Intel® Core™ Ultra (Series 1)		
Processor model *	155H		
Processor cores	16		

Processor		Ports & interfaces	
Processor threads	22	Intel® Thunderbolt 4	✓
Processor boost frequency	4.8 GHz	Combo headphone/mic port	✓
Performance cores	6	Charging port type	USB Type-C
Efficient cores	8	USB Type-C DisplayPort Alternate Mode	✓
Low Power Efficient-cores	2	PowerShare	✓
Performance-core Max Turbo Frequency	4.8 GHz		
Efficient-core Max Turbo Frequency	3.8 GHz	Performance	
Low Power Efficient-core Max Turbo Frequency	2.5 GHz	Motherboard chipset	Intel SoC
Performance-core base frequency	1.4 GHz	Ambient light sensor	✓
Efficient-core base frequency	0.9 GHz	Keyboard	
Low Power Efficient-core Base Frequency	700 MHz	Pointing device	Touchpad
Processor cache	24 MB	Keyboard language	Nordic
Processor cache type	Smart Cache	Numeric keypad *	✗
Processor base power	28 W	Keyboard backlit	✓
Maximum turbo power	115 W	Software	
Neural processor unit (NPU)		Operating system architecture	64-bit
Neural processor unit (NPU)	Intel AI Boost	Operating system language	Danish, English, Finnish, Norwegian, Swedish
Maximum frequency NPU	1.4 GHz	Trial software	No Microsoft Office License Included 30 day Trial Offer Only
Sparsity support	✓	Operating system installed *	Windows 11 Pro
Windows Studio effects support	✓	Battery	
AI datatype support on NPU	FP16, FP32, Int8	Number of battery cells	3
AI software frameworks supported by NPU	DirectML, ONNX RT, OpenVINO, Windows ML	Battery capacity *	54 Wh
Memory		Battery voltage	11.4 V
Internal memory *	32 GB	Battery recharge time	4 h
Internal memory type	DDR5-SDRAM	Fast charging	✓
Memory form factor	SO-DIMM	Battery weight	220 g
Memory layout (slots x size)	2 x 16 GB	Power	
Memory slots	2x SO-DIMM	AC adapter power	130 W
Maximum internal memory *	64 GB	AC adapter frequency	50/60 Hz
Memory data transfer rate	5600 MT/s	AC adapter input voltage	100 - 240 V
Non-ECC	✓	USB Power Delivery (USB PD) *	✓
Storage		USB charging voltage	20,5 V
Total storage capacity *	1 TB	USB charging current	1.8 A
Storage media *	SSD	Security	
Total SSDs capacity	1 TB	Cable lock slot	✓
Number of SSDs installed	1	Cable lock slot type	Wedge
SSD capacity	1 TB	Smart card reader	✓
SSD memory type	TLC	Trusted Platform Module (TPM)	✓
SSD interface	PCI Express 4.0	Trusted Platform Module (TPM) version	2.0
NVMe	✓	Operational conditions	
SSD form factor	M.2	Operating temperature (T-T)	0 - 35 °C
SSD performance class	35	Storage temperature (T-T)	-40 - 65 °C
M.2 SSD size	2230 (22 x 30 mm)	Operating relative humidity (H-H)	10 - 90%
Optical drive type *	✗	Storage relative humidity (H-H)	0 - 95%
Card reader integrated	✗	Operating altitude	-15.2 - 3048 m
Graphics		Non-operating altitude	-15.2 - 10668 m
Discrete GPU manufacturer	NVIDIA	Operating shock	110 G
Discrete graphics card model *	NVIDIA RTX 500 Ada	Non-operating shock	160 G
Discrete graphics card memory	4 GB	Operating vibration	0.66 G
Discrete graphics memory type	GDDR6	Non-operating vibration	1.3 G
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		

Graphics		Weight & dimensions	
On-board graphics card model *	Intel Arc Graphics	Height (front)	1.91 cm
Audio		Height (rear)	2.1 cm
		Weight *	1.4 kg
Audio system	MaxxAudio Pro	Carbon footprint	
Number of built-in speakers	2	Total carbon footprint (kg of CO2e)	104
Speakers manufacturer	Waves	Carbon emissions, manufacturing (kg of CO2e)	76
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 version 1, 2024



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