



**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	✓
<b>Display</b>		Privacy type	Privacy shutter
Display diagonal *	35.6 cm (14")	<b>Network</b>	
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 <sup>2</sup>	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	MIMO	✓
Colour gamut	45%	MIMO type	Multi User MIMO
Maximum refresh rate	60 Hz	<b>Ports &amp; interfaces</b>	
Contrast ratio (typical)	600:1	USB 3.2 Gen 1 (3.1 Gen 1) Type-A ports quantity *	2
<b>Processor</b>		Ethernet LAN (RJ-45) ports	1
Processor manufacturer *	Intel	HDMI ports quantity *	1
Processor family *	Intel Core Ultra 7	HDMI version	2.1
Processor generation	Intel® Core™ Ultra (Series 1)	Thunderbolt 4 ports quantity	2
Processor model *	155H	Intel® Thunderbolt 4	✓
Processor cores	16		
Processor threads	22		

<b>Processor</b>		<b>Ports &amp; interfaces</b>	
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	USB Power Delivery (USB PD)	✓
Performance-core Max Turbo Frequency	4.8 GHz	PowerShare	✓
Efficient-core Max Turbo Frequency	3.8 GHz	<b>Performance</b>	
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	<b>Keyboard</b>	
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	<b>Software</b>	
<b>Neural processor unit (NPU)</b>		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	✓	<b>Battery</b>	
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
<b>Memory</b>		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	<b>Power</b>	
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 charging voltage	20,5 V
<b>Storage</b>		USB charging current	1.8 A
Total storage capacity *	1 TB	<b>Security</b>	
Storage media *	SSD	Cable lock slot	✓
Total SSDs capacity	1 TB	Cable lock slot type	Wedge
Number of SSDs installed	1	Smart card reader	✓
SSD capacity	1 TB	Trusted Platform Module (TPM)	✓
SSD memory type	TLC	Trusted Platform Module (TPM) version	2.0
SSD interface	PCI Express 4.0	<b>Operational conditions</b>	
NVMe	✓	Operating temperature (T-T)	0 - 35 °C
SSD form factor	M.2	Storage temperature (T-T)	-40 - 65 °C
SSD performance class	35	Operating relative humidity (H-H)	10 - 90%
M.2 SSD size	2230 (22 x 30 mm)	Storage relative humidity (H-H)	0 - 95%
Optical drive type *	✗	Operating altitude	-15.2 - 3048 m
Card reader integrated	✗	Non-operating altitude	-15.2 - 10668 m
<b>Graphics</b>		Operating shock	110 G
Discrete GPU manufacturer	NVIDIA	Non-operating shock	160 G
Discrete graphics card model *	NVIDIA RTX 500 Ada	Operating vibration	0.66 G
Discrete graphics card memory	4 GB	Non-operating vibration	1.3 G
Discrete graphics memory type	GDDR6	<b>Weight &amp; dimensions</b>	
On-board graphics card *	✓	Width	321.4 mm
On-board GPU manufacturer	Intel	Depth	212 mm
Discrete graphics card *	✓	Height (front)	1.91 cm
On-board graphics card family	Intel Arc Graphics	Height (rear)	2.1 cm
On-board graphics card model *	Intel Arc Graphics	Weight *	1.4 kg

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



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Publication date: 22-NOV-2024. Prints or copies of Information are only valid on the printed Publication date