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Z690 GAMING X DDR4 (rev. 1.0)

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Intel® Z690 Chipset

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Intel® Z690 GAMING
Motherboard with Direct
16+1+2 Phases Digital VRM
Design, PCIe 5.0 Design, Fully
Covered Thermal Design, 4 x
PCIe 4.0 M.2 with Enlarged
Thermal Guard, 2.5GbE LAN,
120dB Hi-Res Audio with
WIMA, Rear USB 3.2 Gen2x2
TYPE-C®, RGB FUSION 2.0,
Q-Flash Plus



- Supports 12th Gen Intel® Core™ Series Processors
- Dual Channel Non-ECC Unbuffered DDR4, 4 DIMMs
- Direct 16+1+2 Digital VRM Design with 60A Power Stage* and Tantalum Polymer Capacitor
- Shielded Memory Routing to Avoid Interference
- Fully Covered Thermal Design with High Coverage MOSFET Heatsinks
- AMP-UP Audio with ALC1220 and WIMA Audio Capacitors
- Fast 2.5GbE LAN with Bandwidth Management
- 4 x Ultra-Fast NVMe PCIe 4.0/3.0 x4 M.2 with Enlarged Thermal Guards
- SuperSpeed USB 3.2 Gen2x2 TYPE-C® delivers up to 20Gb/s transfer speeds
- RGB FUSION 2.0 with Multi-Zone Addressable LED Light Show Design, Support Addressable LED & RGB LED Strips
- Smart Fan 6 Features Multiple Temperature Sensors, Hybrid Fan Headers with FAN STOP
- Q-Flash Plus Update BIOS without Installing the CPU, Memory and Graphics Card

*Power Stage maximum current capacity is based on VCORE Phase.