

## SETUP DATA AND SPRING GUIDE 04130165

### Setup Data

Front fork length Honda CRF 250R, Kawasaki KX 450 & Suzuki RM-Z450 (OEM)	942	mm
Front fork length CRF 450R (OEM)	945	mm
Front fork length (Öhlins cartridge kit)	944	mm
Front fork stroke (Öhlins cartridge kit)	299	mm
Öhlins cartridge kit length	950	mm
Rebound damping	14	clicks
Compression damping	14	clicks
Spring preload*	10	mm
Total spring installation length	479	mm
Fluid volume 450 (each leg)	0,390	litre
Fluid volume 250 (each leg)	0,370	litre
Fluid volume range	0,320-0,420	litre
Öhlins front fork fluid	36090069	

### Recommended preload range:

Over all spring rate [N/mm]	4,1	4,2	4,3	4,4	4,5	4,6	4,7	4,8	4,9	5,0	5,1	5,2
Rec. preload range [mm]	8-13	8-13	8-12	8-12	8-12	8-12	8-11	8-11	7-11	7-11	7-11	7-11

Adjust by adding/removing preload washer(s)

\*To achieve specified spring preload the total spring installation length can be controlled prior installation into fork leg. See model specific length in setup data.

### Spring Guide

Honda CRF, Suzuki RM-Z & Kawasaki KX						
kg/pound *	250R			450R & 450		
	Low	Mid	High	Low	Mid	High
60/132	4,3	4,4	4,5	4,5	4,6	4,7
65/143	4,4	4,5	4,6	4,6	4,7	4,8
70/154	4,4	4,5	4,6	4,6	4,7	4,8
75/165	4,5	4,6	4,7	4,7	4,8	4,9
80/176	4,5	4,6	4,7	4,7	4,8	4,9
85/187	4,6	4,7	4,8	4,8	4,9	5,0
90/198	4,6	4,7	4,8	4,8	4,9	5,0
95/209	4,6	4,7	4,8	4,8	4,9	5,0
100/220	4,7	4,8	4,9	4,9	5,0	5,1
105/231	4,7	4,8	4,9	4,9	5,0	5,1
110/242	4,8	4,9	5,0	5,0	5,1	5,2
115/253	4,8	4,9	5,0	5,0	5,1	5,2
120/264	4,9	5,0	5,1	5,1	5,2	5,3
125/275	5,1	5,2	5,3	5,3	5,3	5,3

Available spring rates: part nos. 04051342, 04051343, 04051344, 04051345, 04051346.

To get spring rates between the available rates, combine two springs with different rates. One with a lower and one with a higher spring rate. Example: To get spring rate 4,6: Use spring with 4,5 in one fork leg and 4,7 in the other fork leg.

\* Rider's weight: Rider wearing proper riding gear. Make sure you know your total weight with riding gear. Riding gear weighs between 5 and 15 kg.