

Metric Bolt Torque Table

Estimated with clamp load as 75% of proof load
as specified in ISO 898-1

Property Class	8.8 	10.9 	12.9 Socket Head Cap Screw 			
Minimum Tensile Strength MPa	M6 - M16: 800 M20 - M30: 830	1040	1220			
Nominal Size and Thread Pitch	Bolt Torque Specs in Newton Meters - Nm					
	Dry	Lubed	Dry	Lubed	Dry	Lubed
M5 x 0.80	6.1	4.6	8.8	6.7	10.3	7.7
M6 x 1.00	10.4	7.8	15	11.2	17.6	13.1
M7 x 1.00	17.6	13.1	25.1	18.9	29.4	22
M8 x 1.25	25.4	19.1	37.6	27.3	42.6	32.1
M10 x 1.50	50	38	72	54	84	64
M12 x 1.75	88	66	126	94	146	110
M14 x 2.00	141	106	201	150	235	176
M16 x 2.00	218	164	312	233	365	274
M18 x 2.50	301	226	431	323	504	378
M20 x 2.50	426	319	609	457	712	534
M22 x 2.50	580	435	831	624	971	728
M24 x 3.00	736	552	1052	789	1231	923
M27 x 3.00	1079	809	1544	1158	1805	1353
M30 x 3.50	1463	1097	2092	1570	2446	1834
M33 x 3.50	1990	1493	2849	2137	3328	2497
M36 x 4.00	2557	1918	3659	2744	4276	3208

Bolt Torque Conversion Chart Pdf

CO Houle



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Zinn and the Art of Mountain Bike Maintenance, 7th Edition Lennard Zinn, 2025-11-25 Lennard Zinn is the world's leading expert on bike maintenance and repair. His friendly step-by-step guide explains the tools and parts you'll need to repair new and old mountain bikes alongside everything from guidelines on wheel size selection for your frame size, suspension settings and travel to procedures for mounting and sealing tubeless tire systems and more. Over 500 pages and more than 750 hand-drawn illustrations and exploded parts diagrams show just the right level of detail to lead you through every mountain bike repair task including:

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