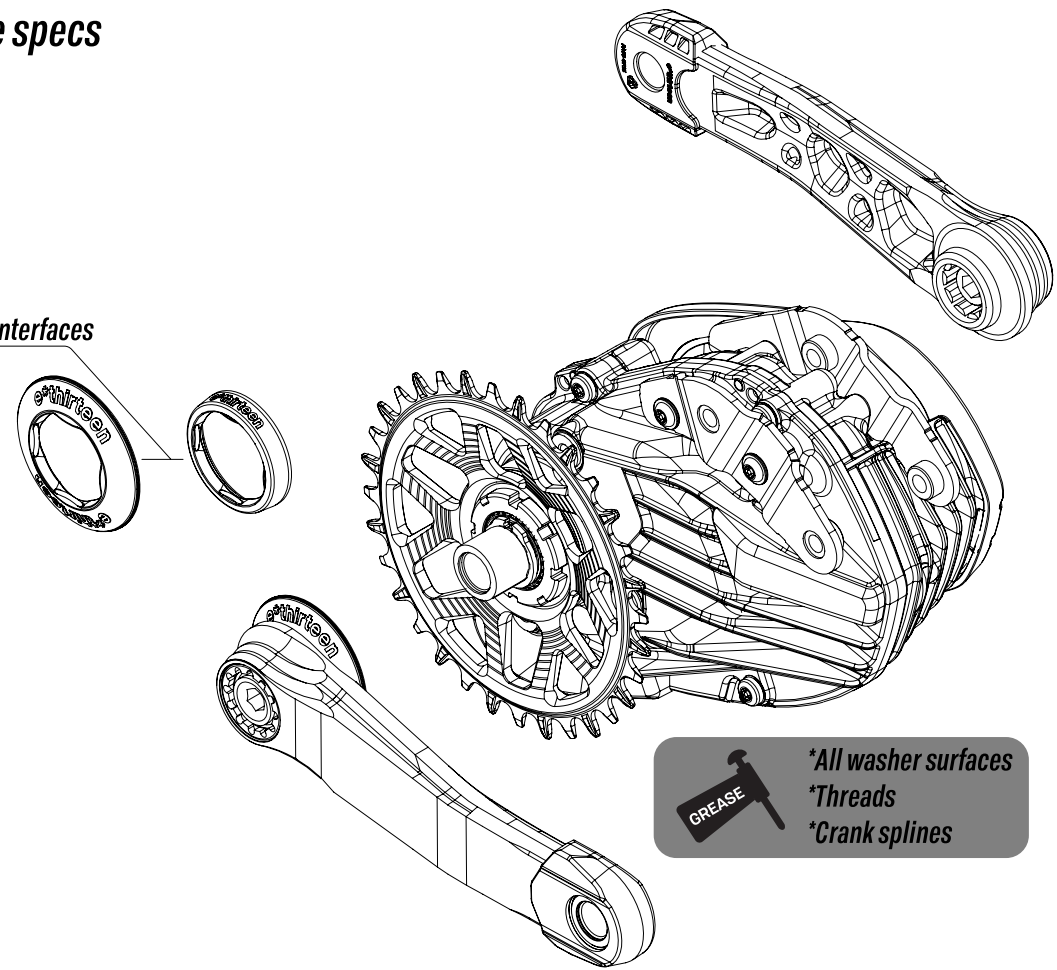


e*spec crank assembly and torque specs

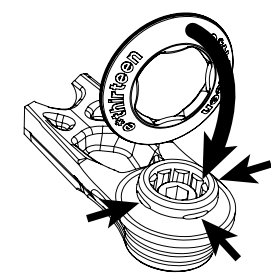
*Optional Lockring seal provided with some crank interfaces
(Drive side only)*



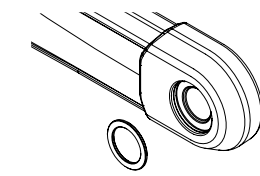
GREASE

- *All washer surfaces
- *Threads
- *Crank splines

LOCKRING SEAL ASSEMBLY



PEDAL TORQUE SPEC - 30-35Nm



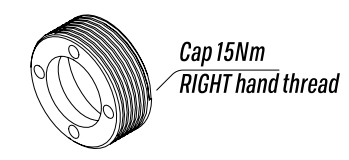
*Pedal washer recommended.
e*thirteen cranks include
a pedal washer adhered
into place*

CORE VERSION WITH STANDARD BOLT

Standard bolt



CORE VERSION SELF EXTRACTOR CAP



Helix Race Carbon

Steel washer

Crank bolt - Right hand thread
8mm Hex / 40-45NM Torque Spec

Self extractor cap - Right hand thread
Cassette locking tool interface
20NM torque spec

Nylon washer

e*spec Race Carbon

Steel washer

Crank bolt - Right hand thread
8mm Hex / 40-45NM Torque Spec

Self extractor cap - Right hand thread
10mm Hex / 20NM torque spec

Nylon washer

Helix Race Aluminum

Steel washer

Crank bolt - Right hand thread
8mm Hex / 40-45NM Torque Spec

Nylon washer

Self extractor cap - LEFT hand thread
Cassette Lockring tool interface / 20NM Torque Spec

