



Spring rate / Rider weight

CR85R Small Wheels 1996-2005		
	Fork spring	Shock spring
Standard spring	33-450-2,6	56/53-245-50
Rider weight		
35-40 kg	AT REQ.	42,5
40-45 kg	AT REQ.	45
45-50 kg	2,4	47,5
50-55 kg	STD	STD
55-60 kg	2,8	52,5
60-65 kg	3,0	55
65-70 kg	3,2	57,5
70-75 kg	3,4	60

CR85R Small Wheels 2006-2007		
	Fork spring	Shock spring
Standard spring	33-450-2,8	56/53-245-50
Rider weight		
35-40 kg	AT REQ.	42,5
40-45 kg	2,4	45
45-50 kg	2,6	47,5
50-55 kg	STD	STD
55-60 kg	3,0	52,5
60-65 kg	3,2	55
65-70 kg	3,4	57,5
70-75 kg	3,6	60

CRF150R/B 2013-2014		
	Fork spring	Shock spring
Standard spring	33-450-3,4	56/53-245-50
Rider weight		
35-40 kg	2,6	40
40-45 kg	2,8	42,5
45-50 kg	3,0	45
50-55 kg	3,2	47,5
55-60 kg	STD	STD
60-65 kg	3,6	52,5
65-70 kg	3,8	55
70-75 kg	AT REQ.	57,5

CR250R 2001-2007		
	Fork spring	Shock spring
Standard spring	42,75-495-4,2	64/66-260-50
Rider weight		
55-65 kg	3,8	46
65-75 kg	4,0	48
75-85 kg	STD	STD
85-95 kg	4,4	52
95-105 kg	4,6	54
105-115 kg	4,8	56
115-125 kg	5,0	58

CR85RB Large Wheels 2000-2007		
	Fork spring	Shock spring
Standard spring	33-450-2,8	56/53-245-52,5
Rider weight		
35-40 kg	AT REQ.	45
40-45 kg	2,4	47,5
45-50 kg	2,6	50
50-55 kg	STD	STD
55-60 kg	3,0	55
60-65 kg	3,2	57,5
65-70 kg	3,4	60
70-75 kg	3,6	AT REQ.

CRF150R/B 2007-2012		
	Fork spring	Shock spring
Standard spring	33-450-3,6	56/53-245-50
Rider weight		
35-40 kg	2,8	40
40-45 kg	3,0	42,5
45-50 kg	3,2	45
50-55 kg	3,4	47,5
55-60 kg	STD	STD
60-65 kg	3,8	52,5
65-70 kg	AT REQ.	55
70-75 kg	AT REQ.	57,5

CR125R 2000-2007		
	Fork spring	Shock spring
Standard spring	41-485-4,2	59/62-270-46
Rider weight		
45-55 kg	AT REQ.	42
55-65 kg	AT REQ.	44
65-75 kg	AT REQ.	STD
75-85 kg	AT REQ.	48
85-95 kg	AT REQ.	50
95-105 kg	AT REQ.	52
105-115 kg	AT REQ.	54

CRF250R 2004-2007		
	Fork spring	Shock spring
Standard spring	42,75-495-4,4	64/66-260-52
Rider weight		
45-55 kg	3,8	46
55-65 kg	4,0	48
65-75 kg	4,2	50
75-85 kg	STD	STD
85-95 kg	4,6	54
95-105 kg	4,8	56
105-115 kg	5,0	58
115-125 kg	5,2	60

Note: Rider weight is body weight without clothing.



Spring rate / Rider weight

CRF250R 2008-2009		
	Fork spring	Shock spring
Standard spring	42,75-495-4,6	64/66-260-53
Rider weight		
45-55 kg	3,8	46
55-65 kg	4,0	48
65-75 kg	4,4	50
75-85 kg	STD	STD
85-95 kg	4,8	54
95-105 kg	5,0	56
105-115 kg	5,2	58
115-125 kg	AT REQ.	60

CRF250R 2014		
	Fork spring	Shock spring
Standard spring	43,5-460-4,6	64/66-260-52
Rider weight		
45-55 kg	4,0	46
55-65 kg	4,2	48
65-75 kg	4,4	50
75-85 kg	STD	STD
85-95 kg	4,8	54
95-105 kg	5,0	56
105-115 kg	5,2	58
115-125 kg	AT REQ.	60

CRF450R 2009-2011		
	Fork spring	Shock spring
Standard spring	43,5-460-4,6	64/66-260-54
Rider weight		
45-55 kg	4,0	48
55-65 kg	4,2	50
65-75 kg	4,4	52
75-85 kg	STD	STD
85-95 kg	4,8	56
95-105 kg	5,0	58
105-115 kg	5,2	60
115-125 kg	AT REQ.	62

CRF450R 2013-2014		
	Air pressure	Shock spring
Standard spring	2,3 bar	64/66-260-54
Rider weight		
45-55 kg		48
55-65 kg		50
65-75 kg		52
75-85 kg	STD	STD
85-95 kg		56
95-105 kg		58
105-115 kg		60
115-125 kg		62

CRF250R 2010-2013		
	Fork spring	Shock spring
Standard spring	43,5-460-4,4	64/66-260-52
Rider weight		
45-55 kg	3,8	46
55-65 kg	4,0	48
65-75 kg	4,2	50
75-85 kg	STD	STD
85-95 kg	4,6	54
95-105 kg	4,8	56
105-115 kg	5,0	58
115-125 kg	5,2	60

CRF450R 2002-2008		
	Fork spring	Shock spring
Standard spring	42,75-495-4,6	64/66-260-54
Rider weight		
45-55 kg	4,0	48
55-65 kg	4,2	50
65-75 kg	4,4	52
75-85 kg	STD	STD
85-95 kg	4,8	56
95-105 kg	5,0	58
105-115 kg	5,2	60
115-125 kg	AT REQ.	62

CRF450R 2012		
	Fork spring	Shock spring
Standard spring	43,5-460-4,8	64/66-260-54
Rider weight		
45-55 kg	4,2	48
55-65 kg	4,4	50
65-75 kg	4,6	52
75-85 kg	STD	STD
85-95 kg	5,0	56
95-105 kg	5,2	58
105-115 kg	AT REQ.	60
115-125 kg	AT REQ.	62

Note:

Rider weight is body weight without clothing.