





## ARP Connectingrod bolt, product and torque information 2019V1


While great care has been taken to ensure the accuracy of all information, **THE STARTING GRID** cannot be held responsible for mistakes and errors, whatsoever.


| Car make and model:   | Thread, Pitch, length   | Part#    | Torque Nm* | OE reference# |
|---|---|----------|------------|---------------|
|  | *only for steel connecting rods and applied with ARP ULTRA-TORQUE lube (Blue) |          |            |               |
| <b>ALFA ROMEO</b>   |   |          |            |               |
| 2,0I, 2,0GTV (with nut)   | M10 x 1,25, UHL 63,3 mm.  | 126-6101 | 61         |               |
|   |   |          |            |               |
| <b>BMC / TRIUMPH</b>  |   |          |            |               |
| A+B Series (with nut)   | 11/32" UNF, UHL 58,5 mm.  | 206-6002 | 47         |               |
| A-Series (with nut)   | 3/8" UNF, UHL 54,3 mm.  | 206-6001 | 75         |               |
| Triumph TR6   | 3/8" UNF, UHL 43,3 mm.  | 206-6005 | 61         |               |
| Triumph TR7 (with nut)  | 3/8" UNF, UHL 54,8 mm.  | 206-6006 | 75         |               |
| Spitfire  | 3/8" UNF, UHL 43,3 mm.  | 206-6004 | 61         |               |
| B-Series cap screw (1964-68)  | 3/8" UNF, UHL 52,3 mm.  | 206-6003 | 61         |               |
| Rover K-Serie   | M8 x 1, UHL 40,6 mm.  | 206-6007 | 41         |               |
|   |   |          |            |               |
| <b>BMW / MINI</b>   |   |          |            |               |
| S 1000 RR   | M8,5 x 1, UHL 38 mm.  | 201-6202 | 43         |               |


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| <b>E36, S50 Euro, S50 B30</b>   | M10 x 1,25, UHL 45 mm.   | 201-6102 | 68         |               |
| <b>E46 M3/S54-B32 (bis Bj. 02/2003)</b>   | M11 x 1,25, UHL 47 mm.   | 201-6103 | 95         |               |
| <b>E46 M3/S54-B32 (ab Bj. 03/2003)</b>  | M10 x 1,25, UHL 45 mm.   | 201-6102 | 68         |               |
| <b>E30 M3/S14</b>   | M11 x 1,25; UHL 41,4 mm.   | 201-6104 | 95         |               |
| <b>S52</b>  | M9 x 1,25, UHL44,5 mm.   | 201-6201 | 54         |               |
| <b>2,5ltr, M50/M50TU</b>  | M9 x 1,25; UHL 53 mm.  | 201-6301 | 49         |               |
| <b>4,0ltr S65 V8 (625+)</b>   | M9 x 1, UHL 44 mm.   | 201-6001 | 81         |               |
| <b>4,4ltr, M62,M62TU</b>  | M9 x 1,25; UHL 53 mm.  | 201-6302 | 49         |               |
| <b>2,8l (M52/M52TU) &amp; 3,0l (M54)</b>  | M9 x 1,25; UHL 47 mm.  | 201-6303 | 49         |               |
| <b>318 i (M42)</b>  | M9 x 1,25; UHL 47 mm.  | 201-6303 | 49         |               |
| <b>M10 (with nut)</b>   | M10 x 1, UHL 59 mm.  | 201-6304 | 68         |               |
| <b>Cooper 1,6L, N12/14</b>  | M7 x 1, UHL 37 mm.   | 201-6305 | 26         |               |
| <b>Cooper</b>   | M8 x 1, UHL 43,5 mm.   | 206-6008 | 34         |               |
| <b>CHEVROLET</b>  |  |          |            |               |
| <b>SB Chevy GENIII/LS7</b>  | M9 x 1, UHL 39,5 mm.   | 234-6302 | 61         |               |
| <b>Corvair 6 Zyl.</b>   | 5/16" UNF, UHL 44,45 mm.   | 132-6002 | 41         |               |


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| <b>FORD</b>   |  |               |                |               |
| <b>2000cc Pinto, (with nut)</b>   | 11/32" UNF, UHL 53,4 mm.   | 151-6001      | 54             |               |
| <b>Zetec 1,6l</b>   | M8 x 1, UHL 44,6 mm.   | 151-6003      | 34             |               |
| <b>Zetec</b>  | M8 x 1, UHL 38,5 mm.   | N01BG2.611-3V | 41             |               |
| <b>CVH</b>  | M8 x 1, UHL 43,4 mm.   | 151-6004      | 34             |               |
| <b>Zetec 2,0l</b>   | M9 x 1, UHL 37,5 mm.   | 151-6005      | 49             |               |
| <b>RS 2000</b>  | M8 x 1, UHL 42 mm.   | 251-6201      | 34             |               |
| <b>Duratec 1,8l</b>   | M9 x 1, UHL 47 mm.   | 251-6202      | 61             |               |
| <b>2,5 I 5 Zyl. B5254 (Volvo Engine)</b>  | M9 x 1, UHL 52,7 mm.   | 251-6203      | no information | 1649125       |
| <b>YB Escort/Sierra Cosworth</b>  | 3/8" UNF, UHL 43,3 mm.   | 251-6301      | 61             |               |
| <b>Cologne V6 2,8l / 2,9l (with nut)</b>  | 5/16" UNF, UHL 54 mm.  | 153-6001      | 47             |               |
| <b>Honda</b>  |  |               |                |               |
| <b>Acura 1,2 + 1,6l; M8, (with nut)</b>   | 5/16" UNF, UHL 45,7 mm.  | 208-6001      | 35             |               |
| <b>S 2000</b>   | M9x0,75, UHL 36,5 mm.  | 208-6002      | 61             |               |
| <b>Acura K20A</b>   | M9x0,75, UHL 54 mm.  | 208-6003      | 68             |               |
| <b>Acura 1,8l; M9 (with nut)</b>  | M9 x 1, UHL 54 mm.   | 208-6401      | 68             |               |
|   |  |               |                |               |
| <b>JAGUAR</b>   |  |               |                |               |

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| <b>XK (with nut)</b>  | 3/8" UNF, UHL 62,2 mm.   | 298-6001    | 68         |               |
| <b>LANCIA</b>   |  |             |            |               |
| <b>Delta Integrale</b>  | M10 x 1; UHL50,95 mm.  | 275-6001    | 95         |               |
| <b>MAZDA</b>  |  |             |            |               |
| <b>MX5 (Miata) (with nut)</b>   | M9 x 1, UHL 54 mm.   | 118-6401    | 52         |               |
| <b>MERCEDES</b>   |  |             |            |               |
| <b>M102 190E 2.5-16V</b>  | M10 x 1,25, UHL 39,6 mm.   | 5BN2.660-3V | 68         |               |
| <b>MISUBISHI</b>  |  |             |            |               |
| <b>4G63 bis `94; (with nut)</b>   | 11/32" UNF, UHL 53,7 mm.   | 107-6001    | 54         |               |
| <b>4G63 ab `94; (with nut)</b>  | 5/16" UNF, UHL 52,2 mm.  | 107-6002    | 35         |               |
| <b>2,6l</b>   | 11/32" UNF, UHL 59 mm.   | 107-6003    | 54         |               |
| <b>3,0 + 3,5l V6, (with nut)</b>  | M8 x 1, UHL 42 mm.   | 107-6004    | 54         |               |
| <b>2,0 ltr (4B11) (ab Bj. 2008)</b>   | no information   | 207-6002    | 41         |               |


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| <b>NISSAN</b>   |  |          |            |               |
| L16 (with nut)  | no information   | 102-6001 | 35         |               |
| L20, 4-Zyl., (with nut)   | 3/8" UNF, UHL 54mm   | 202-6001 | 61         |               |
| L24 early, (with nut)   | no information   | 202-6002 | 35         |               |
| L24, L26, L28, VG30E, VG30ET, (with nut)  | no information   | 202-6003 | 61         |               |
| VG 30 V6, (with nut)  | 5/16"UNF, UHL 63 mm.   | 202-6004 | 61         |               |
| SR 20, (with nut)   | 11/32" UNF, UHL 58,5 mm.   | 202-6005 | 61         |               |
| VR 38 DETT  | M9 x 1, UHL 49,3 mm.   | 202-6101 | 81         |               |
| VQ35  | M8 x 1, UHL 42 mm.   | 202-6006 | 41         |               |
| RB26DET   | 11/32" UNF, UHL 62 mm.   | 202-6007 | 61         |               |
|   |  |          |            |               |
| <b>OLDSMOBILE</b>   |  |          |            |               |
| 350-425 (with nut)  | 3/8" UNF, UHL 59,8 mm.   | 184-6001 | 68         |               |
|   |  |          |            |               |
| <b>OPEL</b>   |  |          |            |               |
| 2,0 ltr 16V   | M9 x 1,25, UHL 49 mm.  | 109-6001 | 43         |               |
| 1,4 +1,6l, 8 Valve, M8  | M8 x 1,25, UHL 44,7 mm.  | 109-6002 | 33         |               |
| 1,4 ltr. 16V  | M9 x 1,25, UHL 40,8 mm.  | 109-6003 | 43         |               |


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| <b>2,0l 16V</b>   | M9 x 1,25, UHL 49 mm.  | 209-6003     | 52             |               |
| <b>Monza</b>  | M9 x 1, UHL 47 mm.   | 4BJ2.961-2VE | 54             | 90322713      |
| <b>Insignia (Mot: A20NFT)</b>   | M9 x 1, UHL 44 mm.   | 209-6005     | 81             |               |
| <b>CIH</b>  | M9 x 1, UHL 55 mm.   | 4BJ3.276-2VE | no information |               |
| <b><u>PEUGEOT</u></b>   |  |              |                |               |
| <b>306+205 (with nut)</b>   | M9 x 1, UHL 60,5 mm.   | 117-6101     | 61             |               |
| <b><u>PORSCHE</u></b>   |  |              |                |               |
| <b>911 (with nut)</b>   | M10 x 1,25, UHL 65 mm.   | 204-6001     | 68             |               |
| <b>924 Turbo (with nut)</b>   | M10 x 1  |              | 0              |               |
| <b>944, (with nut)</b>  |  | 204-6002     | 75             |               |
| <b>911 S, 2,0l, (with nut)</b>  | M10 x 1,25, UHL 60,5 mm.   | 204-6003     | 68             |               |
| <b>RSR TI (with nut and washer)</b>   | M10 x 1,25, UHL 65 mm.   | 204-6004     | 68             |               |
| <b>911,M9, Turbo 930,933 (with nut)</b>   | M9 x 1,25, UHL 64,3 mm.  | 204-6005     | 54             |               |
| <b>Typ 4, 1,7l + 2,0l, (with nut)</b>   | M9 x 1, UHL 51 mm.   | 104-6006     | 54             |               |
| <b>986/987/996/997</b>  | M9 x 1,25, UHL 57 mm.  | 204-6301     | 61             |               |

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| <b>RENAULT</b>  |  |          |            |               |
| 12 Gordini / Alpine 807G  | M9 x 1, UHL 37,61 mm.  | 116-6001 | 49         |               |
| Clio 16V M9   | M9 x 1, UHL 41 mm.   | 216-6301 | 57         |               |
| 5 Turbo, Mittelmotor  | M9 x 1, UHL 41 mm.   | 216-6302 | 57         |               |
|   |  |          |            |               |
| <b>ROVER</b>  |  |          |            |               |
| K-Series  | M8 x 1, UHL 39,5 mm.   | 206-6007 | 41         |               |
|   |  |          |            |               |
| <b>SUBARU</b>   |  |          |            |               |
| 2,5ltr (EJ25) DOHC Turbo  | M9 x 1, UHL 47 mm.   | 260-6302 | 57         |               |
| FA20  | M9,5 x 1, UHL 41,5 mm.   | 260-6303 | 82         |               |
|   |  |          |            |               |
| <b>SUZUKI</b>   |  |          |            |               |
| Hayabusa GSX 1300   | M9x0,75, UHL 36,7 mm.  | 271-6301 | 61         |               |
|   |  |          |            |               |
| <b>TOYOTA</b>   |  |          |            |               |
| 4AGE, (with nut)  | 11/32"UNF, UHL 44 mm.  | 203-6001 | 54         |               |
| 22R, (with nut)   | 3/8"UNF, UHL 54,6 mm.  | 203-6002 | 68         |               |

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| <b>2TC/3TC/2TG, (with nut)</b>  | no information   | 203-6003 | 54         |                       |
| <b>7MGTE, Supra 2JZA80, (with nut)</b>  | 3/8"UNF, UHL 55,5 mm.  | 203-6004 | 68         |                       |
| <b>Supra 2JZA80</b>   | M10 x 1, UHL 47 mm.  | 203-6005 | 88         |                       |
| <b>1,8 I (2ZZGE), 4 Zy</b>  | M10 x 1, UHL 47 mm.  | 203-6301 | 88         |                       |
| <b><u>V.A.G. (VW / AUDI / SEAT / SKODA)</u></b>                                   |  |          |            |                       |
| <b>Air cooled (with nut)</b>  | M9 x 1, UHL 51 mm.   | 104-6001 | 54         |                       |
| <b>Golf GTI 1,6 ltr , Corrado G60 (with nut)</b>                                  | M9 x 1, UHL 53,5 mm.   | 104-6002 | 54         | 056105425C, 056105427 |
| <b>Super Vee "Ingolstadt-Pleuel"</b>  | M9,5 x 1, UHL 47,2 mm.   | 104-6003 | 54         |                       |
| <b>1,8l, Water cooled (with nut)</b>  | 5/16" UNF, UHL 54,8 mm.  | 104-6004 | 47         | 037105425, 068105425A |
| <b>Formula VEE</b>  | M9 x 1, UHL 38,3 mm.   | 104-6005 | 54         |                       |
| <b>5-Zylinder (with nut)</b>  | 5/16" UNF, UHL 54,5 mm.  | 104-6007 | 47         |                       |
| <b>VR 6</b>   | M9 x 1, UHL 50,8 mm.   | 204-6006 | 54         |                       |
| <b>2,7l (ABP/BEL) Turbo &amp; 2,8l (AFC/ACK/AHA/ATQ) V6</b>                       | M8,5 x 1, UHL 51 mm.   | 204-6201 | 41         |                       |
| <b>FSI / TFSI 9 mm.</b>   | M9 x 1,25 UHL 50,3 mm.   | 204-6303 | 54         |                       |
| <b>2,0L FSI/TFSI</b>  | M8 x 1, UHL 50,7 mm.   | 204-6302 | 41         |                       |
| <b><u>AFTERMARKET ROD MANUFACTURERS</u></b>                                       |  |          |            |                       |



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| <b>Autoverdi</b>  | M8 x 1, UHL 38,5 mm.   | no information | 41             |               |
| <b>Carrillo CARR 5/16" RB Zentrierl.5,6 mm.</b>                                   | 5/16" UNF, UHL 38 mm.  | no information | no information |               |
| <b>Carrillo CARR 5/16" RB, Zentrierl:4 mm.</b>                                    | 5/16" UNF, UHL 38 mm.  | no information | no information |               |
| <b>ARP 3,5 Carrillo replacement</b>   | 5/16"UNF, UHL 38 mm.   | 300-6608       | 43             |               |
| <b>Custom Age 625+, Carrillo replacement</b>                                      | 5/16"UNF, UHL 38 mm.   | 300-6708       | 43             |               |
| <b>General replacement ARP 2000, , 3AG1.505-2</b>                                 | 5/16"UNF,UHL 38 mm.  | 200-6210       | 41             |               |
| <b>ARP AR 319-2</b>   | 3/8" UNF, UHL 43,3 mm.   | AR 319-2       | no information |               |
| <b>Custom Age 625+ General repl.</b>  | 3/8" UNF, UHL 38 mm.   | 300-6704       | 81             |               |
| <b>Universal 318-1 ARP 2000</b>   | 3/8"UNF, UHL 38 mm.  | 123-6001       | 75             |               |
| <b>General Replacement, steel rods, ARP 2000</b>                                  | 3/8"UNF, UHL 38 mm.  | 200-6207       | 75             |               |
| <b>Carrillo Replacement, Cust. Age 625</b>  | 3/8"UNF, UHL 40,6 mm.  | 300-6702       | 81             |               |
| <b>General replacement ARP 2000</b>   | 3/8"UNF, UHL 40,6 mm.  | 200-6209       | 75             |               |
| <b>ARP 3,5 Carrillo replacement</b>   | 3/8"UNF, UHL 40,6 mm.  | 300-6603       | 75             |               |
| <b>Custom Age 625+ Carrillo replacem.</b>   | 3/8"UNF, UHL 40,6 mm.  | 300-6703       | 81             |               |
| <b>Universal 319-1 ARP 2000</b>   | 3/8"UNF, UHL 43,2 mm.  | 123-6002       | 75             |               |
| <b>General replacement</b>  | 3/8"UNF, UHL 44,5 mm.  | 200-6208       | 75             |               |
| <b>Manley replacement</b>   | 7/16"UNF, UHL 40,6 mm.   | 200-6006       | 102            |               |
| <b>ARP 3,5 replacement</b>  | 7/16"UNF, UHL 40,6 mm.   | 300-6602       | 75             |               |

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| Lentz replacement, ARP 2000   | 7/16"UNF, UHL 43,8 mm.   | 200-6205       | 108            |               |
| Carrillo H Bolt replacement L19   | 7/16"UNF, UHL 44,5 mm.   | 200-6203       | 108            |               |
| ARP 3,5, Lentz, Ferrera replacem.   | 7/16"UNF, UHL 44,5 mm.   | 300-6601       | 115            |               |
| Cust Age 625+, Carrillo, Lentz, Ferrea 16pk                                       | 7/16"UNF, UHL 44,5 mm.   | 300-6701       | 115            |               |
| Venolia, BRC, aftermarket, 8740   | 7/16"UNF, UHL 45,7 mm.   | 200-6002       | 102            |               |
| Manley & Elgin, 8740  | 7/16"UNF, UHL 45,7 mm.   | 200-6003       | 102            |               |
| Carrillo replacement, ARP 2000  | 7/16"UNF, UHL 45,7 mm.   | 200-6202       | 108            |               |
| Lentz replacement, ARP 2000   | 7/16"UNF, UHL 45,7 mm.   | 200-6204       | 108            |               |
| Manley ARP 2000 replacement, No. 14051+14055                                      | 7/16"UNF, UHL 47 mm.   | 200-6201       | 108            |               |
| For aluminum rods, 8740   | 7/16"UNF, UHL 50,8 mm.   | 200-6004       | 102            |               |
| Venolia Brooks KB, ARP 2000   | 7/16"UNF, UHL 50,8 mm.   | 200-6206       | 102            |               |
| N21BJ2.061-21V  | M9 x 1, UHL 49,5 mm.   | no information | no information |               |
| Age 625+Venolia, Brooks, KB Alu   | no information   | 300-6706       | 102            |               |