

**ARP torque information by thread size 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.

Material Specs.	170.000/180.000 (1171N/mm2)		190.000/200.000 (1309N/mm2)		220.000 (1515N/mm2)	
Thread size	Torque W/OIL, Nm.	Torque ARP Grease, Nm	Torque W/OIL, Nm.	Torque ARP Grease, Nm	Torque W/OIL, Nm.	Torque ARP Grease, Nm
<b>1/4" stud</b>	16	14	19	15	20	16
<b>1/4"-20</b>	18	14	19	15	22	18
<b>1/4"-28</b>	19	15	22	18	24	19
<b>5/16" stud</b>	34	27	38	30	43	34
<b>5/16"-18</b>	35	28	39	31	43	35
<b>5/16"-24</b>	38	30	43	34	47	38
<b>3/8" stud</b>	61	47	68	53	76	60
<b>3/8"-16</b>	62	49	69	56	77	61
<b>3/8"-24</b>	68	53	77	60	85	66
<b>7/16" stud</b>	96	76	108	85	121	95
<b>7/16"-14</b>	99	79	111	88	123	98
<b>7/16"-20</b>	108	84	122	95	136	106
<b>1/2" stud</b>	146	114	165	129	183	142
<b>1/2"-13</b>	151	119	170	134	187	149
<b>1/2"-20</b>	165	129	186	145	206	161

<b>Material Specs.</b>	<b>170.000/180.000 (1171N/mm2)</b>		<b>190.000/200.000 (1309N/mm2)</b>		<b>220.000 (1515N/mm2)</b>	
<b>Thread size</b>	<b>Torque W/OIL, Nm.</b>	<b>Torque ARP Grease, Nm</b>	<b>Torque W/OIL, Nm.</b>	<b>Torque ARP Grease, Nm</b>	<b>Torque W/OIL, Nm.</b>	<b>Torque ARP Grease, Nm</b>
<b>9/16" stud</b>	212	165	237	186	264	206
<b>9/16"-12</b>	216	171	243	193	270	214
<b>9/16"-18</b>	236	184	266	207	294	231
<b>5/8" stud</b>	290	226	327	254	363	282
<b>5/8"-11</b>	298	236	335	266	373	294
<b>5/8"-18</b>	330	256	370	287	411	320
<b>M6 stud</b>	14	12	-	-	-	-
<b>M6x1,0</b>	15	12	-	-	-	-
<b>M8stud</b>	34	27	38	3	43	34
<b>M8x1,25</b>	34	27	38	30		
<b>M10 stud</b>	73	57	95	81	92	72
<b>M10x1,25</b>	73	57	-	-	-	-
<b>M10</b>	68	52	-	-	-	-
<b>M11 stud</b>	108	85	122	96	136	107
<b>M12 stud</b>	132	104	148	117	165	130