

2.0L Ford Duratec

ISSUE DATE: Dec 2012

TORQUE WRENCH SETTINGS

Specifications subject to change without prior notice

MAIN CAP BOLTS- STD

****IF REMOVED THESE MUST BE REPLACED WITH ARP STUD KIT****

MAIN CAP ARP STUDS

60lb Using ARP lube

BIG END BOLTS

STANDARD TYPE ROD BOLTS

****IF REMOVED THESE MUST BE REPLACED WITH ARP ROD BOLTS****

Heavy Duty Rods Bolts for Standard Rods

RB – **See separate assembly sheet**

Heavy Duty Rods Bolts for Steel Rods

RB - **See separate assembly sheet**

NOTE: - When assembling the bolts, as of 2002, the manufacturers recommend only using ARP assembly lubricant as supplied, under the heads and on the threads and torque up to. These are lower torque settings than would have been used with normal oil. We cannot be held responsible for rod bolt stretch when an uncalibrated torque wrench has been used.

CRANK BOLT

SBD H/Duty (BLT-CRK-DURA-HD)

GRAPHITE GREASE UNDER HEAD & WASHER, OIL THREAD

STAGE 1 – 74 LB/FT

STAGE 2 – 90 Degrees

ARP H/Duty (BLT-CRK-DURA-ARP)

ARP Lube UNDER HEAD & WASHER

Final – 145 LB/FT

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S Ben Porath



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Adopting the Melody of Phrase: An Psychological Symphony within **2 0l Duratec Torque Settings Sbd Motorsport 49999**

In a world eaten by screens and the ceaseless chatter of fast connection, the melodic beauty and mental symphony created by the written term often disappear in to the background, eclipsed by the relentless sound and interruptions that permeate our lives. But, set within the pages of **2 0l Duratec Torque Settings Sbd Motorsport 49999** a marvelous literary prize filled with raw feelings, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, this charming masterpiece conducts visitors on an emotional trip, well unraveling the hidden songs and profound influence resonating within each cautiously constructed phrase. Within the depths with this poignant analysis, we will investigate the book is main harmonies, analyze their enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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