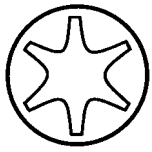
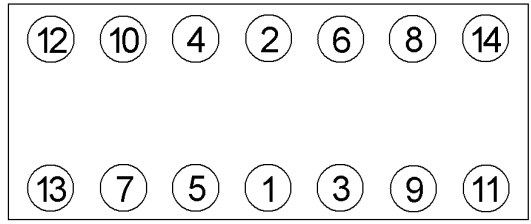
Tightening Instructions for Cylinder Head	186.030 suitable for adaptable a **BMW**	elring Das Original

Head shape



Tightening



Tightening/		M11x173		M9x170	M9x30/M9x70
	✲	30 Nm	✲	30 Nm	22 Nm
	➤	90°	➤	90°	-
	➤	180°	➤	180°	-

Explanations

✲	use new cylinder head bolts
✶	warm up time (80°C)
❑	loosen and tighten each bolt
●	relaxation time
➤	torque angle

Engine type

Mot. N55 B30 ∓1,2mm
E82/E88/F20 135i, M135i
E90/E91/E92/E93/F30 335i,xi,iX
F07/F10/F11/F18 535i,iX,Li, Hybrid 5
F06/F12/F13 640i
F01/F02 740i,Li,LiX, Hybrid 7
E84 X1 35iX F25 X3 35iX
E70 X5 35iX E71 X6 35iX

186.030

Rely only on high-grade replacement engine parts on our virtual shelves.