

LF-R491

B.C.D. 110
Compatible with SHIMANO road cranksets



WD_T

50T /34T | 141g
52T /36T | 156g
53T /39T | 164g
56T /44T | 197g

W2_T

48T /32T | 145g
50T /34T | 152g
52T /36T | 170g
53T /39T | 171g

W3_T

50T /34T | 152g
52T /36T | 155g
53T /39T | 172g



WD_T

38T | 64g
40T | 67g
42T | 73g
44T | 84g
46T | 94g
48T | 110g
50T | 113g
52T | 121g
54T | 131g
56T | 141g

W2_T

34T | 46g
36T | 59g
38T | 65g
40T | 73g
42T | 81g
44T | 95g

W3_T

46T | 94g
48T | 100g
50T | 116g
52T | 123g
54T | 131g
56T | 140g

W3_T

INSET 3mm
46T | 105g
48T | 115g
50T | 130g

LF-R55T

B.C.D. 130
Compatible with 5 spider cranksets



WD_T

53T /39T | 142g
56T /44T | 174g
58T /46T | 192g

W2_T

53T /40T | 155g

W3_T

56T /44T | 176g



WD_T

46T | 88g
48T | 101g
50T | 111g
52T | 113g
54T | 119g
56T | 126g
58T | 133g

W3_T

42T | 68g
46T | 91g
48T | 98g
50T | 105g
52T | 112g
54T | 118g
56T | 120g
58T | 130g

LF-GR4C

B.C.D. 80 / 110
Compatible with SHIMANO GRX cranksets



WD_T

46T /30T | 107g

W2_T

46T /30T | 124g



WD_T

38T | 65g
40T | 67g
42T | 75g

W2_T

38T | 66g
40T | 63g
42T | 78g

LF-R55CT

B.C.D. 110
Compatible with 5 spider cranksets



WD_T

50T /34T | 133g
52T /36T | 143g

W2_T

50T /35T | 151g
52T /36T | 159g



WD_T
ROUND RING
no power level
+0% output increase



W2_T
REGULAR TRAINING
+2T power level
+10% output increase



W3_T
PRO RACING
+3T power level
+15% output increase



ROAD



MTB



LS-M451

B.C.D. 104

Compatible with 4 spider cranksets



32T	45g
34T	50g
36T	55g
38T	60g



34T	50g
36T	55g
38T	60g
40T	65g
44T	80g
48T	90g

LS-MSH1

B.C.D. 96

Compatible with SHIMANO MTB cranksets



30T	45g
32T	50g
34T	60g
36T	65g
38T	70g
40T	75g



TRACK

B.C.D. 144

Compatible with 5 spider cranksets

TF-T5TT



47T	110g	58T	243g
48T	120g	59T	254g
49T	130g	60T	266g
50T	140g	61T	276g
51T	150g	62T	286g
52T	160g	63T	303g
53T	170g	64T	316g
54T	180g	65T	329g
55T	195g	66T	341g
56T	210g	67T	355g
57T	228g		

LF-T5TT



47T	80g
48T	85g
49T	90g
50T	95g
51T	100g
52T	105g

FF-T5TT



46T	110g
47T	120g
48T	130g
49T	140g
50T	150g
51T	160g
52T	170g