



LF-R55T

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



W0T
53T / 39T-142g
56T / 44T-174g
58T / 46T-192g

W2T
53T / 40T-155g

W3T
56T / 44T-176g



W0T
46T - 88g
48T - 101g
50T - 111g
52T - 113g

W3T
42T - 68g
46T - 91g
48T - 98g
50T - 105g

LF-R491

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



W0T
50T / 34T-141g
52T / 36T-156g
53T / 39T-164g
56T / 44T-197g

W2T
48T / 32T-145g
50T / 34T-152g
52T / 36T-170g
53T / 39T-171g

W3T
50T / 34T -152g
52T / 36T -155g
53T / 39T -172g



W0T
38T - 64g
40T - 67g
42T - 78g
44T - 84g
46T - 94g

W2T
34T - 46g
36T - 59g
38T - 65g
40T - 73g
42T - 81g
44T - 95g

W3T
46T - 94g
48T - 100g
50T - 116g
52T - 123g
54T - 131g
56T - 140g

W2T
INSET 3mm
42T - 83g
44T - 95g

W3T
INSET 3mm
46T - 105g
48T - 115g
50T - 130g

LF-GR4C

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



W0T
46T / 30T-107g

W2T
46T / 30T -124g



W0T
38T - 65g
40T - 67g
42T - 75g

W2T
38T - 66g
40T - 63g
42T - 78g

LF-R5CT

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



W0T
50T / 34T-133g
52T / 36T-143g

W2T
50T / 35T-151g
52T / 36T-159g



ROAD

-0T

+0T



W0T

no power level
+0% output increase

-2T

+2T



W2T

±2 power level
+10% output increase

-3T

+3T



W3T

±3 power level
+15% output increase

X-ODON
narrow-wide teeth



8.2021



MTB

LS-M451

B.C.D. 104
Compatible with 4 spider cranksets



WDT	W2T
32T - 45g	34T - 50g
34T - 50g	36T - 55g
36T - 55g	38T - 60g
38T - 60g	40T - 65g
	44T - 80g
	48T - 90g

LS-MSH1

B.C.D. 96
Compatible with SHIMANO MTB cranksets



WDT	W2T
32T - 52g	30T - 45g
34T - 60g	32T - 55g
36T - 60g	34T - 60g
	36T - 65g
	38T - 70g
	40T - 75g

-0T

+0T

WDT

no power level
+0% output increase

-2T

+2T

W2T

±2 power level
+10% output increase

X-ODON
narrow-wide teeth



SINGLE SPEED FIXED GEAR

Compatible with 5 spider cranksets
B.C.D. 144

TF-T5TT



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

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

LF
LAMI · FLOW
Aerolight chainrings

