

SUSPENSION SETUP



BIKE 2022

CHRONO R XC PRO

Fork: Rockshox SID SL Base RL 29, 100mm

Follow Rockshox SID SL Base RL recommended settings on the bottom right back side of the casting. Mondraker recommended Rockshox SID SL Base RL fork settings based on rider weight and XC Pro application:

| SAG | | RECOMMENDED SETTING | |
|-----------------------------|--------------|-----------------------------|-------|
| RIDER WEIGHT | AIR PRESSURE | CLICS OUT FROM FULLY CLOSED | |
| lbs / kg | psi | LSC | LSR |
| <121-128lbs / <55-58 kg | 70 | open | 15 |
| 129,8-136,4lbs / 59-62 kg | 77 | open | 15-14 |
| 138,6-145,2lbs / 63-66 kg | 84 | open | 14-13 |
| 147,4-154lbs / 67-70 kg | 91 | open | 13-12 |
| 156,2-162,8lbs / 71-74 kg | 98 | open | 12-11 |
| 165-171,6lbs / 75-78 kg | 105 | open | 11-10 |
| 173,8-180,4lbs / 79-82 kg | 112 | open | 10-9 |
| 182,6-189,2lbs / 83-86 kg | 119 | open | 9-8 |
| 191,4-198lbs / 87-90 kg | 126 | open | 8-7 |
| 200,2-206,8lbs / 91-94 kg | 133 | open | 7-6 |
| 209-215,6lbs / 95-98 kg | 140 | open | 6-5 |
| 217,8-224,4lbs / 99-102 kg | 147 | open | 5-4 |
| 226,6-233,2lbs / 103-106 kg | 154 | open | 4-3 |
| 235,4-242lbs / 107-110 kg | 161 | open | 3-2 |
| 244,2-250,8lbs / 111-114 kg | 168 | open | 2-1 |
| >253-319lbs / >115-145 kg | 175 | open | 1 |

*Suggested fork sag 20%

These values offer a general recommendation. Rebound and compression damping settings are a personal choice and should be fine-tuned depending on the riding style and terrain conditions.