



MANUALS & DOCUMENTS

F-PODIUM

F-PODIUM

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MANUALES Y DOCUMENTOS

 | **ES** | **F-PODIUM**



INSTRUCCIONES GENERALES Y DE SEGURIDAD

En esta guía técnica pueden aparecer los 3 iconos siguientes. Cada uno de ellos indica que deben tomarse las siguientes precauciones:

ADVERTENCIA:

No seguir las indicaciones o usar la bicicleta de forma inadecuada puede ocasionar graves lesiones o incluso la muerte. Estas tareas entrañan dificultad técnica y, si no se realizan de forma adecuada, podrían causar daños a tu bicicleta o dar lugar a la anulación de la garantía.

CUIDADO:

No seguir las indicaciones o usar la bicicleta de forma inadecuada puede ocasionar lesiones leves. Estas tareas entrañan dificultad técnica y, si no se realizan de forma adecuada, podrían causar daños a tu bicicleta o dar lugar a la anulación de la garantía.

INFORMACIÓN

Información imprescindible para realizar esta tarea correctamente y, así, evitar que se cause cualquier daño a la bicicleta o se pierda la garantía, pero que no supone ningún riesgo para las personas.

OTRAS CONSIDERACIONES

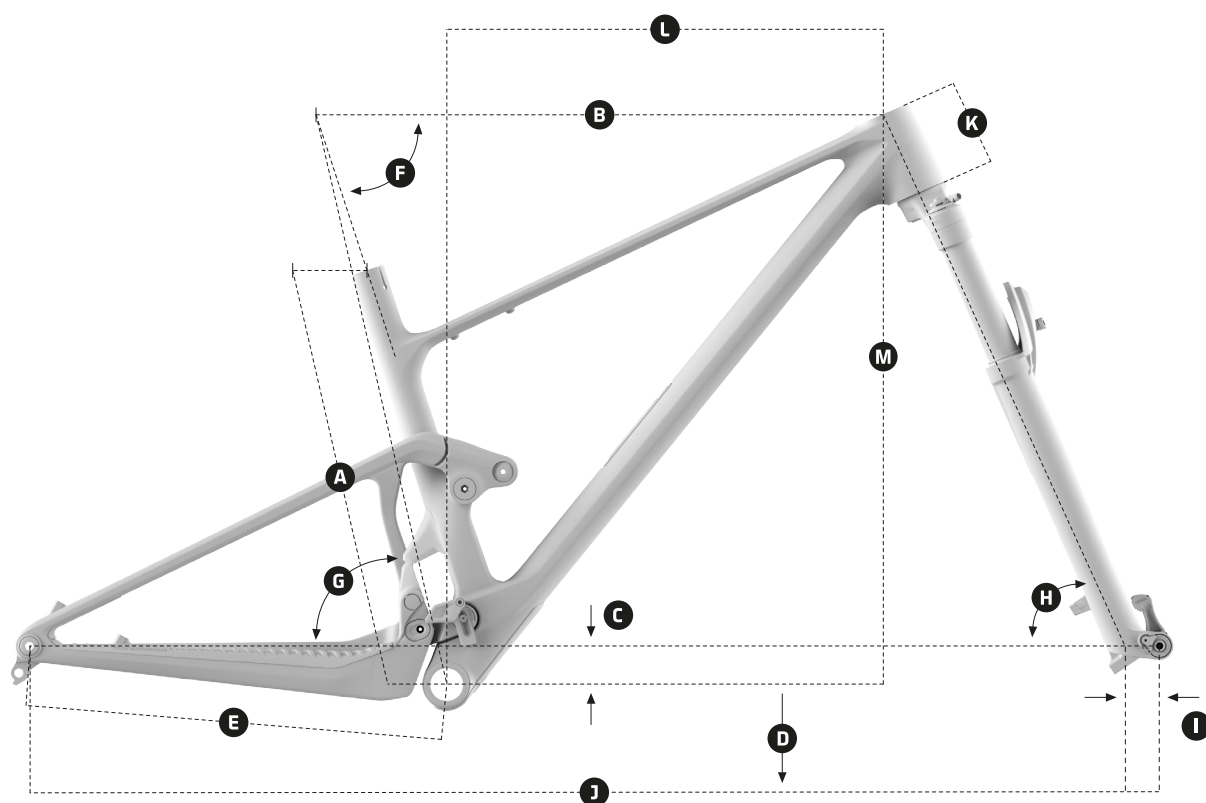
- El uso de piezas de repuesto no originales puede ocasionar daños, fallos de funcionamiento y accidentes que pueden tener graves consecuencias.
- Para realizar algunos de los pasos descritos en este manual se requieren habilidades superiores a las del usuario medio de bicicleta. En caso de no poder seguir alguno de estos pasos, lleva tu bicicleta a un servicio técnico autorizado Mondraker para el mantenimiento y sustitución de sus componentes. La instalación incorrecta de piezas de repuesto puede ocasionar fallos de funcionamiento, accidentes, lesiones y la anulación de la garantía.

LIMPIEZA Y CUIDADO

- Una vez desmontadas las piezas, se recomienda limpiar, engrasar y poner sellador de roscas (en caso necesario) en los componentes que se vayan a reutilizar.



1. GEOMETRÍA



TALLA	S	M	L	XL
A Longitud tubo sillín	410mm	440mm	470mm	500mm
B Longitud tubo superior	576mm	601mm	629mm	658mm
C Caída eje pedalier	-40mm	-40mm	-40mm	-40mm
D Altura eje pedalier	335mm	335mm	335mm	335mm
E Longitud vainas	435mm	435mm	435mm	435mm
F Ángulo tubo sillín real	72.5°	73°	73°	73.5°
G Ángulo tubo sillín efectivo	76°	76°	76°	76°
H Ángulo dirección	66.5°	66.5°	66.5°	66.5°
I Offset de la horquilla	44mm	44mm	44mm	44mm
J Distancia entre ejes	1152mm	1177mm	1208mm	1239mm
K Longitud pipa	90mm	90mm	105mm	120mm
L Reach	430mm	455mm	480mm	505mm
M Stack	595mm	595mm	608mm	622mm



2. ESPECIFICACIONES TÉCNICAS DEL CUADRO

FRAME SIZES	S / M / L / XL
FRONT WHEEL SIZE	29"
FRONT HUB	110mm x 15mm
REAR WHEEL SIZE	29"
REAR HUB	148mm x 12mm (BOOST)
REAR AXLE	L180mm M12 PITCH 1.0, HEAD DIAMETER 19mm
TOTAL WATER BOTTLE / RANGE EXTENDERS MOUNTS	FOR L & XL SIZE BIKE FRAME: 2 BOTTLES (large + medium) FOR M & S SIZE BIKE FRAME: 2 BOTTLES (large + small)
BOTTOM BRACKET	BSA 73
REAR TRAVEL	110mm
REAR SHOCK	165 x 45mm TRUNNION, 30 x 8mm BOTTOM BUSHINGS
FRONT TRAVEL	120mm
SEATPOST DIAMETER	31.6mm (37mm seatpost clamp)
CHAINLINE	55mm
HEADSET	UPPER: IS52 1 1/8", LOWER ZS56 BLOCKLOCK 1.5"
MAX CHAINRING	38T
REAR BRAKE	POST MOUNT, DIRECT 160mm
MAX REAR TIRE WIDTH	61mm, 29 x 2.6"

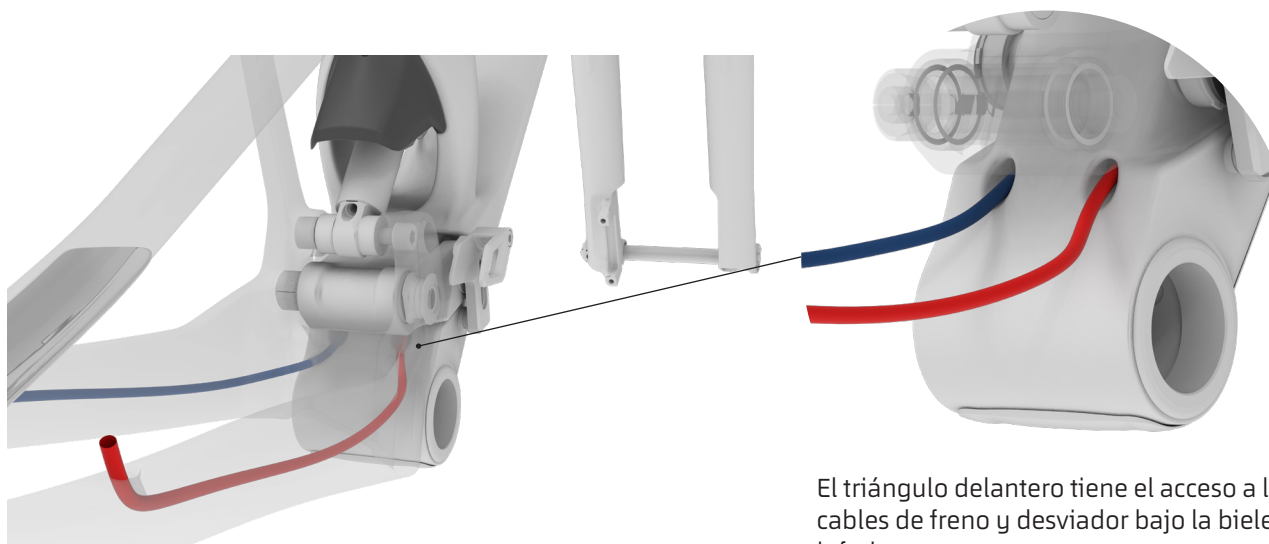
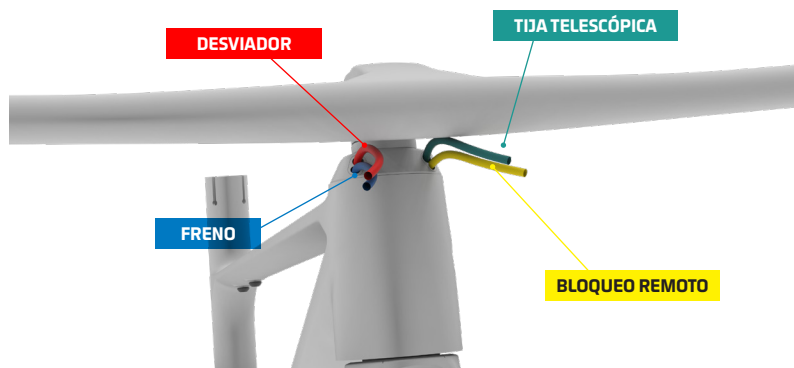
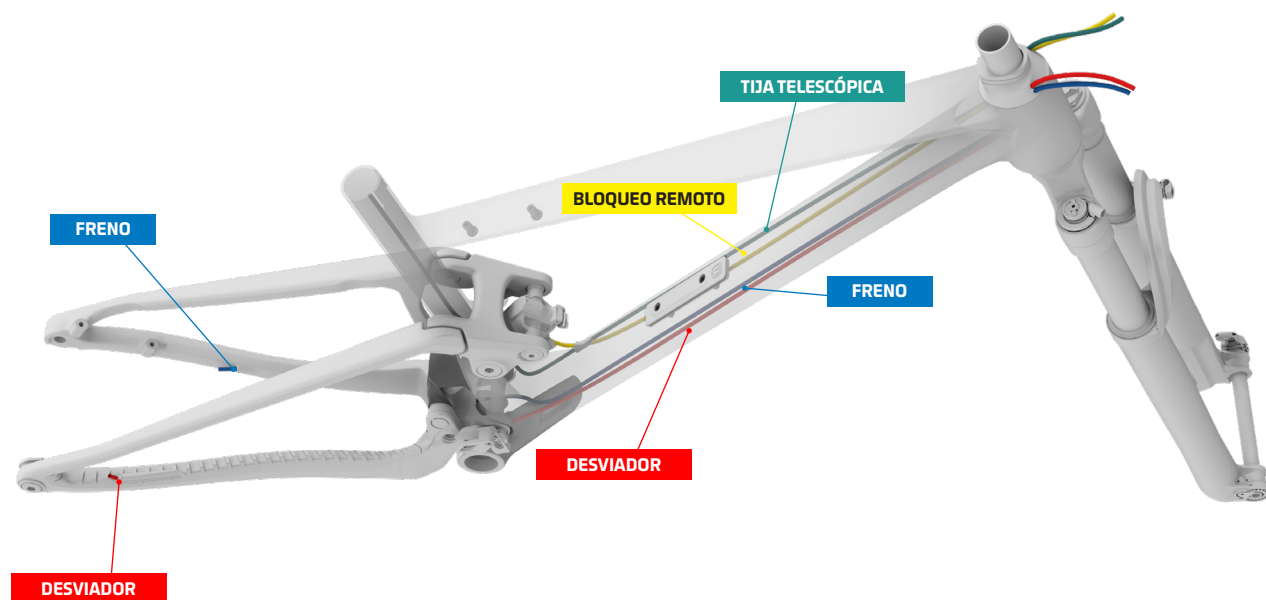
3. PROFUNDIDAD DE INSERCIÓN DE TIJA



TALLA CUADRO	MIN. (mm)	MAX. (mm)
XL	100	245
L	100	204
M	100	204
S	100	165



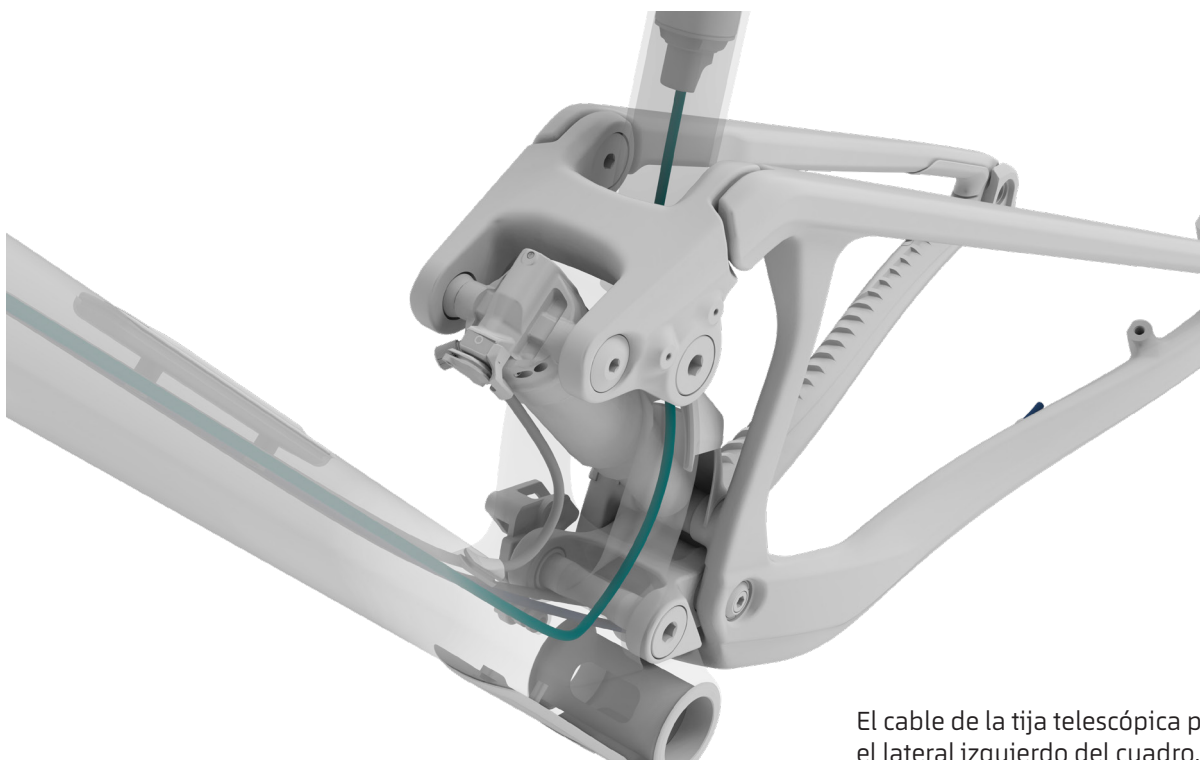
4. ENRUTAMIENTO INTERNO



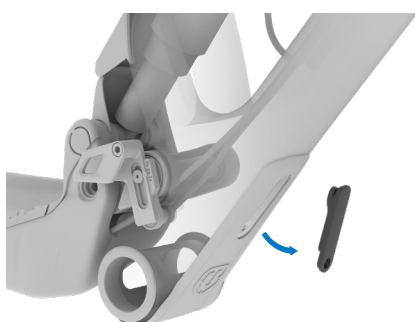
El triángulo delantero tiene el acceso a los cables de freno y desviador bajo la ballesta inferior.



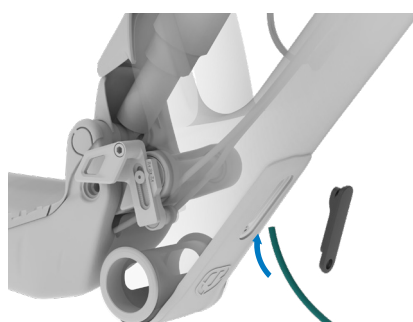
4.1. TIJA TELESCÓPICA



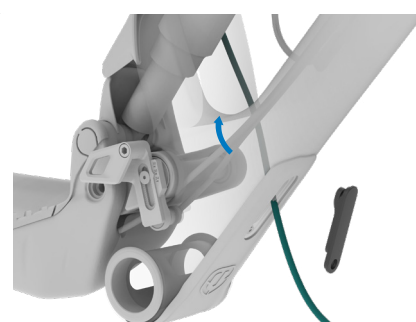
El cable de la tija telescópica pasa por el lateral izquierdo del cuadro.



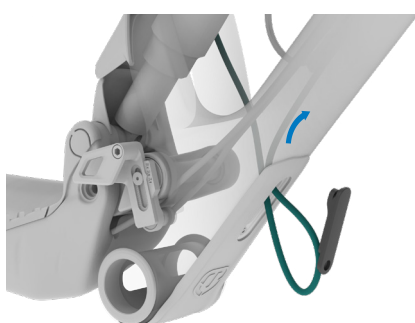
PASO 1



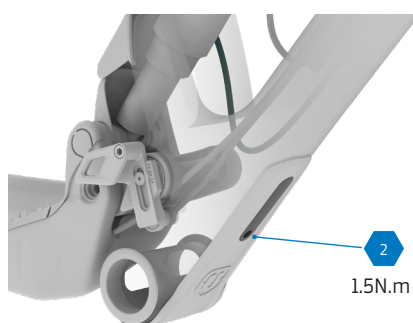
PASO 2



PASO 3



PASO 4

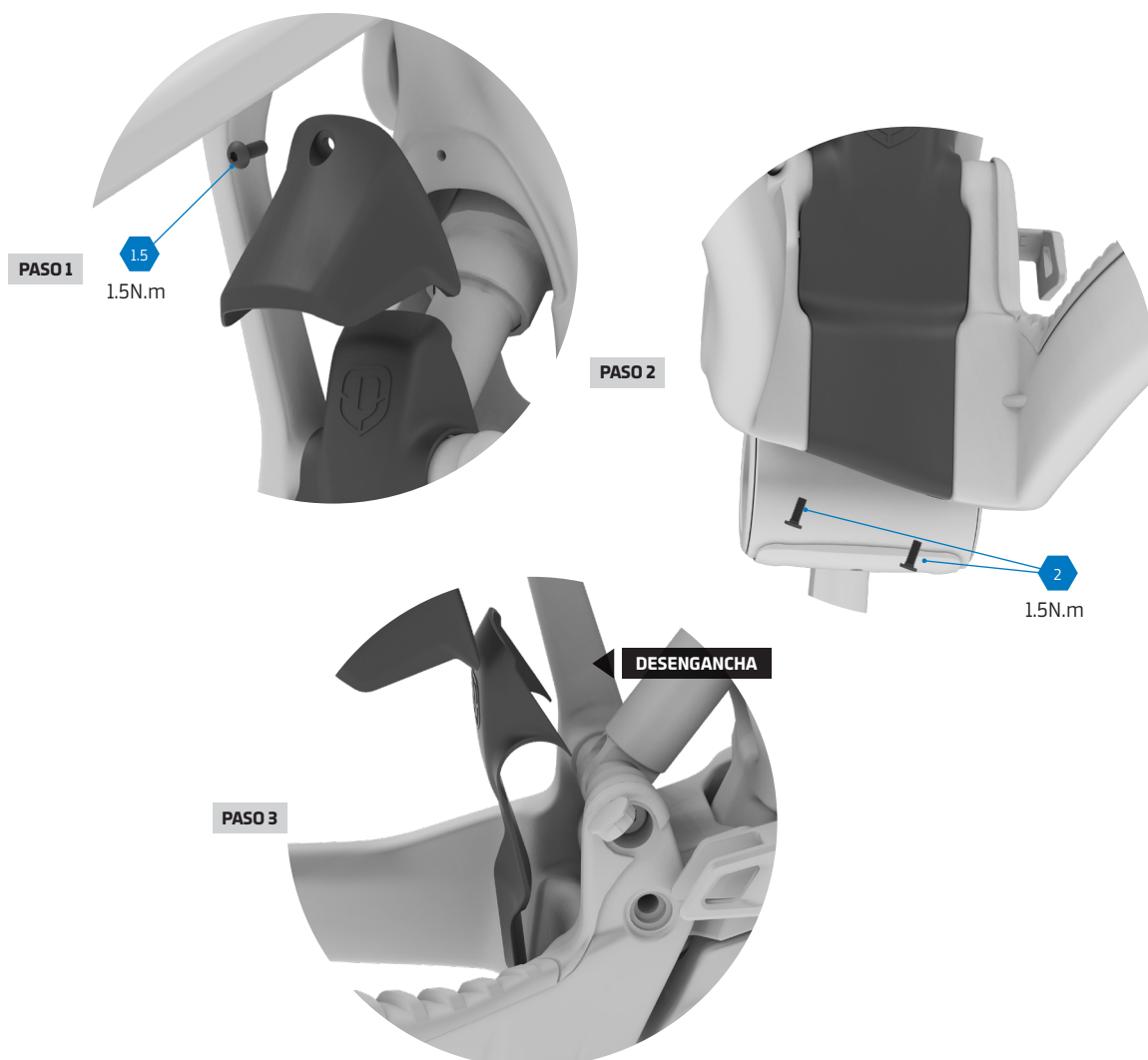


PASO 5

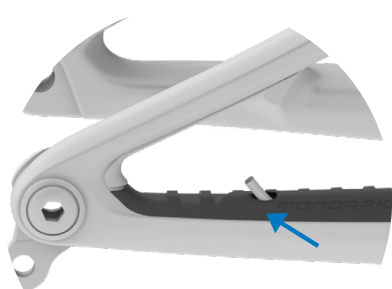
2
1.5N.m



5. GUARDABARROS



6. PROTECTOR DE VAINA

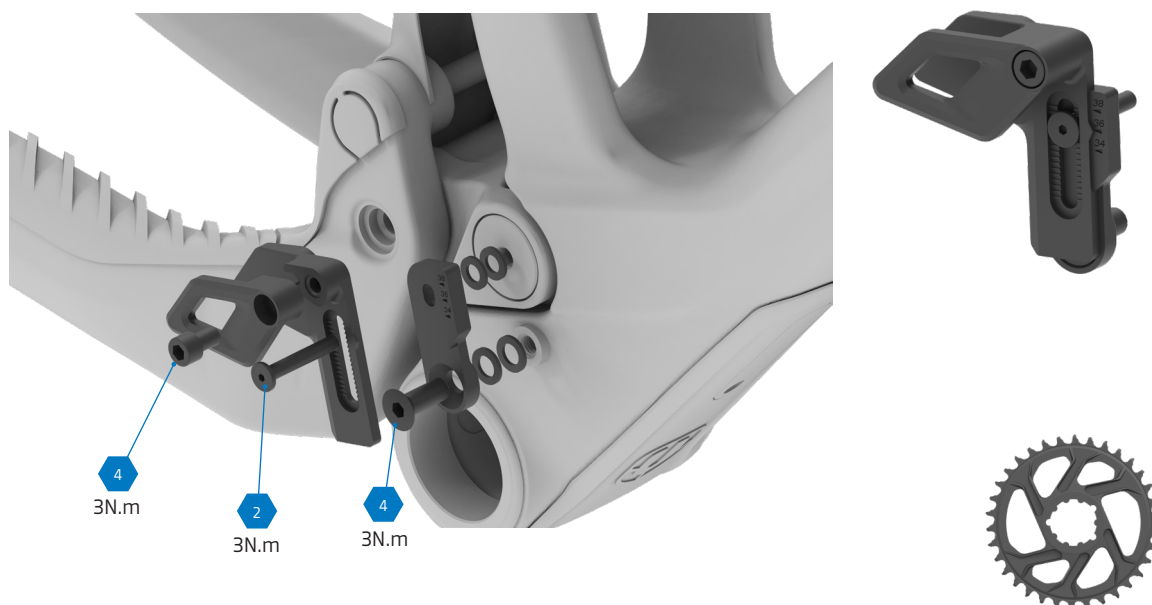


Nuevos protectores de vainas, vienen sin agujero para desviadores mecánicos o con cable. En la parte posterior hay una marca para perforar la salida del cable.

Para un resultado óptimo, se recomienda utilizar alicates de perforación.



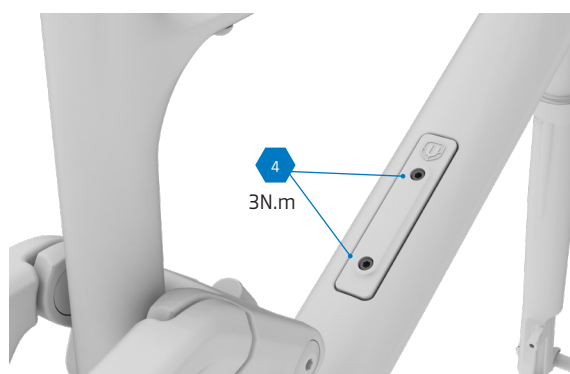
7. GUÍACADENA



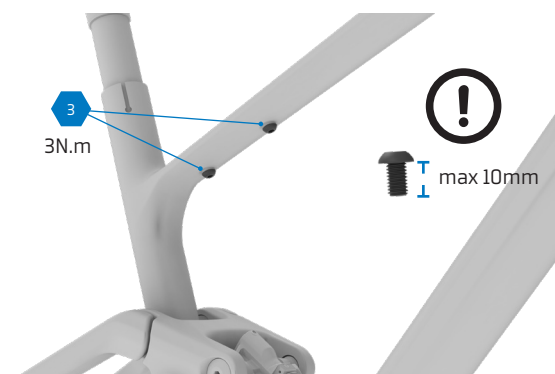
! Aplicar sellador de roscas.

! F-Podium sólo es compatible con bielas monoplato con plato redondo estándar de 38 dientes o plato ovalado de 36 dientes.

8. SOPORTES PORTABIDÓN

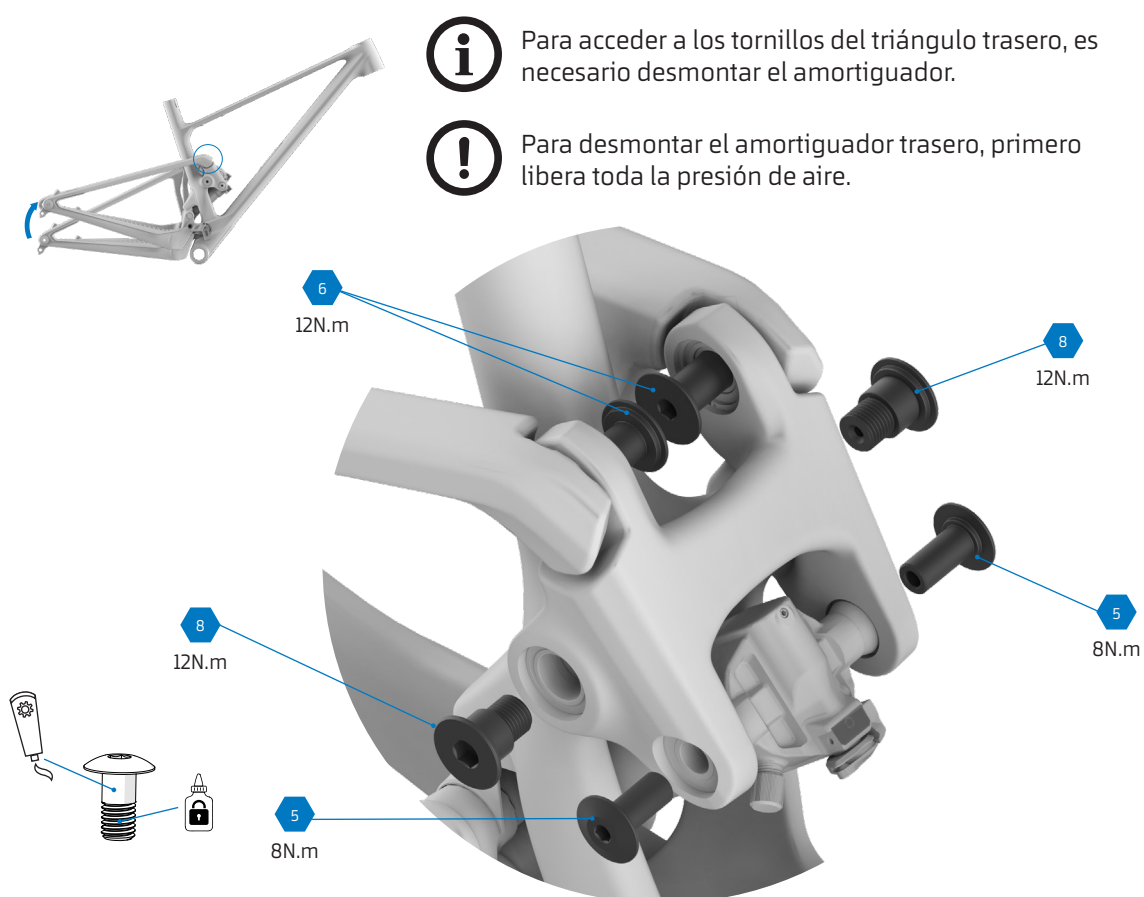


i Retira la base para instalar una base fidlock compatible.

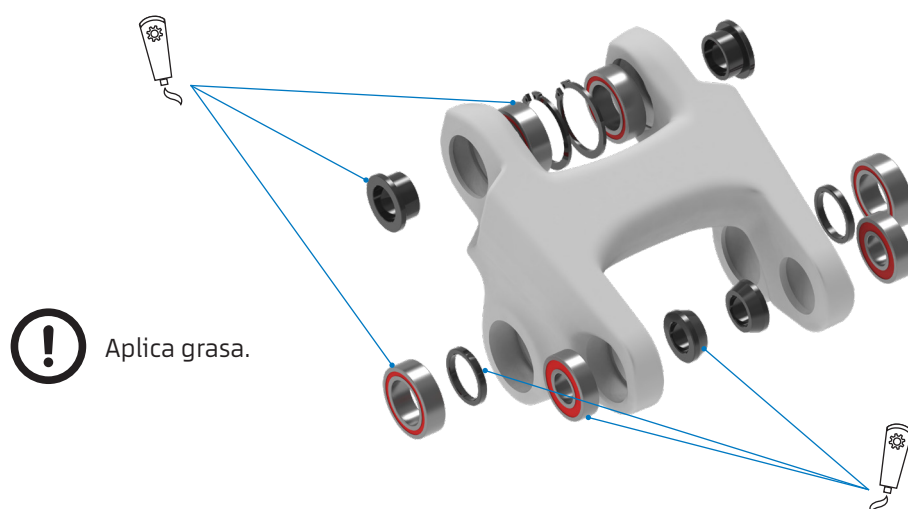


! Longitud máxima del tornillo: 10mm. En caso de introducir un tornillo más largo, puedes dañar el cuadro.

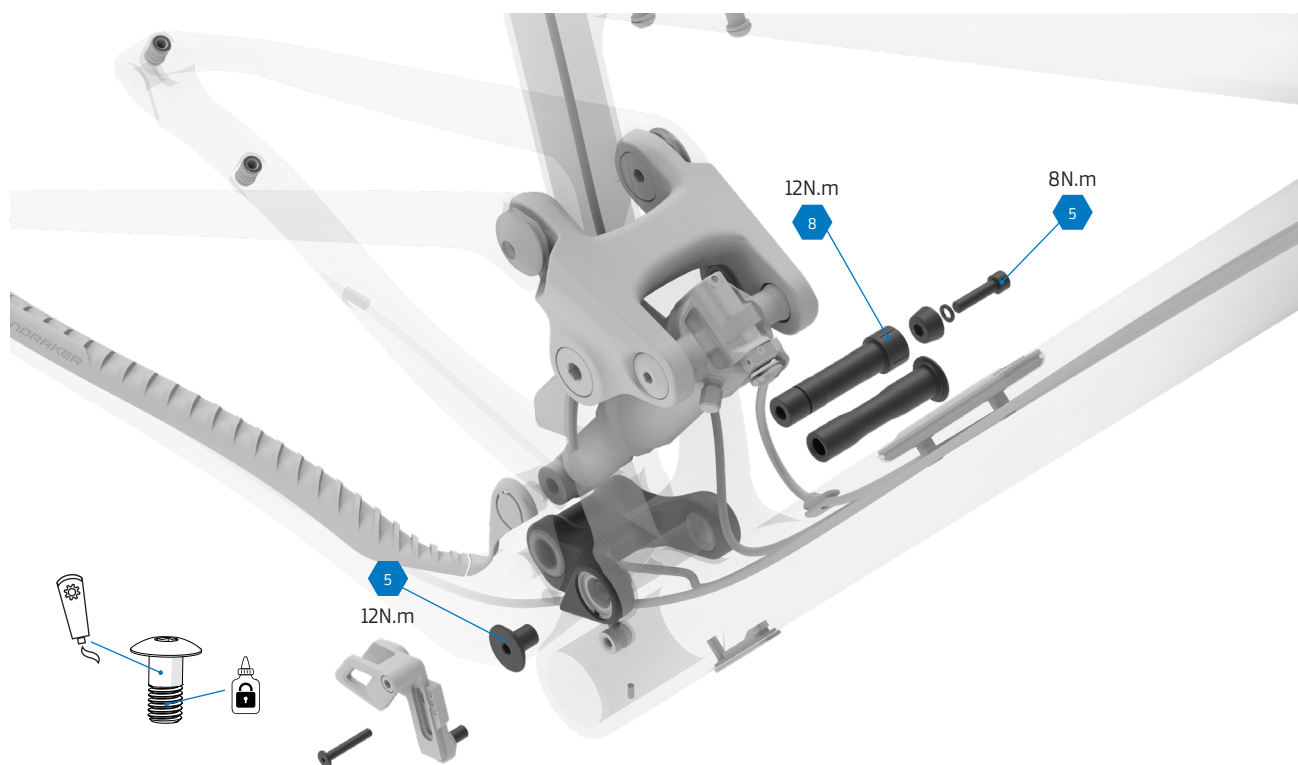
9. GUÍA DE INSTALACIÓN DE LA BIELETA SUPERIOR



! Para los tornillos principales aplica grasa al eje y Loctite 243 o similar a las roscas.



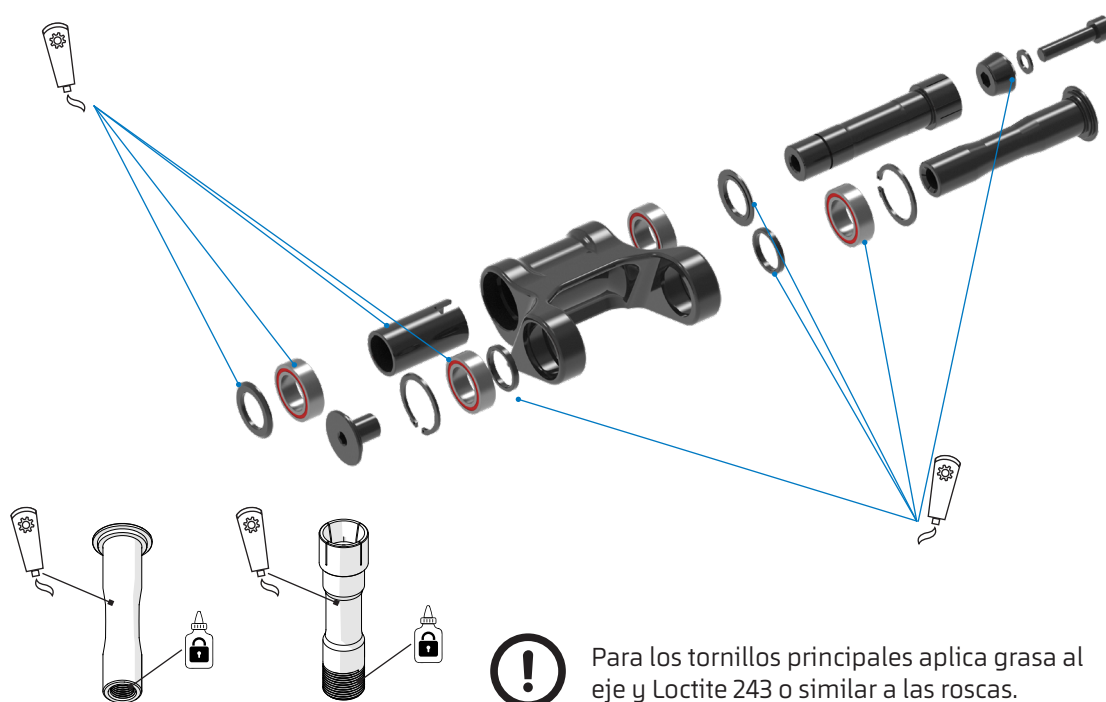
10. GUÍA DE INSTALACIÓN DE LA BIELETA INFERIOR



Para los tornillos principales aplica grasa al eje y Loctite 243 o similar a las roscas.



Aplica grasa.



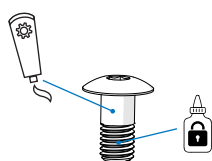
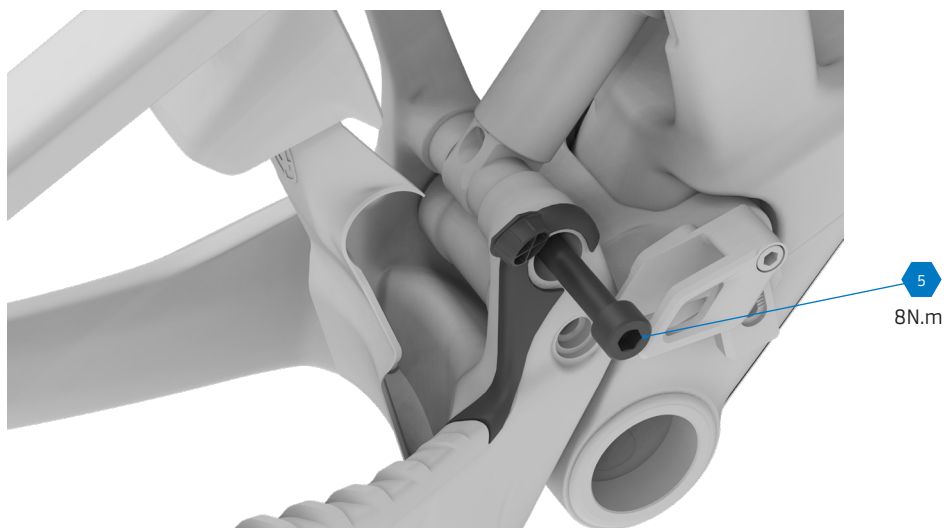
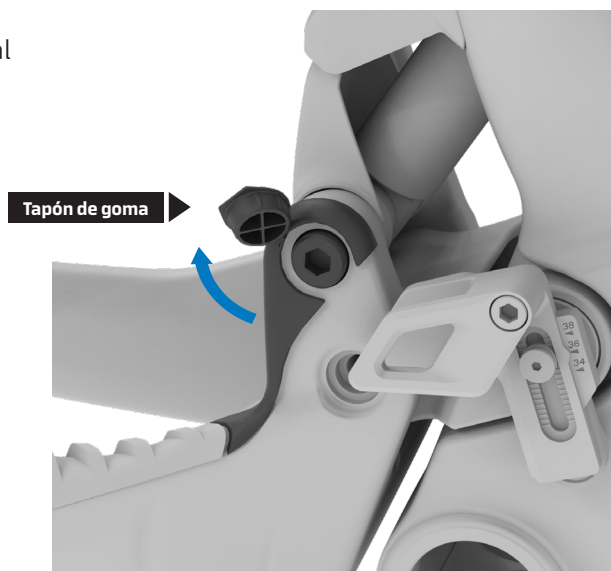
Para los tornillos principales aplica grasa al eje y Loctite 243 o similar a las roscas.



10. GUÍA DE INSTALACIÓN DEL AMORTIGUADOR



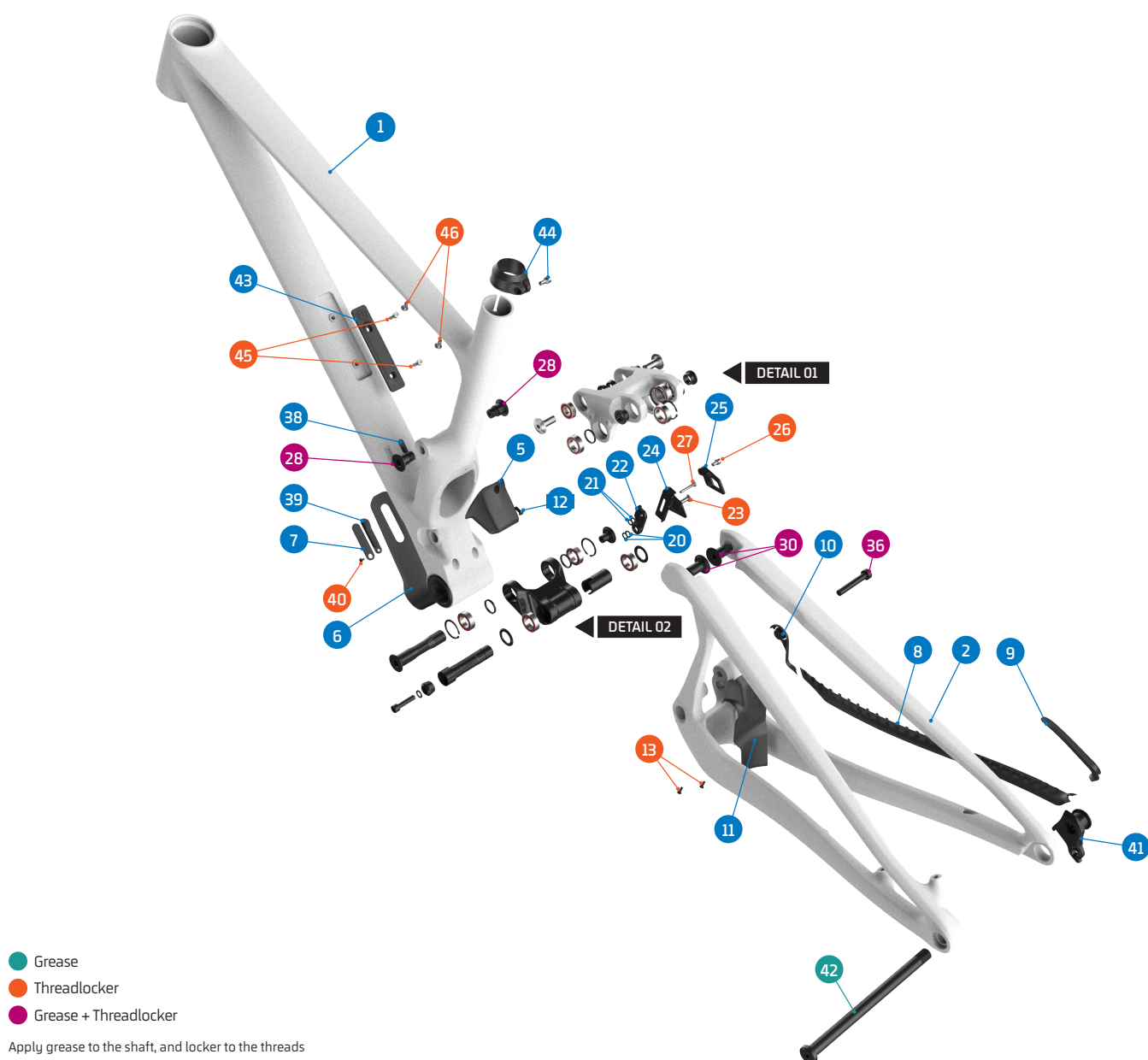
Retira el tapón de goma para acceder al tornillo del amortiguador.



Para los tornillos principales aplica grasa al eje y Loctite 243 o similar a las roscas.



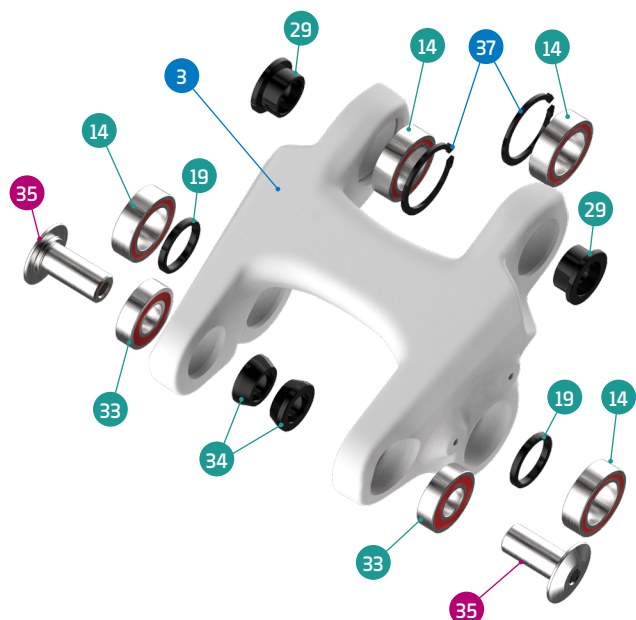
12. SPARE PARTS



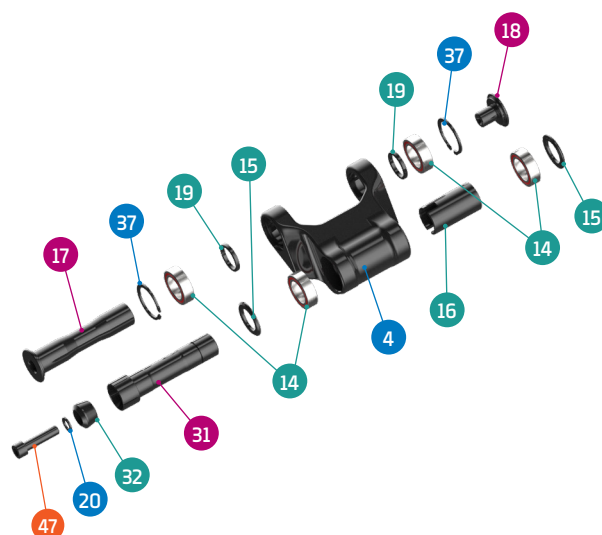
ITEM No.	DESCRIPTION	QTY.	PART NUMBER	TORQUE
1	FRONT TRIANGLE	1		
2	REAR TRIANGLE	1		
3	UPPER LINK	1		
4	LOWER LINK	1	099.24027	
5	FRONT TRIANGLE FENDER	1	099.24028	
6	DOWN TUBE PROTECTOR	1	099.24029	
7	DOWN TUBE PROTECTOR SMALL	1	099.24030	
8	CHAIN STAY PROTECTOR	1	099.24031	
9	SEAT STAY PROTECTOR	1	099.24032	
10	CHAIN STAY PROTECTOR SMALL	1	099.24033	
11	REAR TRIANGLE FENDER	1	099.24034	
12	SCREW BOLT BUTTON HEAD M4X10L-R-SB	1		1.5Nm
13	SCREW BOLT ULTRA LOW HEAD M3X8L-SP	2	099.24035	1.5Nm
14	BEARING 15x24x7 3802V-2RS	8	SET 1	
15	SPACER 15x24x2	2	SET 4	
16	INNER LOWER LINK SPACER	1	SET 4	
17	PIVOT AXLE M10	1	SET 4	
18	AXLE NUT M10	1	SET 4	12Nm
19	SPACER 15x19x2,5T	4	SET 3 & 4	
20	WASHER	3	SET 4 & 5	
21	WASHER	2	SET 5	
22	CHAIN GUIDE PLATE	1	SET 5	
23	SCREW BOLT M6x16L-M-S	1	SET 5	3Nm

ITEM No.	DESCRIPTION	QTY.	PART NUMBER	TORQUE
24	CHAIN GUIDE INNER PLATE	1	SET 5	
25	CHAIN GUIDE OUTER PLATE	1	SET 5	
26	SCREW BOLT M5x8L-P-SB	1	SET 5	3Nm
27	SCREW BOLT ULTRA LOW HEAD M4x25L-SP	1	SET 5	3Nm
28	LINK AXLE	2	SET 3	12Nm
29	UPPER LINK RT SPACER	2	SET 3	
30	PIVOT AXLE M12	2	SET 3	12Nm
31	MAIN AXLE	1	SET 4	12Nm
32	AXLE NUT REAR M10	1	SET 4	
33	BEARING 10x22x6 6900-2RS	2	SET 1	
34	SPACER 10x17x6	2	SET 2	
35	SHOCK BOLT STAINLESS STEEL	2	SET 2	8Nm
36	SHOCK BOLT	1	SET 2	8Nm
37	C-RING	4	SET 3 & 4	
38	SHOCK CABLE GUIDE	1	099.24037	
39	CABLE GUIDE BLIND	1	099.22035	
40	SCREW BOLT M3x8L-M-SB	1	099.20068	1.5Nm
41	HANGER SRAM UDH	1		
42	REAR AXLE	1	112.90027	
43	FIDLOCK COVER	1	099.22040	
44	SEAT CLAMP 37MM	1	020.24900	5-6Nm
45	SCREW BOLT M5x10L-P-SB	2		3Nm
46	SCREW BOLT M5x10L-R-SB	2		3Nm
47	SCREW BOLT M6x25L-P-S	1	SET 4	8Nm

DETAIL 01



DETAIL 02



SET 1

ZERO BEARING KIT 26



SET 2

SHOCK HARDWARE KIT 18



SET 3

UPPER LINK KIT 32



SET 4

LOWER LINK KIT 35



SET 5

CHAIN GUIDE PLATE + BOLTS



PART NUMBER	DESCRIPTION	COMPONENTS
099.22101	SET 1: ZERO BEARING KIT 26	BEARING, 15x24x7 (x8) / BEARING, 10x22x6 (x2)
099.24200	SET 2: SHOCK HARDWARE KIT 18	SPACER, 10x17x6 (x2) / SHOCK BOLT STAINLESS STEEL(x2) / SHOCK BOLT (x1)
099.24300	SET 3: UPPER LINK KIT 32	SPACER, 15x19x2.5T (x2) / LINK AXLE (x2) / UPPER LINK-RT SPACER (x2)/ PIVOT AXLE, M12 (x2) / C-RING (x2)
099.24403	SET 4: LOWER LINK KIT 35	PIVOT AXLE, M10 (x1) / SPACER, 15x19x2.5t (x2) / AXLE NUT, M10 (x1) / C-RING (x2) / TAPER NUT (x1) / SPACER ,15x24x2 (x2) / INNER LOWER LINK SPACER (x1) / WASHER (x1) / MAIN AXLE (x1) / SCREW BOLT, M6x25L-P-S (x1)
099.24036	SET 5: CHAIN GUIDE PLATE + BOLTS	WASHER (x2) / WASHER (x2) / CHAIN GUIDE PLATE (x1) / SCREW BOLT, M6X16L (x1) / CHAIN GUIDE INNER PLATE (x1) / CHAIN GUIDE OUTER PLATE (x1) / SCREW BOLT, M5X8L (x1) / SCREW BOLT ULTRA LOW HEAD, M4X25L (x1)



13. PREGUNTAS FRECUENTES

¿QUÉ AMORTIGUADORES SON COMPATIBLES CON F-PODIUM?

Se puede instalar cualquier tipo de amortiguador en línea, como FOX Float SL o RockShox SID Luxe que vienen de serie en nuestras bicicletas, o similares, con un montaje superior Trunnion métrico de 165x45mm y hardware inferior de 30x8mm.

¿CÚAL ES EL MÁXIMO RECORRIDO DE HORQUILLA QUE SE PUEDE MONTAR EN F-PODIUM?

F-Podium es compatible con horquillas de hasta 120 mm de recorrido (horquillas de serie en todos los modelos F-Podium). Mondraker no lo recomienda, pero es posible montar horquillas con menos recorrido, 110mm o 100mm, teniendo en cuenta que el ángulo de dirección se inclinará 0.5° cada 10mm de menor recorrido de la horquilla y se reducirá la altura del pedalier al suelo.

¿CÚAL ES LA ANCHURA MÁXIMA DE NEUMÁTICO DE HORQUILLA QUE SE PUEDE MONTAR EN F-PODIUM?

Con una anchura interna de llanta máxima recomendada de 30 mm, el neumático máximo recomendado que se puede instalar es de 29 x 2,4", lo que garantiza un espacio adecuado para evitar acumulación de barro.

¿CÚAL ES EL TAMAÑO MÁXIMO DE PLATO QUE SE PUEDE INSTALAR EN F-PODIUM?

F-Podium sólo es compatible con bielas monoplato con plato redondo estándar de 38 dientes o plato ovalado de 36 dientes.

¿CUÁNTOS BIDONES DE AGUA PUEDO INSTALAR EN F-PODIUM?

Puedes instalar dos portabidones. Uno bajo el tubo superior con la precaución de utilizar tornillos pequeños de una longitud de rosca adecuada y el otro en la posición habitual en el tubo inferior.

¿QUÉ TALLA DEBO COMPRAR?

Las tallas difieren de un ciclista a otro. Las preferencias personales son muy particulares y la forma de montar la bici también es importante a la hora de elegir la talla correcta. Esta es una tabla de tallas estándar que puedes utilizar como guía:

S 1.58 - 1.68

M 1.67 - 1.76

L 1.75 - 1.86

XL 1.85 - 1.95

¿QUÉ LONGITUD MÁXIMA DE TIJA TELESCÓPICA PUEDO UTILIZAR EN LA F-PODIUM CARBON?

TALLA CUADRO	MIN. (mm)	MAX. (mm)
XL	100	200
L	100	200
M	100	200
S	100	200



Toda la información e imágenes que contiene este documento se proporcionan, únicamente, a título informativo y no constituyen un contrato legal entre Mondraker y ninguna persona ni entidad. Las especificaciones, geometrías o cualquier otra información técnica aquí publicada están sujetas a cambios sin necesidad de previo aviso.

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MANUALS & DOCUMENTS

 | **EN** | **F-PODIUM**



SAFETY AND GENERAL INSTRUCTIONS

Please, be aware that the following 3 icons may appear in this technical guide. Each one indicates to take the following precautions:

WARNING!

Not keeping to the indications or following unsafe practices may result in serious injuries or even death. The tasks involve technical difficulty and if they are badly developed, they could damage your bicycle or result in a void warranty.

CAUTION

Not keeping to the indications or following unsafe practices may result in light injuries. The tasks involve technical difficulty and if they are badly developed, they could damage your bicycle or result in a void warranty.

INFORMATION

Information which is essential for a proper execution of the task and therefore, avoid any possible damage to your bicycle or losing the warranty, but does not involve any risk for the person.

CONSIDERATIONS

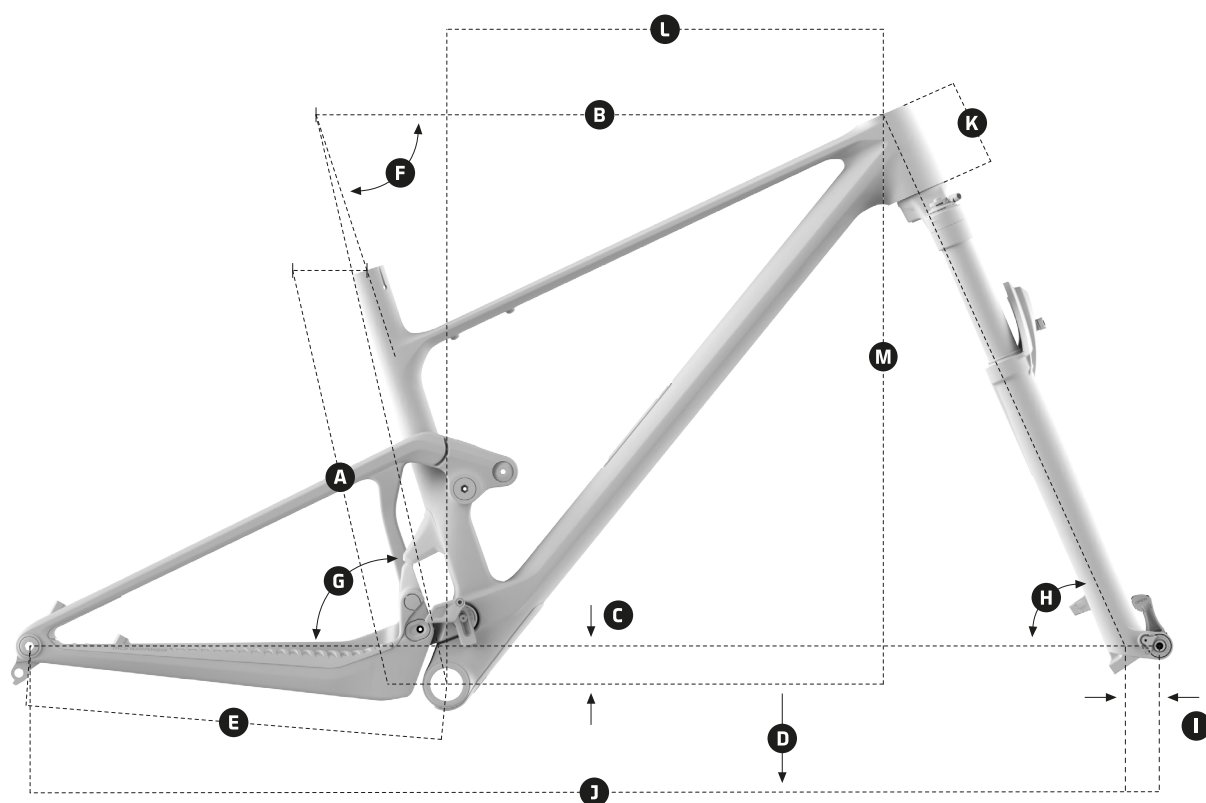
- Using non-original spare parts may result in damage, malfunctions and accidents which may lead to severe consequences.
- Please note that to perform some of the steps described in this manual, skills beyond the average bicycle user are required. In the event of not being qualified to follow any of these steps, please take your bicycle to a Mondraker authorized technical service for maintenance and replacement of its components. The incorrect installation of spare parts can result in malfunctions, accidents, injuries, and warranty void.

CLEANING & CARE

- Once the pieces are disassembled, it is recommended to clean, grease, and put threadlocker (if necessary) on the components which are going to be re-used.



1. GEOMETRY



SIZE	S	M	L	XL
A Seat Tube Length	410mm	440mm	470mm	500mm
B Top Tube Length	576mm	601mm	629mm	658mm
C Bottom Bracket Drop	-40mm	-40mm	-40mm	-40mm
D Bottom Bracket Height	335mm	335mm	335mm	335mm
E Chainstay Length	435mm	435mm	435mm	435mm
F Seat Tube Angle, Actual	72.5°	73°	73°	73.5°
G Seat Tube Angle, Effective	76°	76°	76°	76°
H Head Tube Angle	66.5°	66.5°	66.5°	66.5°
I Fork Offset	44mm	44mm	44mm	44mm
J Wheelbase	1152mm	1177mm	1208mm	1239mm
K Head Tube Length	90mm	90mm	105mm	120mm
L Reach	430mm	455mm	480mm	505mm
M Stack	595mm	595mm	608mm	622mm



2. FRAME TECHNICAL SPECIFICATIONS

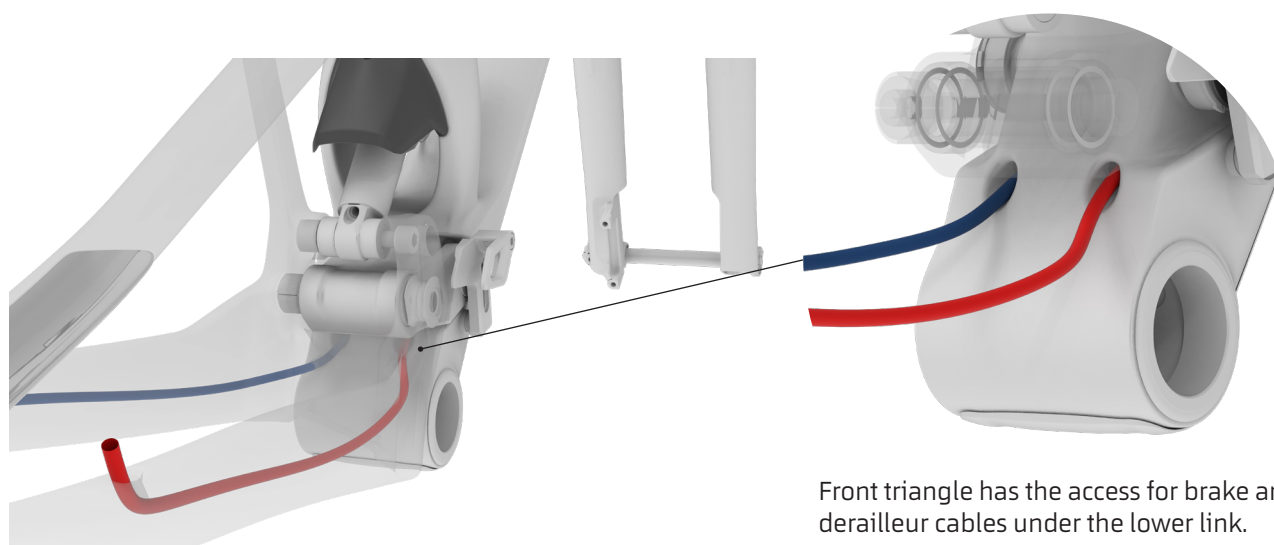
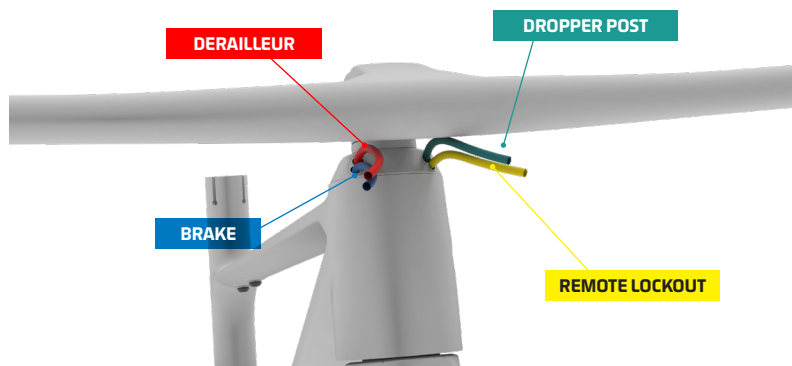
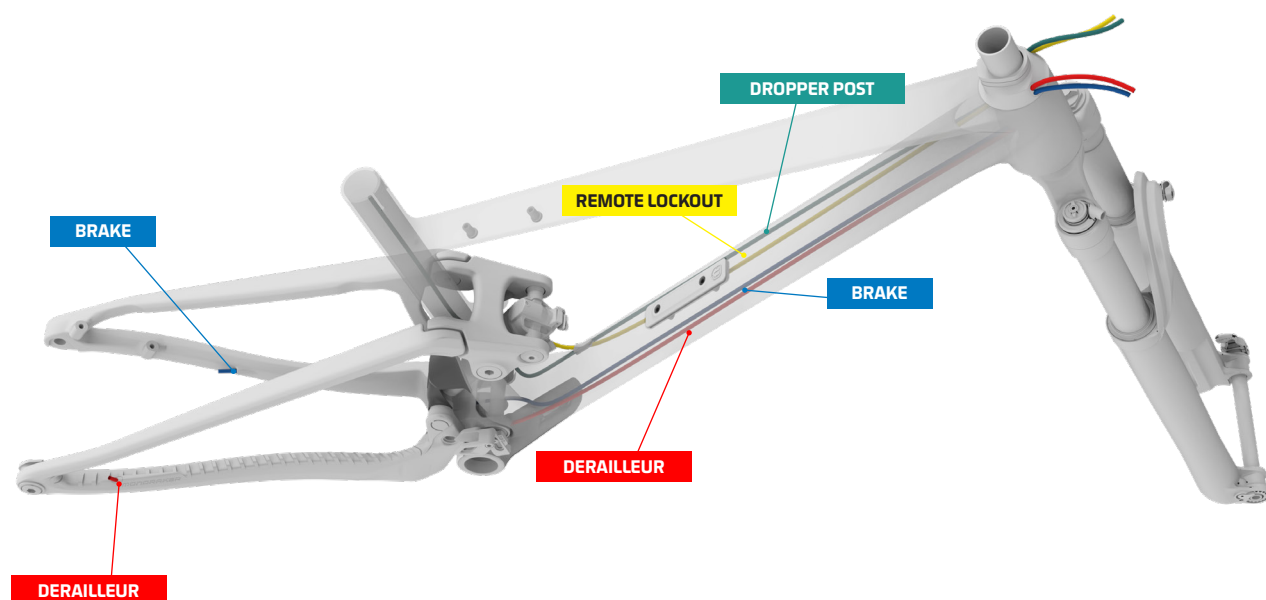
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FRONT HUB	110mm x 15mm
REAR WHEEL SIZE	29"
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REAR AXLE	L180mm M12 PITCH 1.0, HEAD DIAMETER 19mm
TOTAL WATER BOTTLE / RANGE EXTENDERS MOUNTS	FOR L & XL SIZE BIKE FRAME: 2 BOTTLES (large + medium) FOR M & S SIZE BIKE FRAME: 2 BOTTLES (large + small)
BOTTOM BRACKET	BSA 73
REAR TRAVEL	110mm
REAR SHOCK	165 x 45mm TRUNNION, 30 x 8mm BOTTOM BUSHINGS
FRONT TRAVEL	120mm
SEATPOST DIAMETER	31.6mm (37mm seatpost clamp)
CHAINLINE	55mm
HEADSET	UPPER: IS52 1 1/8", LOWER ZS56 BLOCKLOCK 1.5"
MAX CHAINRING	38T
REAR BRAKE	POST MOUNT, DIRECT 160mm
MAX REAR TIRE WIDTH	61mm, 29 x 2.6"

3. SEAT POST INSERTION DEPTH

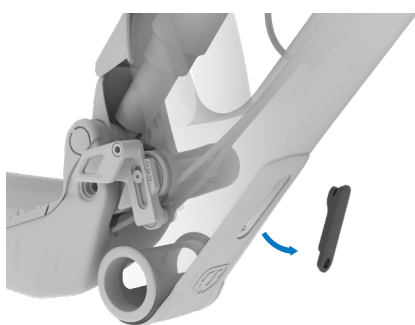
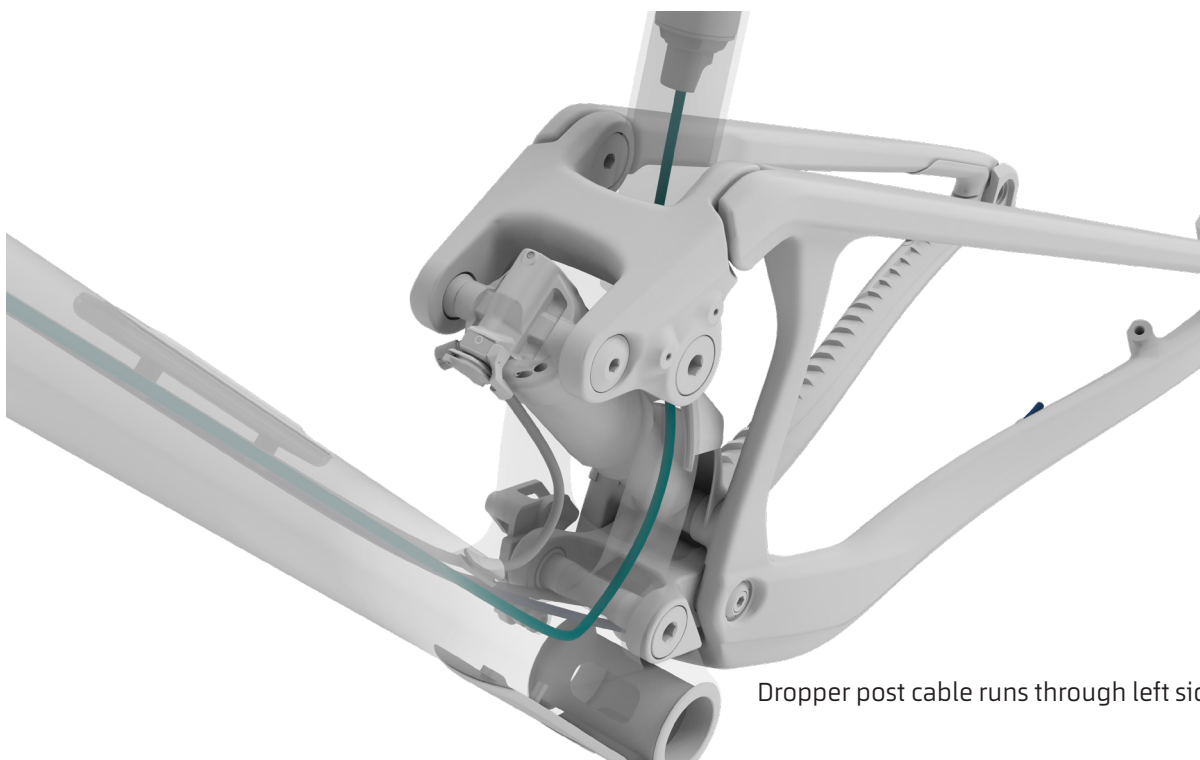


FRAME SIZE	MIN. (mm)	MAX. (mm)
XL	100	245
L	100	204
M	100	204
S	100	165

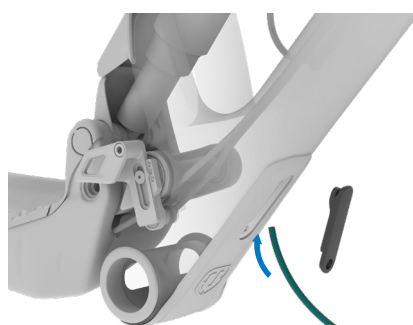
4. INTERNAL ROUTING



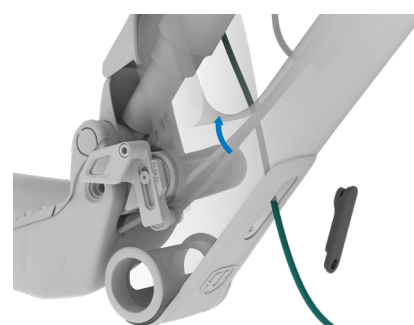
4.1. DROPPER POST



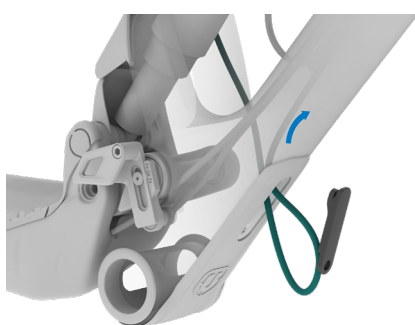
STEP 1



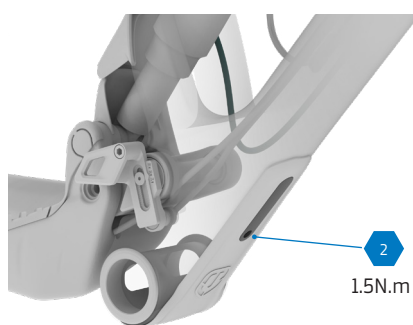
STEP 2



STEP 3



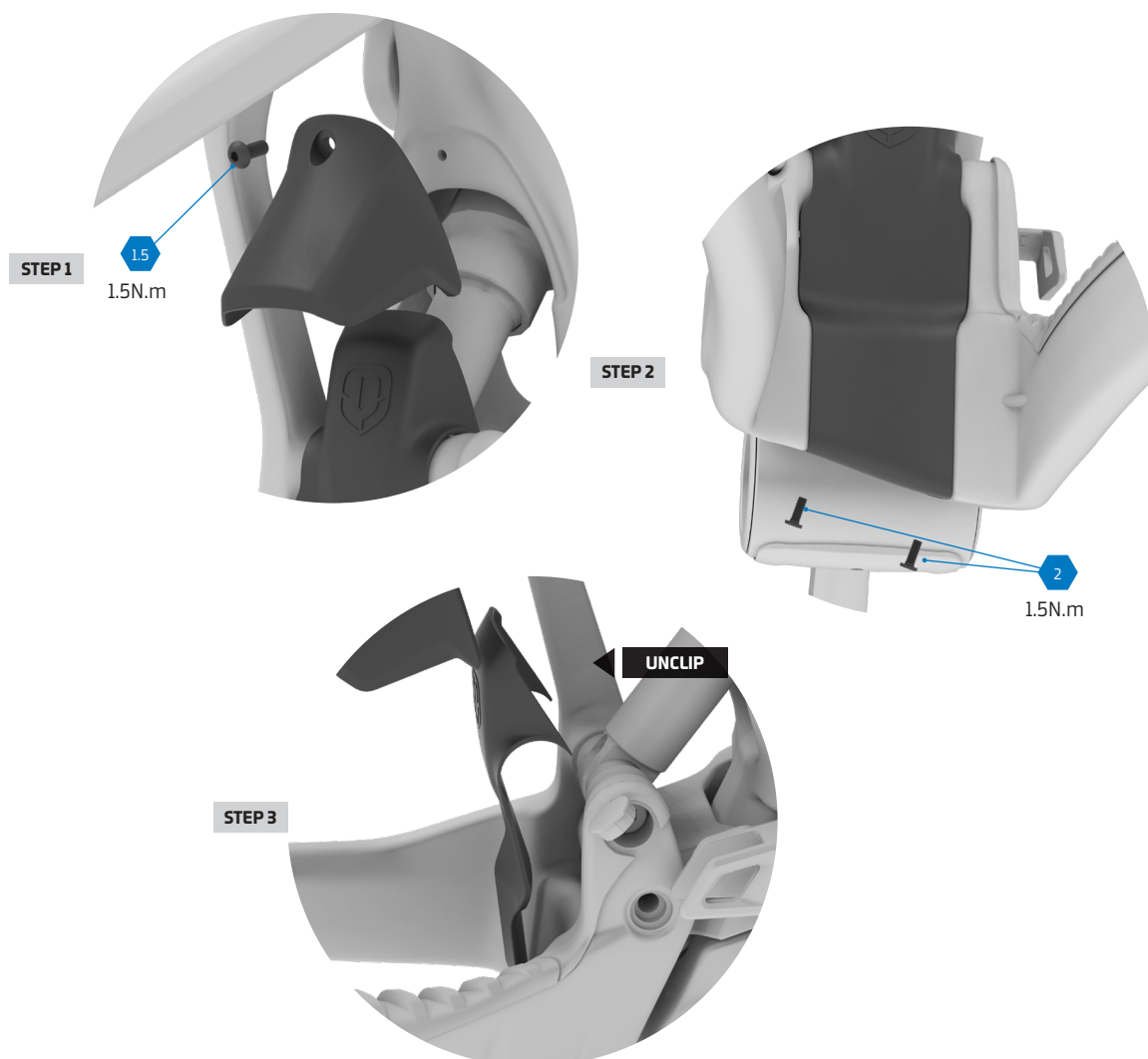
STEP 4



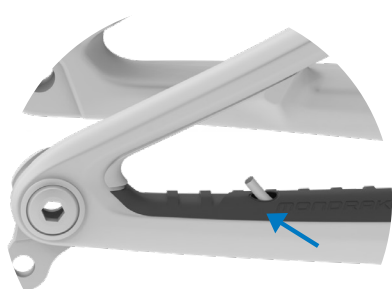
STEP 5



5. FENDERS AND MUDGUARDS



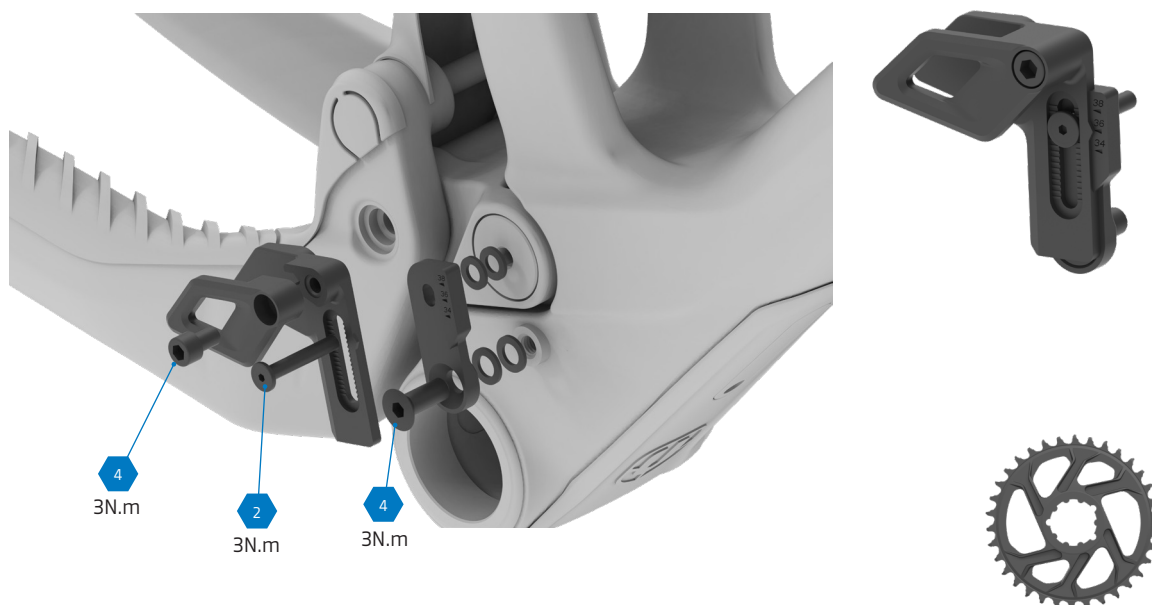
6. CHAIN STAY PROTECTOR



New chainstay protectors, come with no hole for mechanical or wired derailleurs. On the back side there is a mark for piercing the outlet exit of the cable.

For optimal result, it is recommended to use piercing pliers.

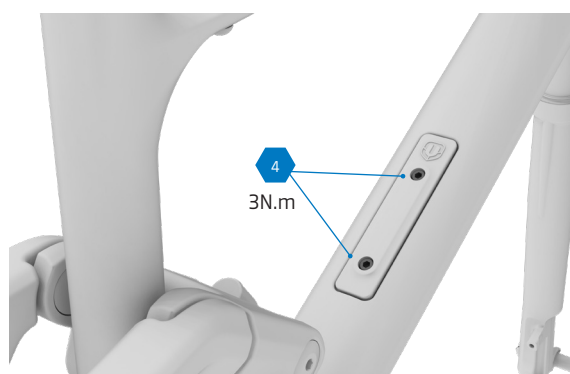
7. CHAINGUIDE



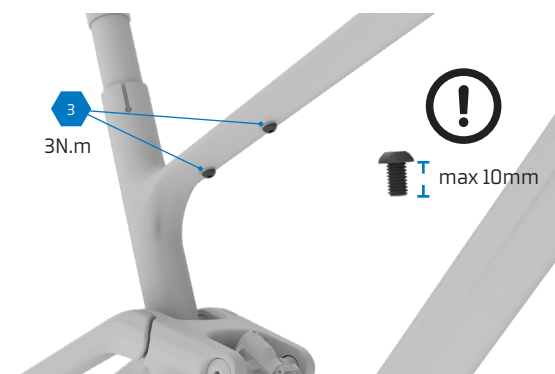
 Apply threadlocker.

 F-Podium is only compatible with 1X drivetrains up to a 38T round-standard type ring or 36T oval ring.

8. WATER BOTTLE CAGES

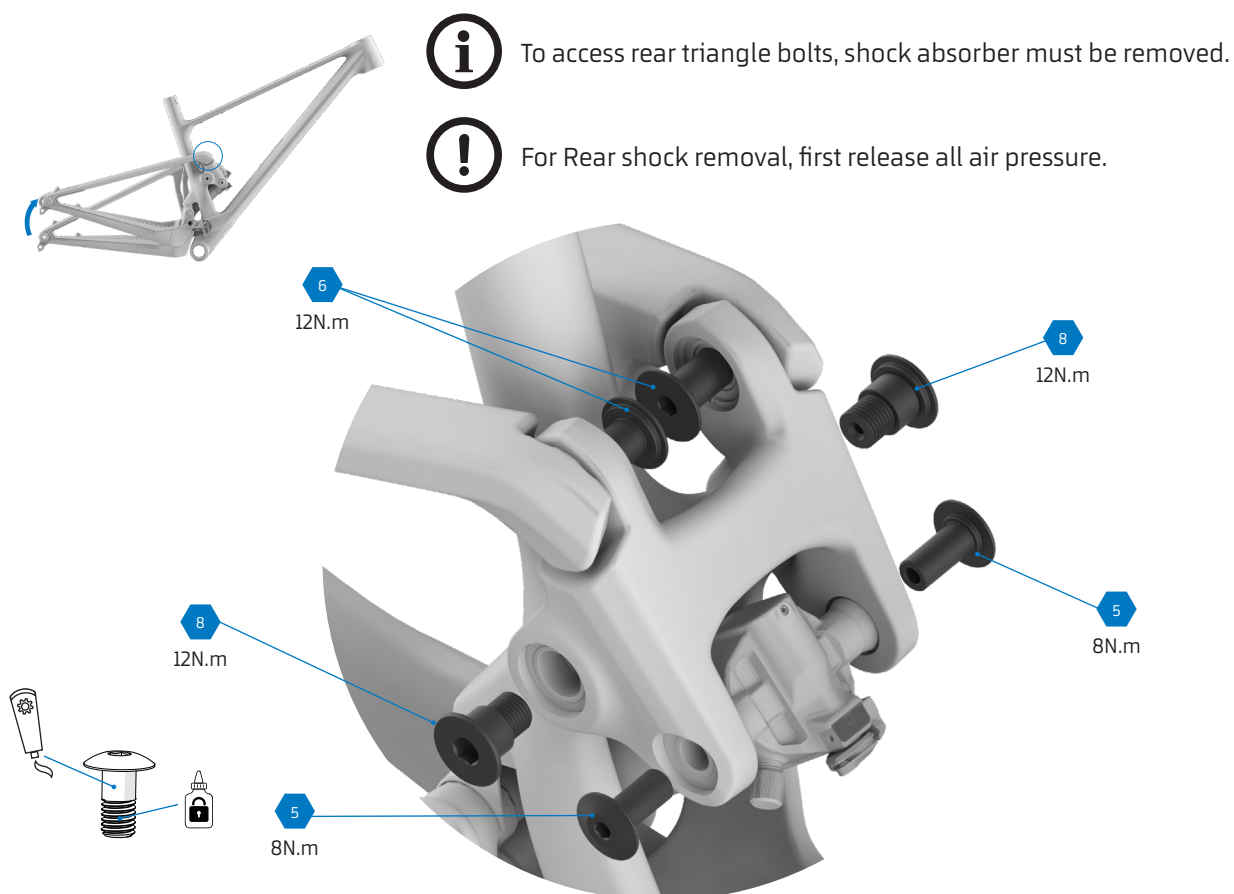


 Remove base to install compatible fidlock base.

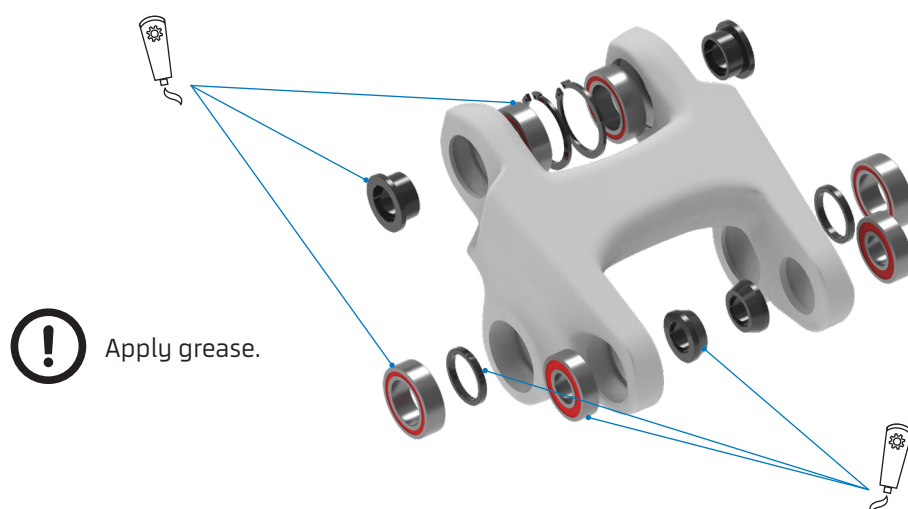


 Maximum screw length is 10mm. Inserting a screw longer may damage your frame.

9. UPPER LINK INSTALLATION GUIDE

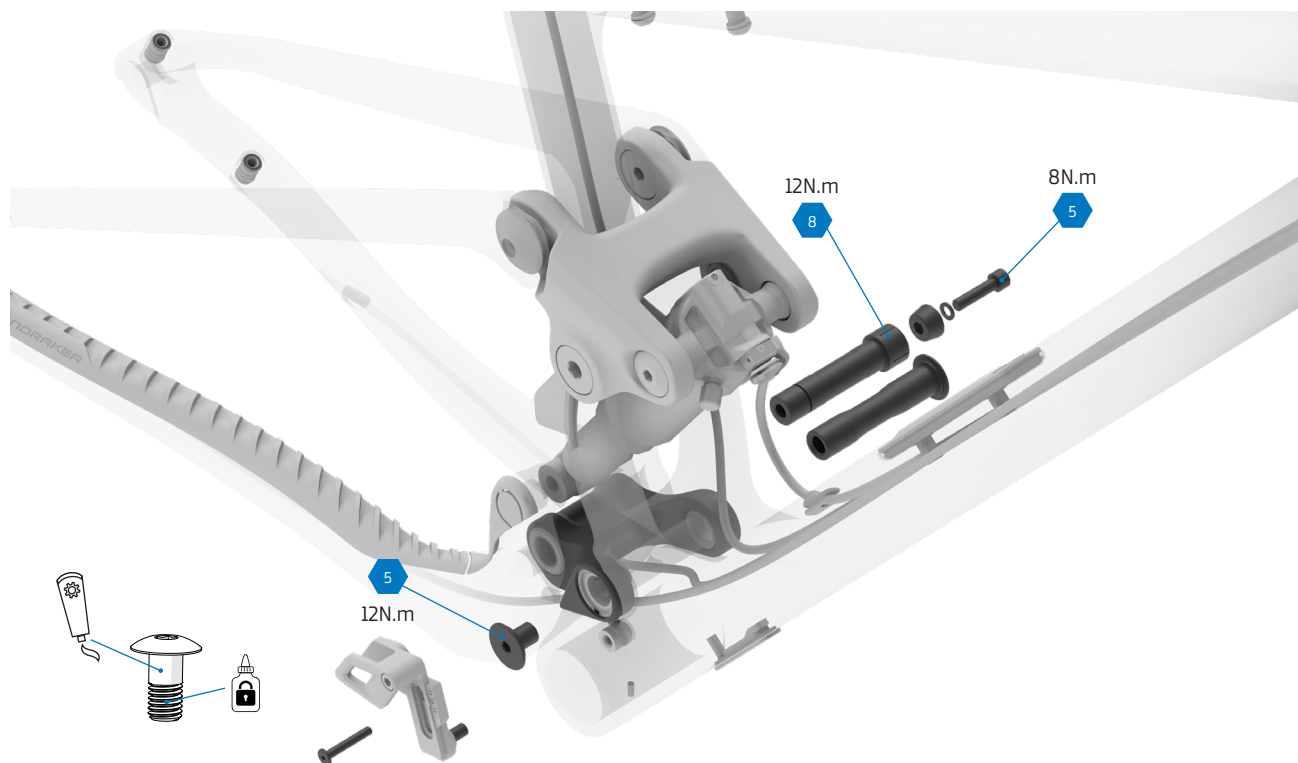


! For main bolts apply grease to shaft and Loctite 243 or similar to threads.





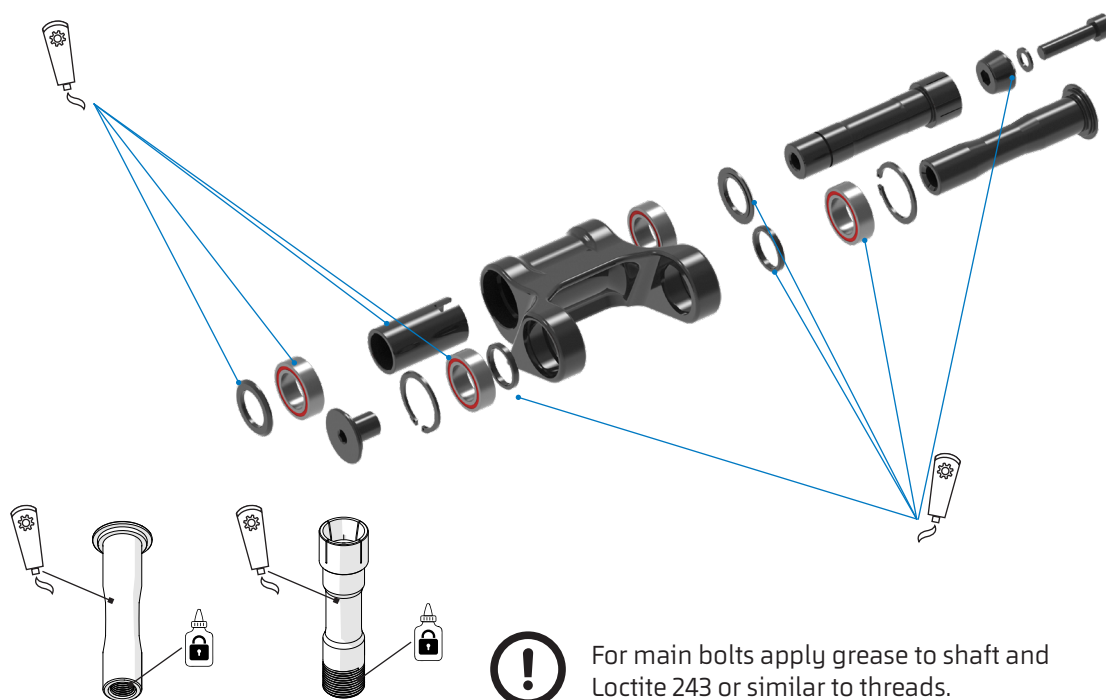
10. LOWER LINK INSTALLATION GUIDE



For main bolts apply grease to shaft and Loctite 243 or similar to threads.



Apply grease.

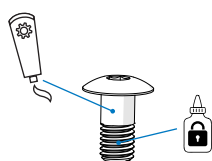
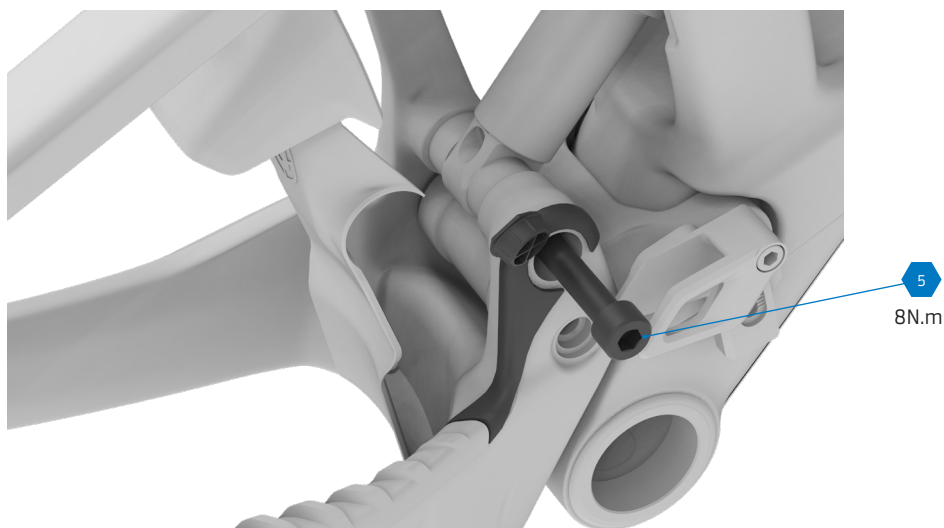
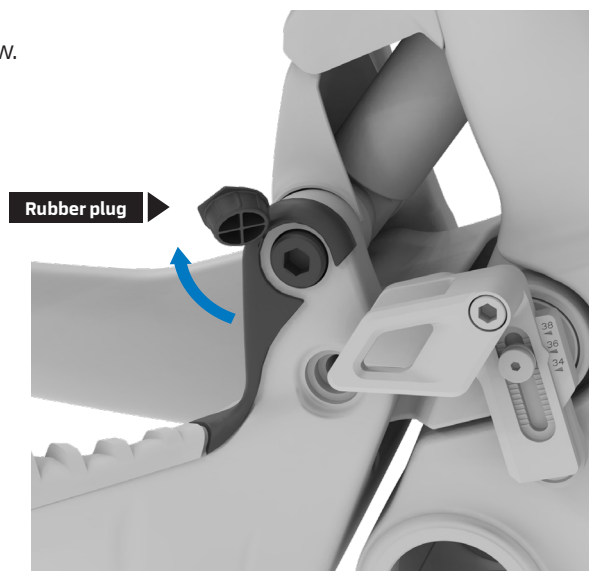


For main bolts apply grease to shaft and Loctite 243 or similar to threads.



10. SHOCK INSTALLATION GUIDE

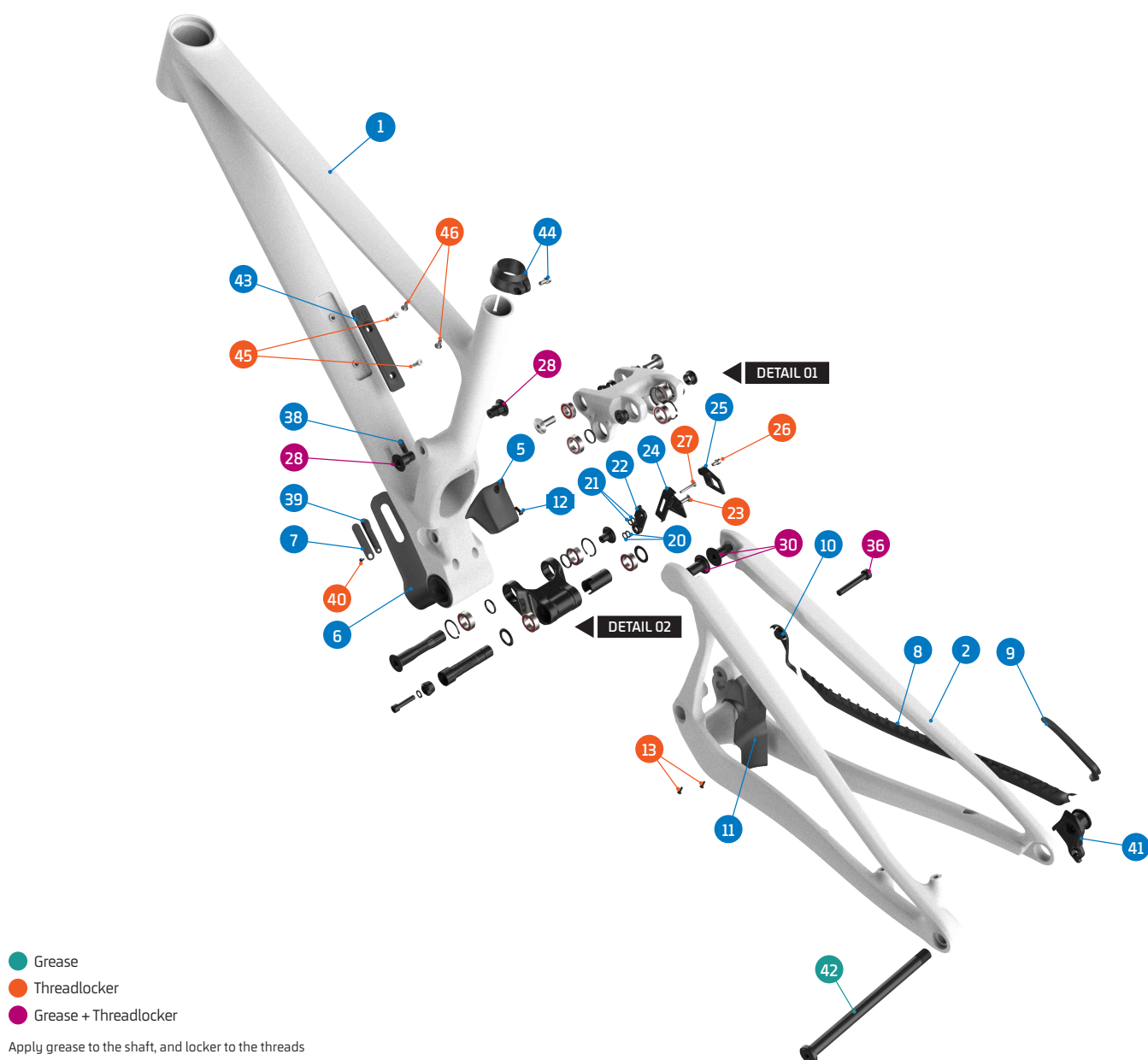
-  Unplug rubber plug to access shock screw.



For main bolts apply grease to shaft and Loctite 243 or similar to threads.



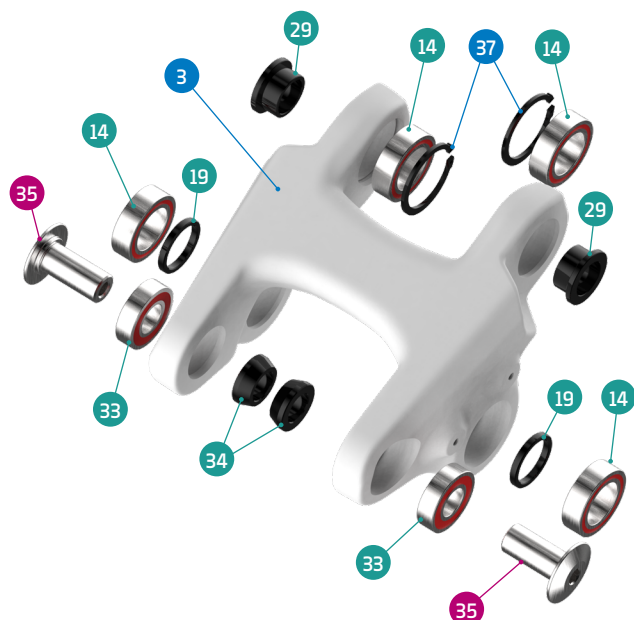
12. SPARE PARTS



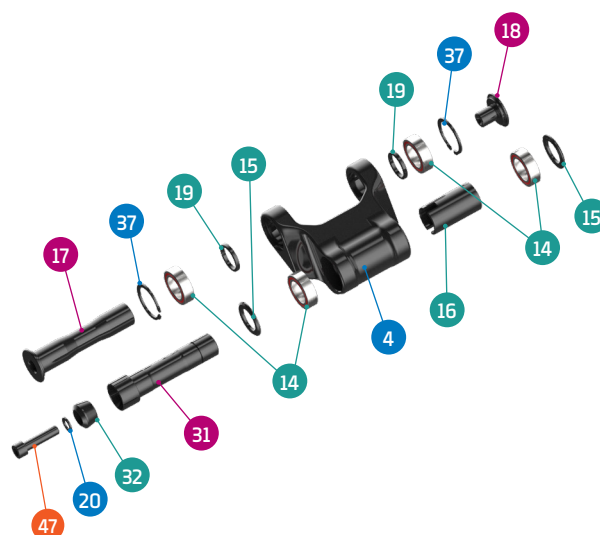
ITEM No.	DESCRIPTION	QTY.	PART NUMBER	TORQUE
1	FRONT TRIANGLE	1		
2	REAR TRIANGLE	1		
3	UPPER LINK	1		
4	LOWER LINK	1	099.24027	
5	FRONT TRIANGLE FENDER	1	099.24028	
6	DOWN TUBE PROTECTOR	1	099.24029	
7	DOWN TUBE PROTECTOR SMALL	1	099.24030	
8	CHAIN STAY PROTECTOR	1	099.24031	
9	SEAT STAY PROTECTOR	1	099.24032	
10	CHAIN STAY PROTECTOR SMALL	1	099.24033	
11	REAR TRIANGLE FENDER	1	099.24034	
12	SCREW BOLT BUTTON HEAD M4X10L-R-SB	1		1.5Nm
13	SCREW BOLT ULTRA LOW HEAD M3X8L-SP	2	099.24035	1.5Nm
14	BEARING 15x24x7 3802V-2RS	8	SET 1	
15	SPACER 15x24x2	2	SET 4	
16	INNER LOWER LINK SPACER	1	SET 4	
17	PIVOT AXLE M10	1	SET 4	
18	AXLE NUT M10	1	SET 4	12Nm
19	SPACER 15x19x2,5T	4	SET 3 & 4	
20	WASHER	3	SET 4 & 5	
21	WASHER	2	SET 5	
22	CHAIN GUIDE PLATE	1	SET 5	
23	SCREW BOLT M6x16L-M-S	1	SET 5	3Nm

ITEM No.	DESCRIPTION	QTY.	PART NUMBER	TORQUE
24	CHAIN GUIDE INNER PLATE	1	SET 5	
25	CHAIN GUIDE OUTER PLATE	1	SET 5	
26	SCREW BOLT M5x8L-P-SB	1	SET 5	3Nm
27	SCREW BOLT ULTRA LOW HEAD M4x25L-SP	1	SET 5	3Nm
28	LINK AXLE	2	SET 3	12Nm
29	UPPER LINK RT SPACER	2	SET 3	
30	PIVOT AXLE M12	2	SET 3	12Nm
31	MAIN AXLE	1	SET 4	12Nm
32	AXLE NUT REAR M10	1	SET 4	
33	BEARING 10x22x6 6900-2RS	2	SET 1	
34	SPACER 10x17x6	2	SET 2	
35	SHOCK BOLT STAINLESS STEEL	2	SET 2	8Nm
36	SHOCK BOLT	1	SET 2	8Nm
37	C-RING	4	SET 3 & 4	
38	SHOCK CABLE GUIDE	1	099.24037	
39	CABLE GUIDE BLIND	1	099.22035	
40	SCREW BOLT M3x8L-M-SB	1	099.20068	1.5Nm
41	HANGER SRAM UDH	1		
42	REAR AXLE	1	112.90027	
43	FIDLOCK COVER	1	099.22040	
44	SEAT CLAMP 37MM	1	020.24900	5-6Nm
45	SCREW BOLT M5x10L-P-SB	2		3Nm
46	SCREW BOLT M5x10L-R-SB	2		3Nm
47	SCREW BOLT M6x25L-P-S	1	SET 4	8Nm

DETAIL 01



DETAIL 02



SET 1

ZERO BEARING KIT 26



SET 2

SHOCK HARDWARE KIT 18



SET 3

UPPER LINK KIT 32



SET 4

LOWER LINK KIT 35



SET 5

CHAIN GUIDE PLATE + BOLTS



PART NUMBER	DESCRIPTION	COMPONENTS
099.22101	SET 1: ZERO BEARING KIT 26	BEARING, 15x24x7 (x8) / BEARING, 10x22x6 (x2)
099.24200	SET 2: SHOCK HARDWARE KIT 18	SPACER, 10x17x6 (x2) / SHOCK BOLT STAINLESS STEEL(x2) / SHOCK BOLT (x1)
099.24300	SET 3: UPPER LINK KIT 32	SPACER, 15x19x2.5T (x2) / LINK AXLE (x2) / UPPER LINK-RT SPACER (x2)/ PIVOT AXLE, M12 (x2) / C-RING (x2)
099.24403	SET 4: LOWER LINK KIT 35	PIVOT AXLE, M10 (x1) / SPACER, 15x19x2.5t (x2) / AXLE NUT, M10 (x1) / C-RING (x2) / TAPER NUT (x1) / SPACER ,15x24x2 (x2) / INNER LOWER LINK SPACER (x1) / WASHER (x1) / MAIN AXLE (x1) / SCREW BOLT, M6x25L-P-S (x1)
099.24036	SET 5: CHAIN GUIDE PLATE + BOLTS	WASHER (x2) / WASHER (x2) / CHAIN GUIDE PLATE (x1) / SCREW BOLT, M6X16L (x1) / CHAIN GUIDE INNER PLATE (x1) / CHAIN GUIDE OUTER PLATE (x1) / SCREW BOLT, M5X8L (x1) / SCREW BOLT ULTRA LOW HEAD, M4X25L (x1)



13. FAQs

WHICH SHOCKS ARE COMPATIBLE WITH F-PODIUM?

You can fit any in-line type of shock such as FOX Float SL or RockShox SID Luxe that come stock on our bikes, or similar in 165x45mm metric sized Trunnion upper mount and 30x8mm bottom hardware.

WHICH IS THE MAXIMUM FORK TRAVEL I CAN USE ON F-PODIUM?

F-Podium is compatible with forks up to 120mm travel (stock forks on all F-Podium models). Mondraker does not recommend it, but it is possible to ride forks with less travel, 110mm or 100mm, taking into account that the steering angle will be steepened 0.5° every 10mm of shorter fork travel and the bottom bracket height to the ground will be reduced.

WHICH IS THE MAXIMUM TIRE WIDTH I CAN FIT ON F-PODIUM?

With a maximum recommended internal rim width of 30mm the maximum recommended tire you can fit is 29 x 2.4" which guarantees proper clearance to shed mud.

WHICH IS THE BIGGEST CHAINRING I CAN USE ON F-PODIUM?

F-Podium is only compatible with 1X drivetrains up to a 38T round-standard type ring or 36T oval ring.

HOW MANY WATER BOTTLES CAN I INSTALL ON F-PODIUM?

You can install two water bottles cages. One under the top tube with the precaution of using small screws of suitable thread length and the other one in the usual position on the down tube.

WHICH SIZE SHOULD I BUY?

Sizes differ from one rider to other. Personal preferences are very unique and how you ride your bike is also important when choosing the correct size. This is a standard size chart you can use as a guideline.

S 1.58 - 1.68

M 1.67 - 1.76

L 1.75 - 1.86

XL 1.85 - 1.95

WHICH MAXIMUM DROPPER POST LENGTH CAN I USE ON THE F-PODIUM CARBON?

FRAME SIZE	MIN. (mm)	MAX. (mm)
XL	100	200
L	100	200
M	100	200
S	100	200



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MANUELS ET DOCUMENTS

 | **FR** | **F-PODIUM**

CONSIGNES GÉNÉRALES ET DE SÉCURITÉ

Veuillez noter que les 3 icônes suivantes peuvent apparaître dans ce guide technique. Chacune indique que vous devez prendre les précautions suivantes :

AVERTISSEMENT !

Le non-respect des indications ou la réalisation de pratiques dangereuses peut entraîner des blessures graves, voire la mort. Les tâches impliquent des difficultés techniques. Si elles sont mal réalisées, elles peuvent endommager votre vélo ou entraîner la nullité de la garantie.

ATTENTION

Le non-respect des indications ou la réalisation de pratiques dangereuses peut entraîner des blessures légères. Les tâches impliquent des difficultés techniques. Si elles sont mal réalisées, elles peuvent endommager votre vélo ou entraîner la nullité de la garantie.

INFORMATION

Information essentielle pour une bonne exécution de la tâche et, par conséquent, pour éviter tout dommage sur le vélo ou la perte de la garantie, mais qui ne comporte aucun risque pour la personne.

CONSIDÉRATIONS

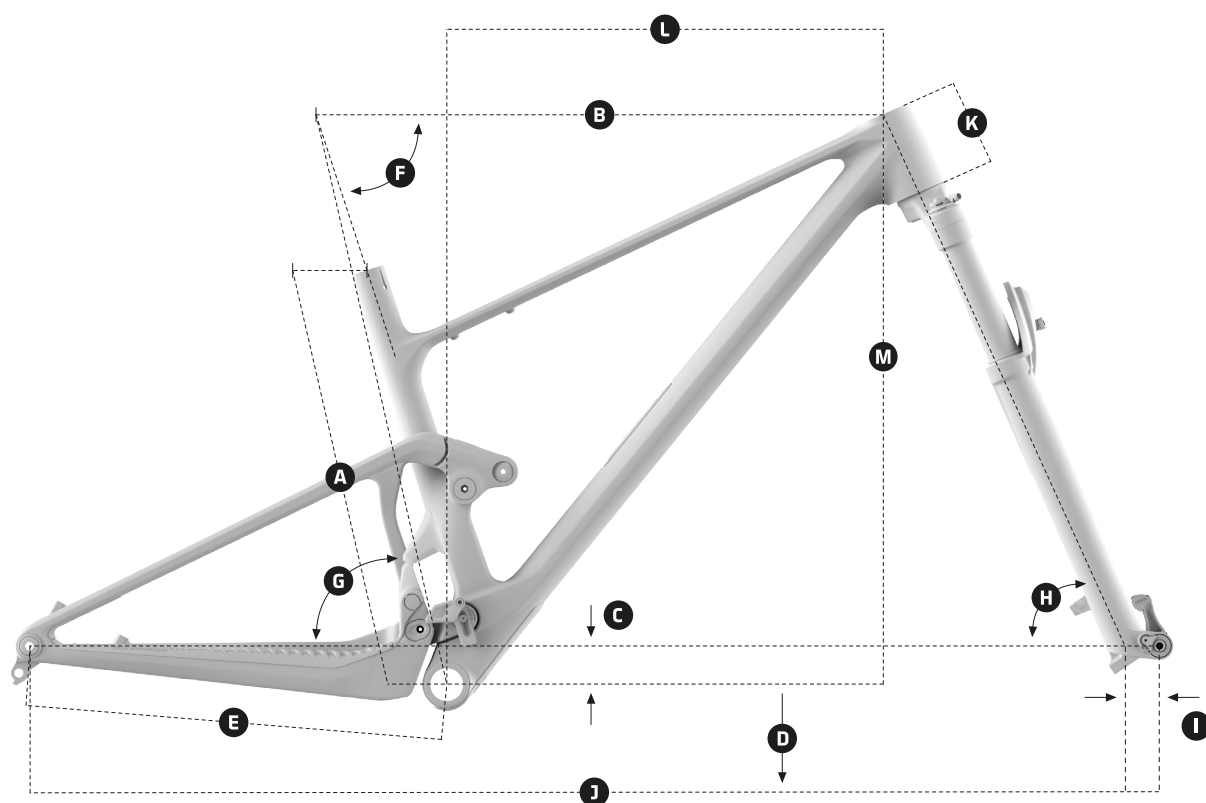
- L'utilisation de pièces de rechange non originales peut entraîner des dommages, des dysfonctionnements et des accidents qui pourraient avoir des conséquences graves.
- Veuillez noter que pour effectuer certaines des étapes décrites dans ce manuel, des compétences supérieures à celles de l'utilisateur de vélo moyen sont requises. Si vous n'êtes pas qualifié pour réaliser l'une de ces étapes, adressez-vous à un service technique agréé Mondraker pour l'entretien et le remplacement de ses composants. L'installation incorrecte des pièces de rechange peut entraîner des dysfonctionnements, des accidents, des blessures et la nullité de la garantie.

NETTOYAGE ET ENTRETIEN

- Une fois les pièces démontées, il est recommandé de nettoyer, de graisser et d'appliquer du frein-filet (si nécessaire) sur les composants qui vont être réutilisés.



1. GÉOMÉTRIE



TAILLE	S	M	L	XL
A Longueur du tube de selle	410mm	440mm	470mm	500mm
B Longueur du tube supérieur	576mm	601mm	629mm	658mm
C Différence axe boîtier/axe moyeu	-40mm	-40mm	-40mm	-40mm
D Hauteur de pédalier	335mm	335mm	335mm	335mm
E Longueur des bases	435mm	435mm	435mm	435mm
F Angle de tube de selle	72.5°	73°	73°	73.5°
G Angle de tube de selle effectif	76°	76°	76°	76°
H Angle du tube de direction	66.5°	66.5°	66.5°	66.5°
I Déport de fourche	44mm	44mm	44mm	44mm
J Empattement	1152mm	1177mm	1208mm	1239mm
K Longueur du tube de direction	90mm	90mm	105mm	120mm
L Reach	430mm	455mm	480mm	505mm
M Stack	595mm	595mm	608mm	622mm



2. SPÉCIFICATIONS TECHNIQUES DU CADRE

FRAME SIZES	S / M / L / XL
FRONT WHEEL SIZE	29"
FRONT HUB	110mm x 15mm
REAR WHEEL SIZE	29"
REAR HUB	148mm x 12mm (BOOST)
REAR AXLE	L180mm M12 PITCH 1.0, HEAD DIAMETER 19mm
TOTAL WATER BOTTLE / RANGE EXTENDERS MOUNTS	FOR L & XL SIZE BIKE FRAME: 2 BOTTLES (large + medium) FOR M & S SIZE BIKE FRAME: 2 BOTTLES (large + small)
BOTTOM BRACKET	BSA 73
REAR TRAVEL	110mm
REAR SHOCK	165 x 45mm TRUNNION, 30 x 8mm BOTTOM BUSHINGS
FRONT TRAVEL	120mm
SEATPOST DIAMETER	31.6mm (37mm seatpost clamp)
CHAINLINE	55mm
HEADSET	UPPER: IS52 1 1/8", LOWER ZS56 BLOCKLOCK 1.5"
MAX CHAINRING	38T
REAR BRAKE	POST MOUNT, DIRECT 160mm
MAX REAR TIRE WIDTH	61mm, 29 x 2.6"

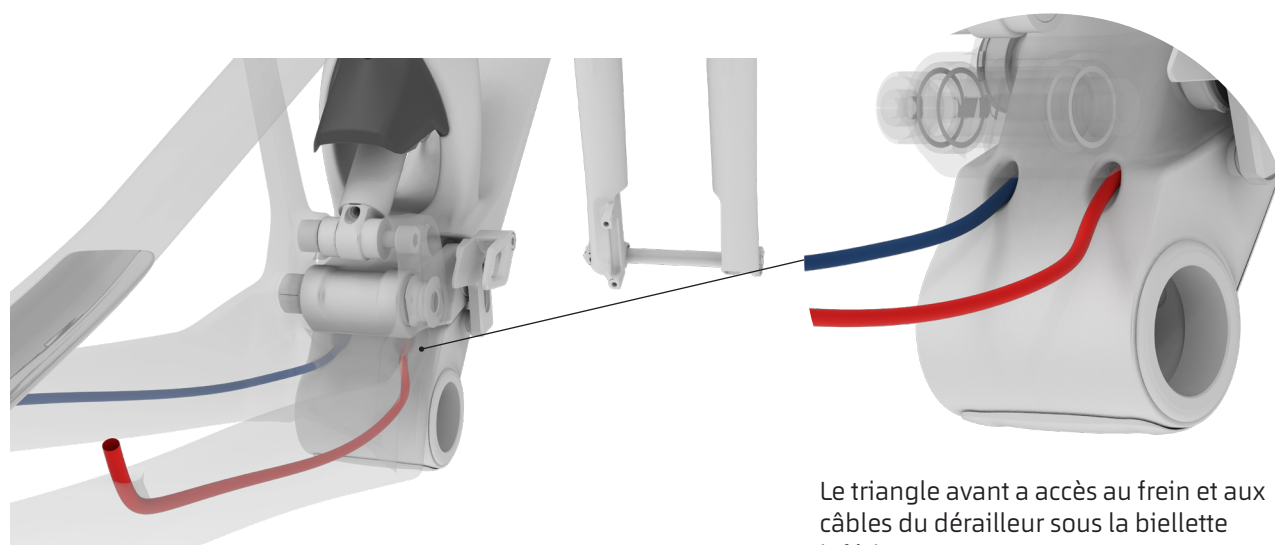
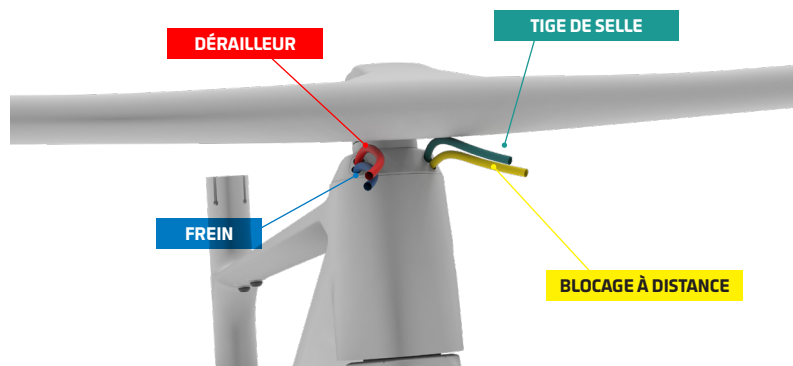
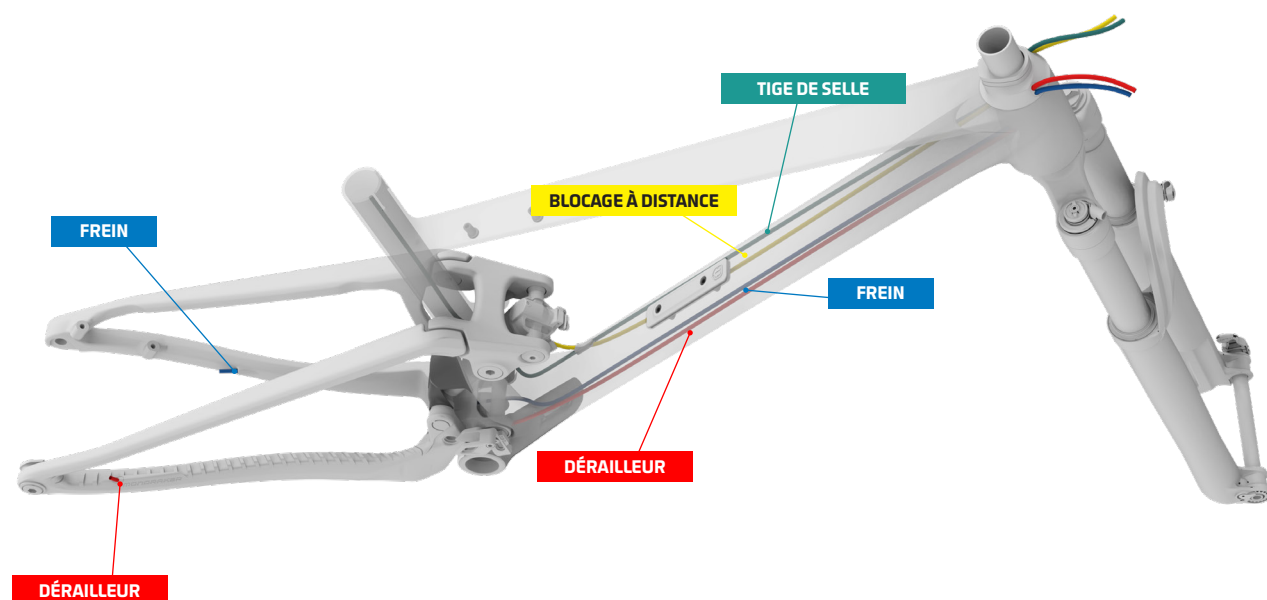
3. PROFONDEUR D'INSERTION TIGE DE SELLE



TAILLE DE CADRE	MIN. (mm)	MAX. (mm)
XL	100	245
L	100	204
M	100	204
S	100	165



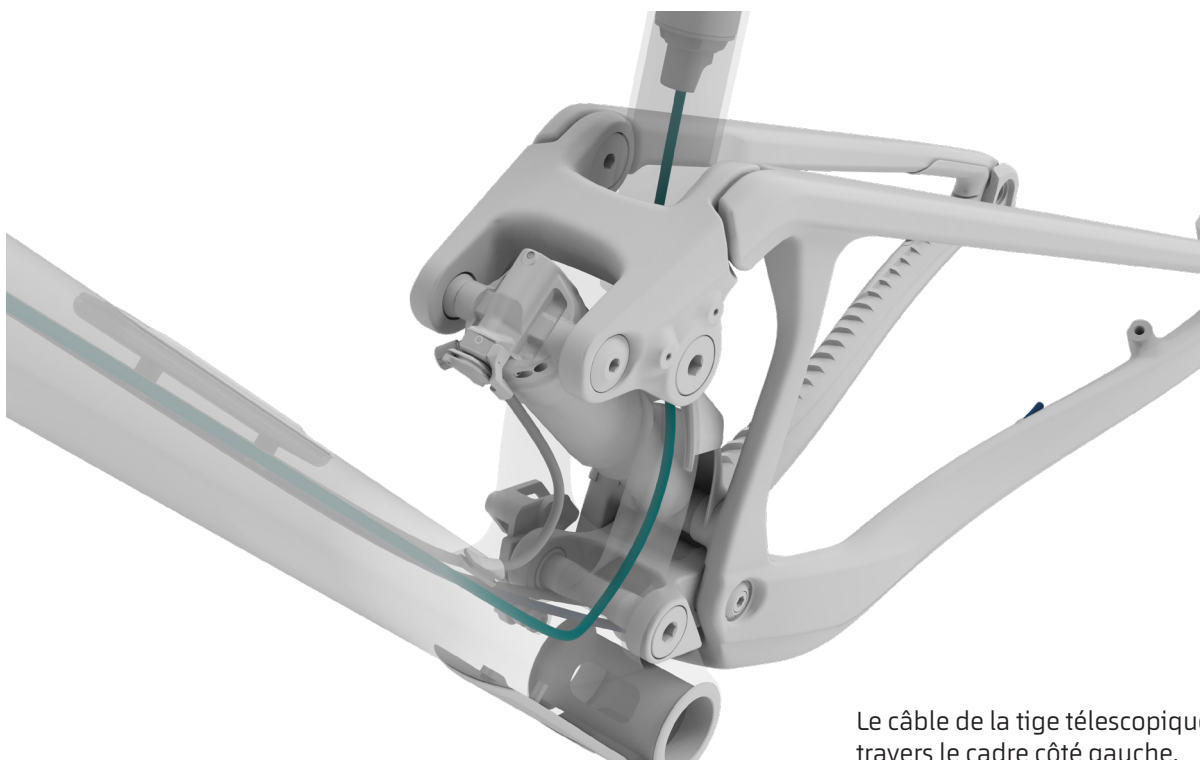
4. ACHEMINEMENT INTERNE



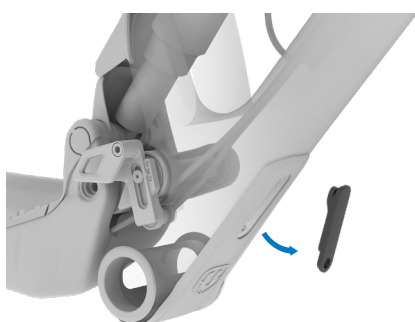
Le triangle avant a accès au frein et aux câbles du dérailleur sous la bielle inférieure.



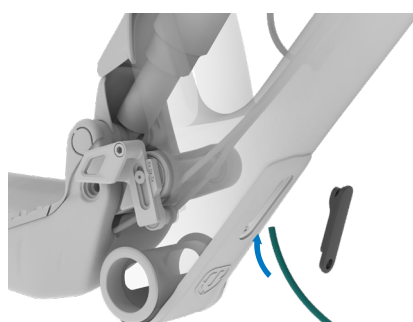
4. 1. TIGE DE SELLE TÉLESCOPIQUE



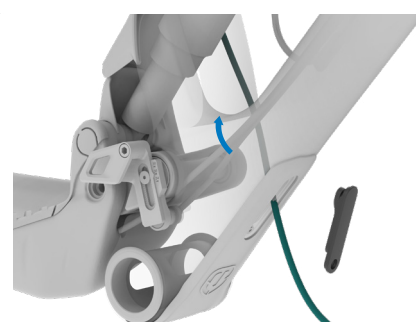
Le câble de la tige télescopique passe à travers le cadre côté gauche.



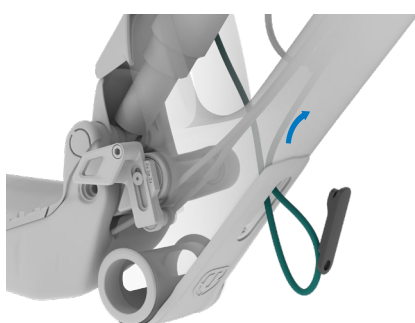
ÉTAPE 1



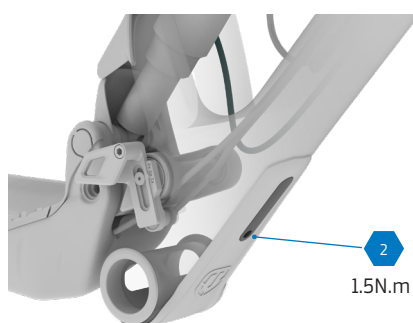
ÉTAPE 2



ÉTAPE 3



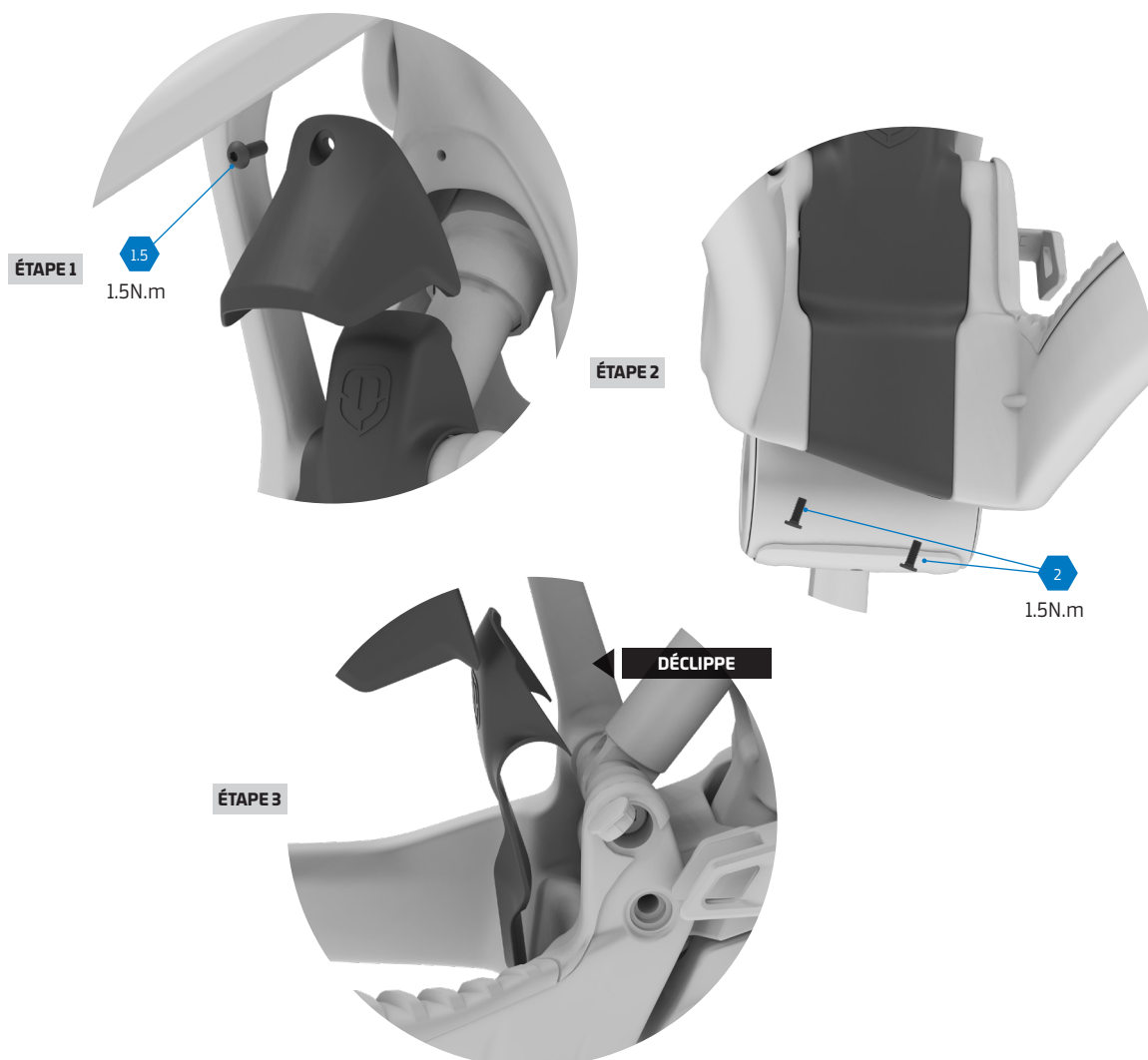
ÉTAPE 4



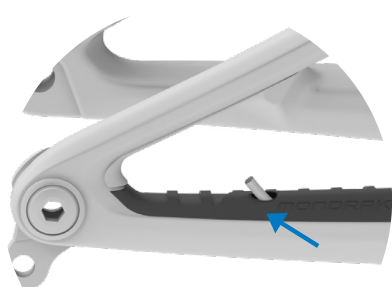
ÉTAPE 5

2
1.5N.m

5. GARDE-BOUE



6. PROTECTEUR DE LA BASE

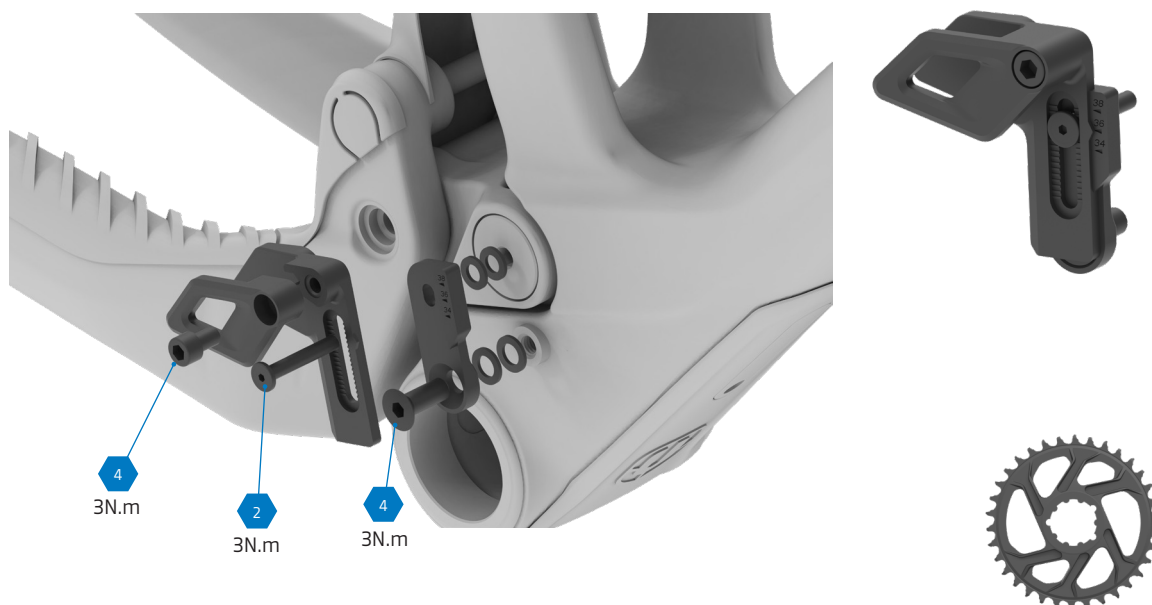


Les nouveaux protecteurs de la base sont sans alésage, pour les dérailleurs mécaniques ou à câble. À l'arrière, il y a une marque pour percer le trou de sortie du câble.

Pour un résultat optimal, il est recommandé d'utiliser une pince perforante.



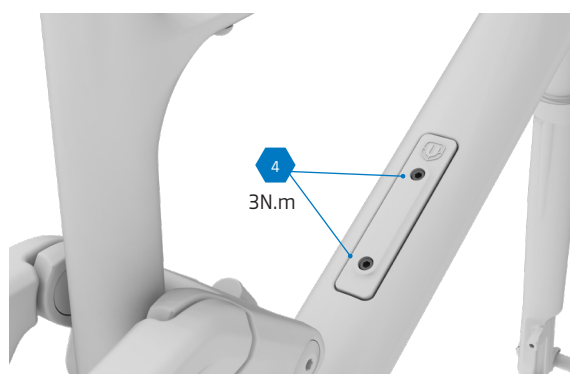
7. GUIDE-CHAÎNE



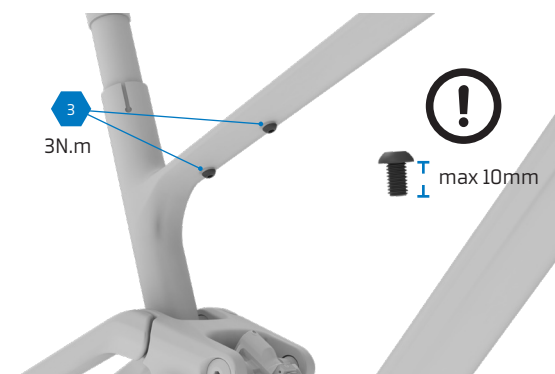
! Appliquer du frein-filet.

! F-Podium est seulement compatible avec les transmissions 1X jusqu'à une couronne ronde standard 38T ou ovale 36T.

8. PORTE-BIDONS

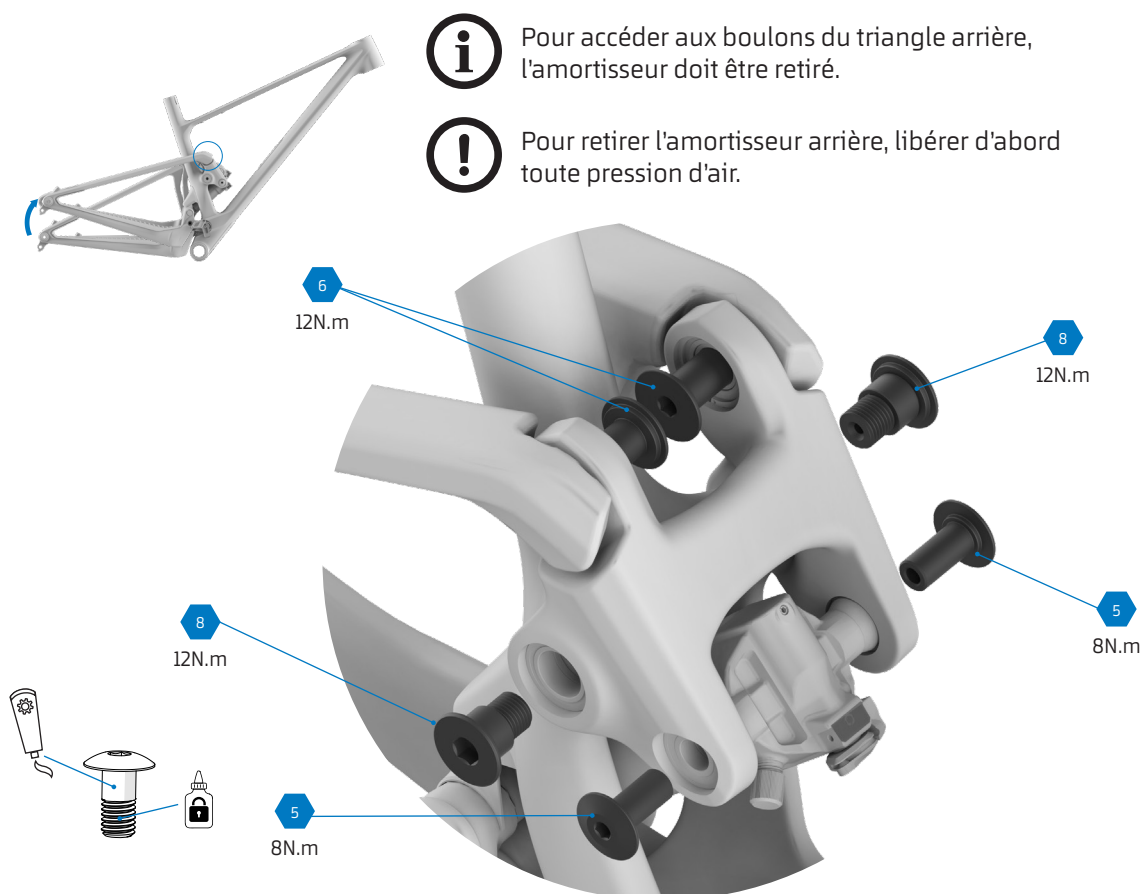


i Retirez la base pour installer une base Fidlock compatible.

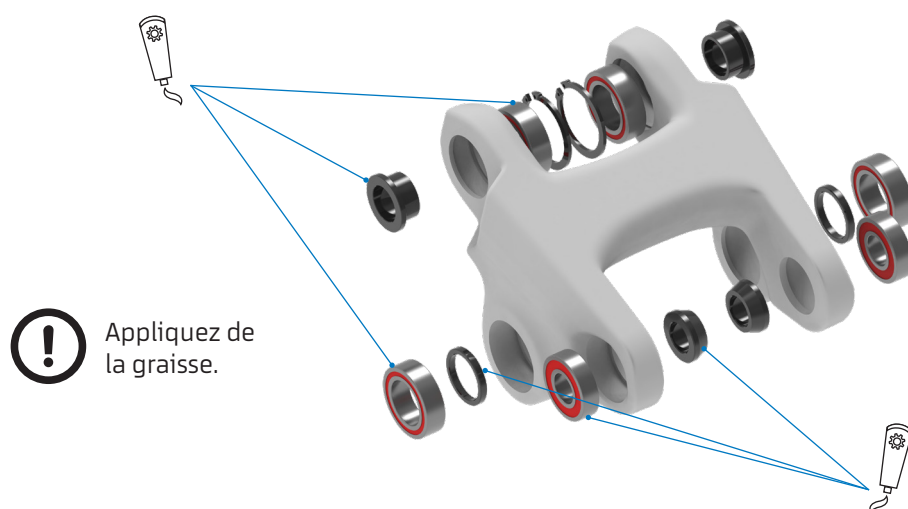


! La longueur maximale de vis est de 10 mm. L'insertion de la vis peut endommager votre cadre.

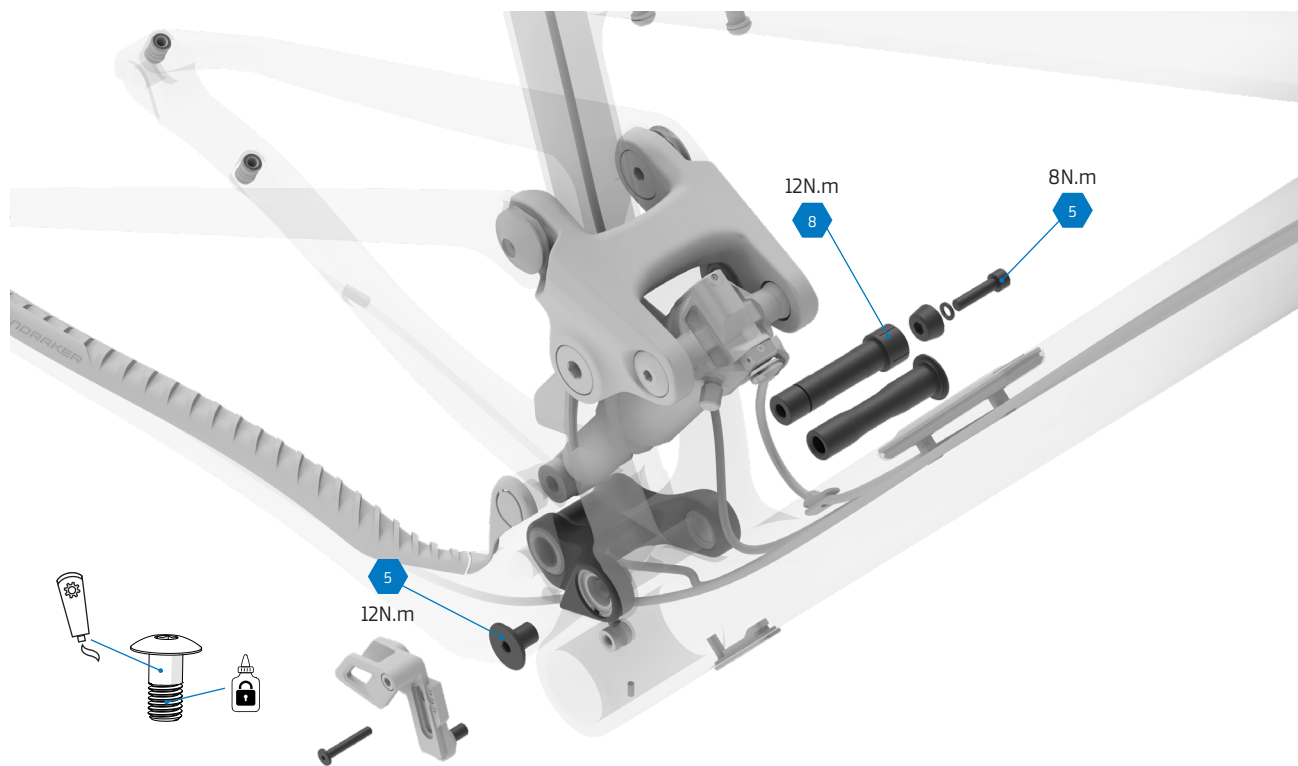
9. GUIDE D'INSTALLATION DE LA BIELLETTE SUPÉRIEURE



! Pour les boulons principaux, appliquez de la graisse sur l'arbre et du Loctite 243 ou similaire sur les filetages.



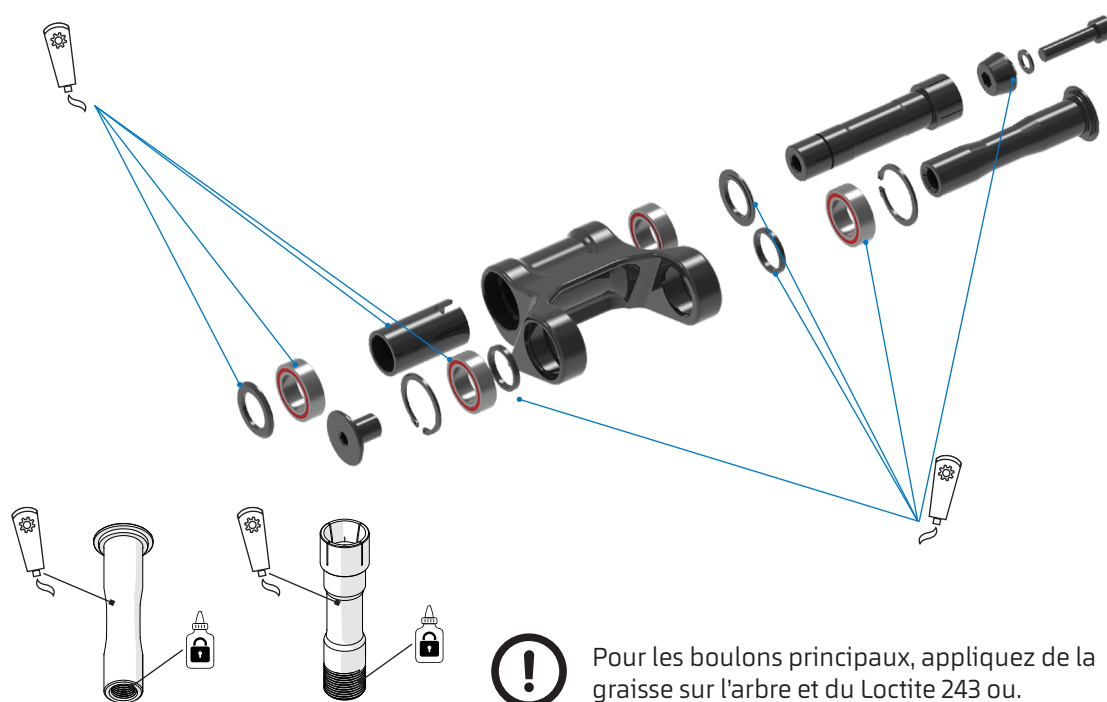
10. GUIDE D'INSTALLATION DE LA BIELLETTE INFÉRIURE



Pour les boulons principaux, appliquez de la graisse sur l'arbre et du Loctite 243 ou similaire sur les filetages.



Appliquez de la graisse.

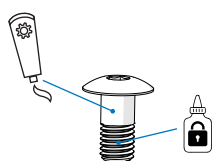
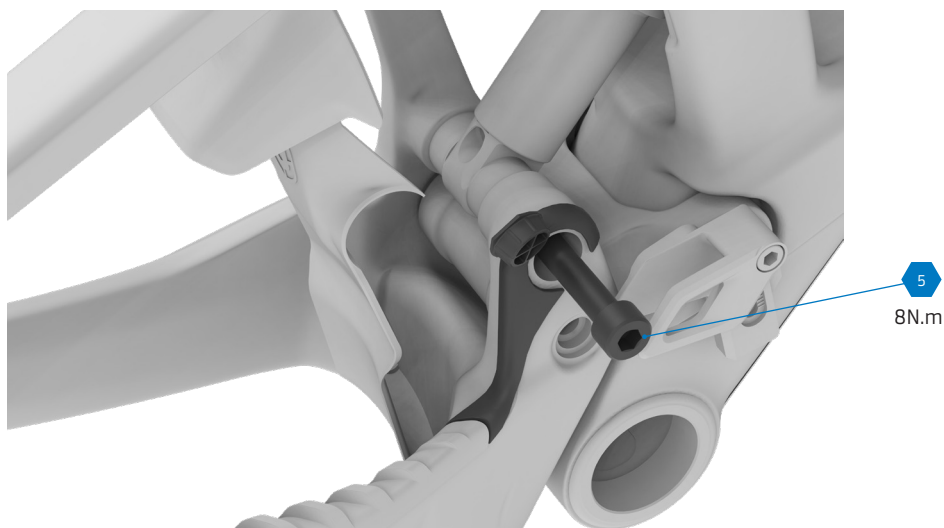
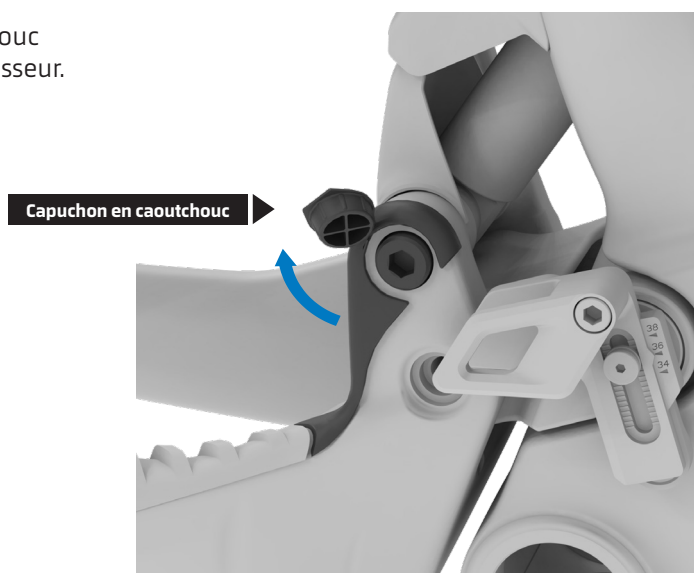


Pour les boulons principaux, appliquez de la graisse sur l'arbre et du Loctite 243 ou.



10. GUIDE D'INSTALLATION DE L'AMORTISSEUR

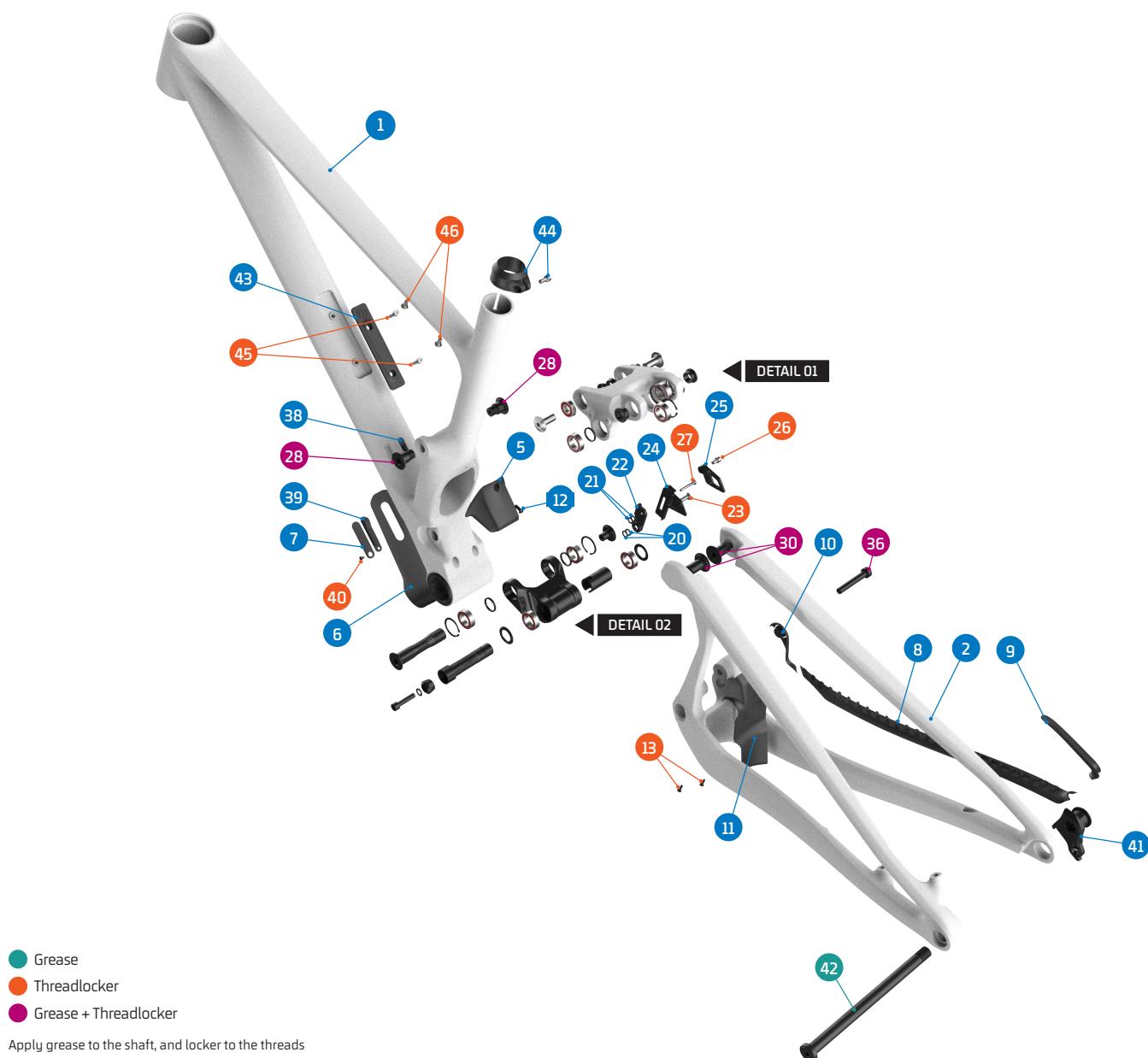
- i** Retirez le capuchon en caoutchouc pour accéder à la vis de l'amortisseur.



Pour les boulons principaux, appliquez de la graisse sur l'arbre et du Loctite 243 ou similaire sur les filetages.



12. SPARE PARTS

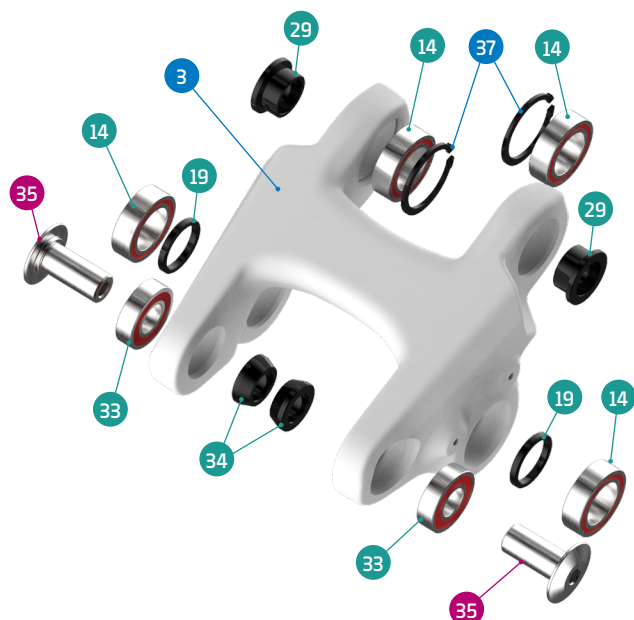


ITEM No.	DESCRIPTION	QTY.	PART NUMBER	TORQUE
1	FRONT TRIANGLE	1		
2	REAR TRIANGLE	1		
3	UPPER LINK	1		
4	LOWER LINK	1	099.24027	
5	FRONT TRIANGLE FENDER	1	099.24028	
6	DOWN TUBE PROTECTOR	1	099.24029	
7	DOWN TUBE PROTECTOR SMALL	1	099.24030	
8	CHAIN STAY PROTECTOR	1	099.24031	
9	SEAT STAY PROTECTOR	1	099.24032	
10	CHAIN STAY PROTECTOR SMALL	1	099.24033	
11	REAR TRIANGLE FENDER	1	099.24034	
12	SCREW BOLT BUTTON HEAD M4X10L-R-SB	1		1.5Nm
13	SCREW BOLT ULTRA LOW HEAD M3X8L-SP	2	099.24035	1.5Nm
14	BEARING 15x24x7 3802V-2RS	8	SET 1	
15	SPACER 15x24x2	2	SET 4	
16	INNER LOWER LINK SPACER	1	SET 4	
17	PIVOT AXLE M10	1	SET 4	
18	AXLE NUT M10	1	SET 4	12Nm
19	SPACER 15x19x2,5T	4	SET 3 & 4	
20	WASHER	3	SET 4 & 5	
21	WASHER	2	SET 5	
22	CHAIN GUIDE PLATE	1	SET 5	
23	SCREW BOLT M6x16L-M-S	1	SET 5	3Nm

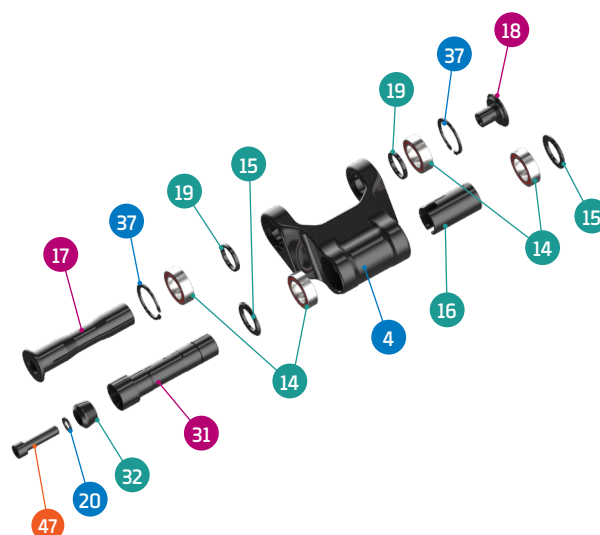
ITEM No.	DESCRIPTION	QTY.	PART NUMBER	TORQUE
24	CHAIN GUIDE INNER PLATE	1	SET 5	
25	CHAIN GUIDE OUTER PLATE	1	SET 5	
26	SCREW BOLT M5x8L-P-SB	1	SET 5	3Nm
27	SCREW BOLT ULTRA LOW HEAD M4x25L-SP	1	SET 5	3Nm
28	LINK AXLE	2	SET 3	12Nm
29	UPPER LINK RT SPACER	2	SET 3	
30	PIVOT AXLE M12	2	SET 3	12Nm
31	MAIN AXLE	1	SET 4	12Nm
32	AXLE NUT REAR M10	1	SET 4	
33	BEARING 10x22x6 6900-2RS	2	SET 1	
34	SPACER 10x17x6	2	SET 2	
35	SHOCK BOLT STAINLESS STEEL	2	SET 2	8Nm
36	SHOCK BOLT	1	SET 2	8Nm
37	C-RING	4	SET 3 & 4	
38	SHOCK CABLE GUIDE	1	099.24037	
39	CABLE GUIDE BLIND	1	099.22035	
40	SCREW BOLT M3x8L-M-SB	1	099.20068	1.5Nm
41	HANGER SRAM UDH	1		
42	REAR AXLE	1	112.90027	
43	FIDLOCK COVER	1	099.22040	
44	SEAT CLAMP 37MM	1	020.24900	5-6Nm
45	SCREW BOLT M5x10L-P-SB	2		3Nm
46	SCREW BOLT M5x10L-R-SB	2		3Nm
47	SCREW BOLT M6x25L-P-S	1	SET 4	8Nm



DETAIL 01



DETAIL 02



SET 1

ZERO BEARING KIT 26



SET 2

SHOCK HARDWARE KIT 18



SET 3

UPPER LINK KIT 32



SET 4

LOWER LINK KIT 35



SET 5

CHAIN GUIDE PLATE + BOLTS



PART NUMBER	DESCRIPTION	COMPONENTS
099.22101	SET 1: ZERO BEARING KIT 26	BEARING, 15x24x7 (x8) / BEARING, 10x22x6 (x2)
099.24200	SET 2: SHOCK HARDWARE KIT 18	SPACER, 10x17x6 (x2) / SHOCK BOLT STAINLESS STEEL(x2) / SHOCK BOLT (x1)
099.24300	SET 3: UPPER LINK KIT 32	SPACER, 15x19x2.5T (x2) / LINK AXLE (x2) / UPPER LINK-RT SPACER (x2)/ PIVOT AXLE, M12 (x2) / C-RING (x2)
099.24403	SET 4: LOWER LINK KIT 35	PIVOT AXLE, M10 (x1) / SPACER, 15x19x2.5t (x2) / AXLE NUT, M10 (x1) / C-RING (x2) / TAPER NUT (x1) / SPACER ,15x24x2 (x2) / INNER LOWER LINK SPACER (x1) / WASHER (x1) / MAIN AXLE (x1) / SCREW BOLT, M6x25L-P-S (x1)
099.24036	SET 5: CHAIN GUIDE PLATE + BOLTS	WASHER (x2) / WASHER (x2) / CHAIN GUIDE PLATE (x1) / SCREW BOLT, M6X16L (x1) / CHAIN GUIDE INNER PLATE (x1) / CHAIN GUIDE OUTER PLATE (x1) / SCREW BOLT, M5X8L (x1) / SCREW BOLT ULTRA LOW HEAD, M4X25L (x1)



13. FAQ

QUELS AMORTISSEURS SONT COMPATIBLES AVEC F-PODIUM ?

Vous pouvez monter n'importe quel type d'amortisseur en ligne tel que le FOX Flot SL ou le RockShox SID Luxe qui sont fournis d'origine sur nos vélos, ou des modèles similaires avec montage supérieur Trunnion de 165x45 mm et une fixation inférieure de 30x8 mm.

QUELLE EST LA CHASSE DE FOURCHE MAXIMALE QUE JE PEUX UTILISER SUR F-PODIUM ?

F-Podium est compatible avec des fourches d'une chasse de 120 mm maximum (fourches stock sur tous les modèles F-Podium). Mondraker ne le recommande pas, mais il est possible de rouler avec des fourches avec moins de chasse, de 110 ou 100 mm, en tenant compte du fait que l'angle de direction sera accentué de 0,5 ° tous les 10 mm de chasse de fourche plus courte et que la hauteur du boîtier du pédalier par rapport au sol sera réduite.

QUELLE EST LA LARGEUR DE PNEU MAXIMALE COMPATIBLE AVEC F-PODIUM ?

Avec une largeur de jante interne maximale de 30 mm, le pneu maximum recommandé que vous pouvez installer est de 29 x 2.4", ce qui garantit un dégagement approprié pour le garde-boue.

QUELLE EST LA PLUS GRANDE COURONNE QUE JE PEUX UTILISER SUR F-PODIUM ?

F-Podium est seulement compatible avec les transmissions 1X jusqu'à une couronne ronde standard 38T ou ovale 36T.

COMBIEN DE BIDONS PUIS-JE INSTALLER SUR F-PODIUM ?

Vous pouvez installer deux porte-bidons. Un sous le tube horizontal en prenant soin d'utiliser de petites vis de longueur de filetage appropriée, et l'autre dans la position habituelle, sur le tube inférieur.

QUELLE TAILLE DOIS-JE ACHETER ?

Les tailles diffèrent d'un rider à l'autre. Les préférences personnelles sont très spécifiques, et la façon dont vous maniez votre vélo est également à tenir en compte dans le choix de la taille appropriée. Voici un tableau des tailles standard que vous pouvez utiliser comme indicateur.

S 1.58 - 1.68

M 1.67 - 1.76

L 1.75 - 1.86

XL 1.85 - 1.95

QUELLE LONGUEUR MAXIMALE DE TIGE TÉLESCOPIQUE PUIS-JE UTILISER SUR F-PODIUM CARBON ?

TAILLE DE CADRE	MIN. (mm)	MAX. (mm)
XL	100	200
L	100	200
M	100	200
S	100	200



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ANLEITUNGEN UND DOKUMENTE

 | **DE** | **F-PODIUM**



SICHERHEITS- UND ALLGEMEINE HINWEISE

Bitte beachten Sie, dass in diesem technischen Leitfaden die folgenden drei Symbole erscheinen können. Sie weisen jeweils auf die folgenden Vorsichtsmaßnahmen hin:

WARNUNG!

Die Nichtbeachtung dieser Hinweise oder die Durchführung unsicherer Praktiken kann zu schweren Verletzungen oder sogar zum Tod führen. Die Arbeiten sind technisch anspruchsvoll und können bei fehlerhafter Ausführung zu Schäden am Fahrrad oder zum Erlöschen der Garantie führen.

VORSICHT

Die Nichtbeachtung dieser Hinweise oder die Durchführung unsicherer Praktiken kann zu leichten Verletzungen führen. Die Arbeiten sind technisch anspruchsvoll und können bei fehlerhafter Ausführung zu Schäden am Fahrrad oder zum Erlöschen der Garantie führen.

INFORMATION

Informationen, die für eine ordnungsgemäße Ausführung der Arbeit wichtig sind und daher mögliche Schäden an Ihrem Fahrrad oder den Verlust der Garantie verhindern. Hier besteht jedoch kein Risiko für den Fahrer.

WICHTIGE HINWEISE

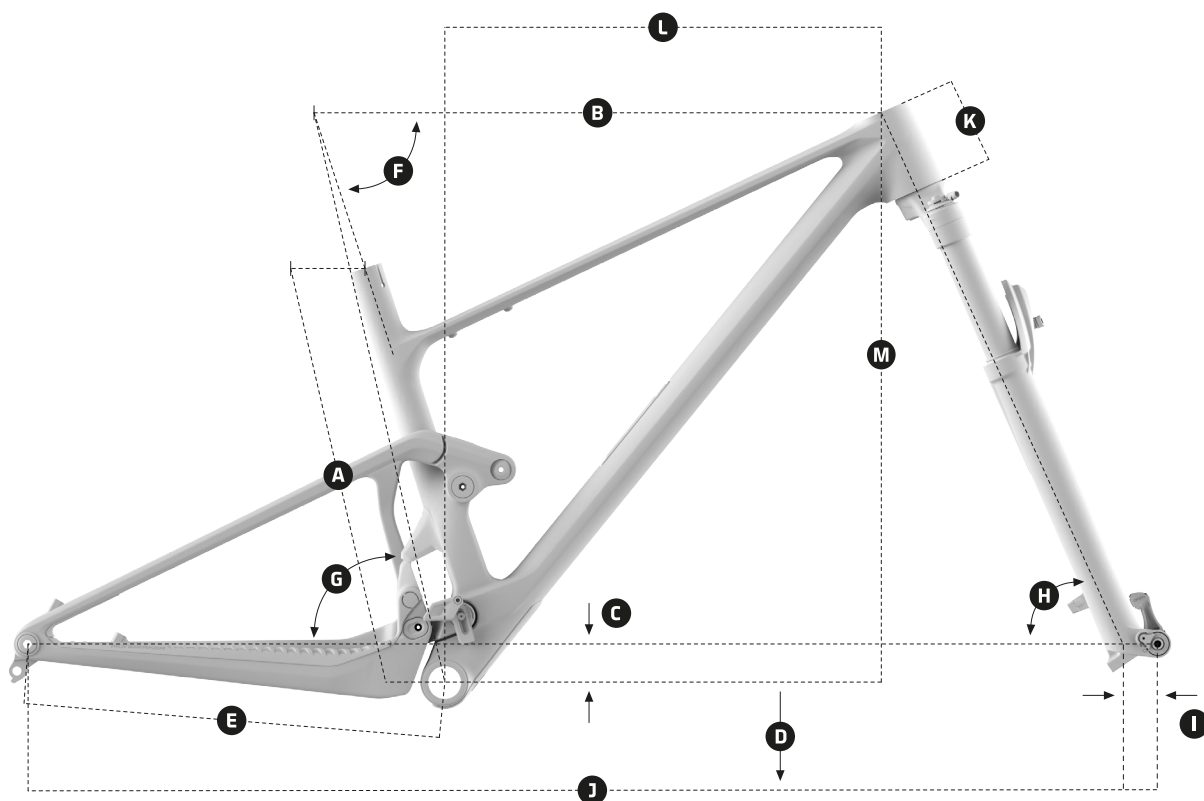
- Die Verwendung von nicht originalen Ersatzteilen kann zu Schäden, Fehlfunktionen und Unfällen mit schweren Folgen führen.
- Bitte beachten Sie, dass für einige der in diesem Handbuch beschriebenen Arbeitsschritte Kenntnisse erforderlich sind, die über die Kompetenz eines durchschnittlichen Fahrradfahrers hinausgehen. Falls Sie nicht qualifiziert sind, diese Schritte auszuführen, bringen Sie Ihr Fahrrad zur Wartung und zum Austauschen von Bauteilen zu einem von Mondraker autorisierten technischen Kundendienst. Der falsche Einbau von Ersatzteilen kann zu Fehlfunktionen, Unfällen, Verletzungen und zum Erlöschen der Garantie führen.

REINIGUNG UND PFLEGE

- Nach einem Ausbau der Teile wird empfohlen, die wiederverwendenden Komponenten zu reinigen, zu fetten und (falls erforderlich) mit Schraubensicherung zu versehen.



1. GEOMETRIE



GRÖÖE	S	M	L	XL
A Sitzrohlänge	410mm	440mm	470mm	500mm
B Oberrohrlänge	576mm	601mm	629mm	658mm
C Innenlagerabsenkung	-40mm	-40mm	-40mm	-40mm
D Innenlagerhöhe	335mm	335mm	335mm	335mm
E Kettenstrebenlänge	435mm	435mm	435mm	435mm
F Sitzrohrwinkel	72.5°	73°	73°	73.5°
G Sitzrohrwinkel (effektiv)	76°	76°	76°	76°
H Steuerrohrwinkel	66.5°	66.5°	66.5°	66.5°
I Gabel-Offset	44mm	44mm	44mm	44mm
J Radstand	1152mm	1177mm	1208mm	1239mm
K Steuerrohrlänge	90mm	90mm	105mm	120mm
L Reach	430mm	455mm	480mm	505mm
M Stack	595mm	595mm	608mm	622mm



2. RAHMENSPEZIFIKATIONEN

FRAME SIZES	S / M / L / XL
FRONT WHEEL SIZE	29"
FRONT HUB	110mm x 15mm
REAR WHEEL SIZE	29"
REAR HUB	148mm x 12mm (BOOST)
REAR AXLE	L180mm M12 PITCH 1.0, HEAD DIAMETER 19mm
TOTAL WATER BOTTLE / RANGE EXTENDERS MOUNTS	FOR L & XL SIZE BIKE FRAME: 2 BOTTLES (large + medium) FOR M & S SIZE BIKE FRAME: 2 BOTTLES (large + small)
BOTTOM BRACKET	BSA 73
REAR TRAVEL	110mm
REAR SHOCK	165 x 45mm TRUNNION, 30 x 8mm BOTTOM BUSHINGS
FRONT TRAVEL	120mm
SEATPOST DIAMETER	31.6mm (37mm seatpost clamp)
CHAINLINE	55mm
HEADSET	UPPER: IS52 1 1/8", LOWER ZS56 BLOCKLOCK 1.5"
MAX CHAINRING	38T
REAR BRAKE	POST MOUNT, DIRECT 160mm
MAX REAR TIRE WIDTH	61mm, 29 x 2.6"

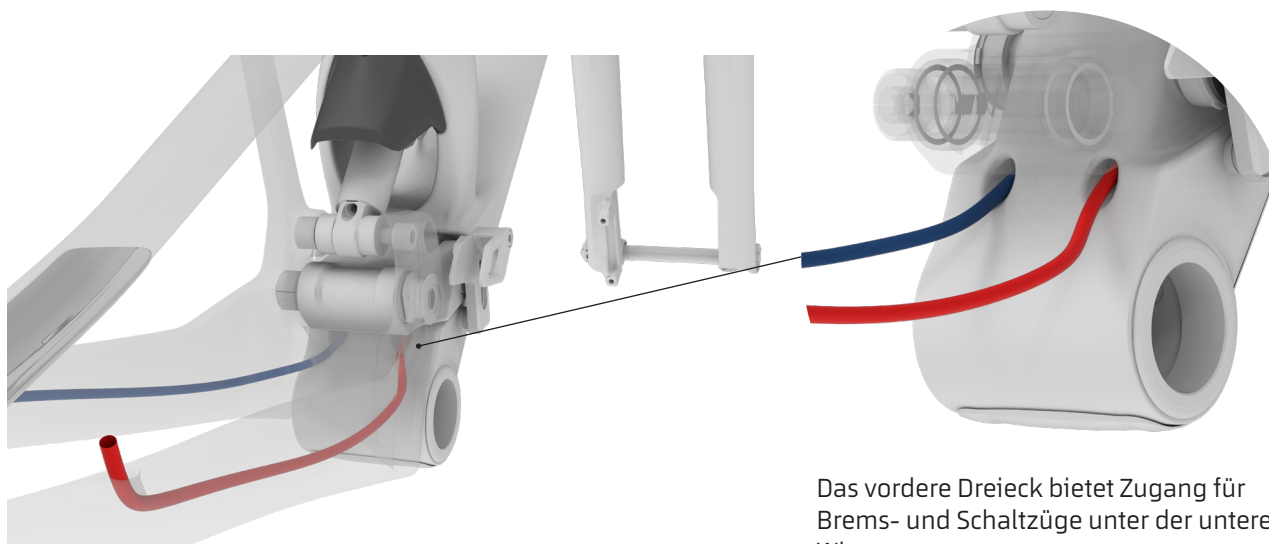
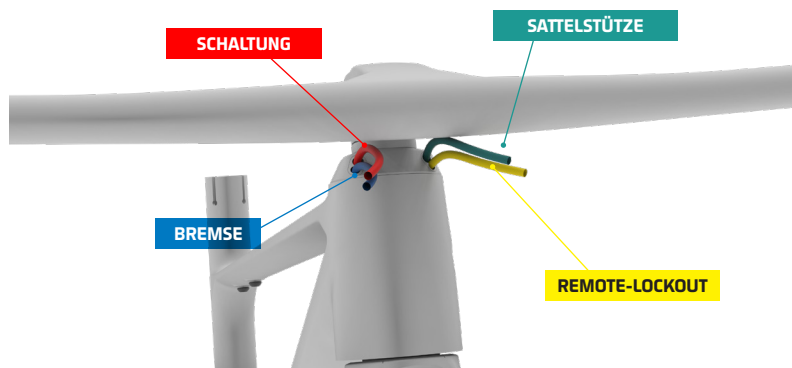
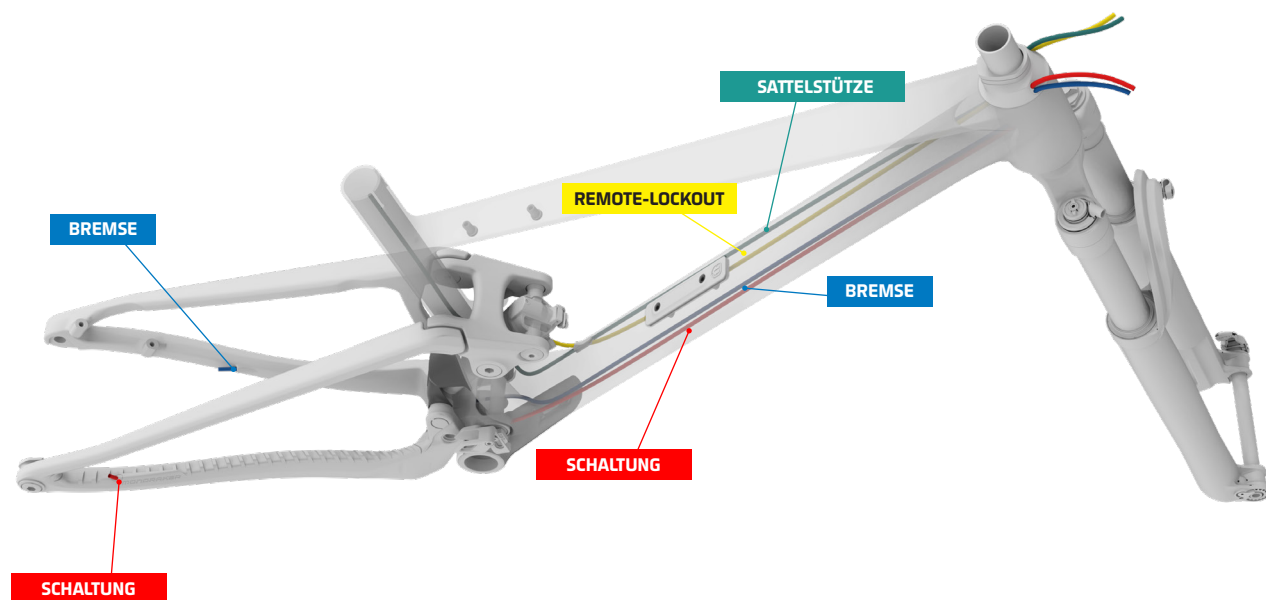
3. EINSTECKTIEFE DER SATTELSTÜTZE



RAHMEN-GRÖßE	MIN. (mm)	MAX. (mm)
XL	100	245
L	100	204
M	100	204
S	100	165



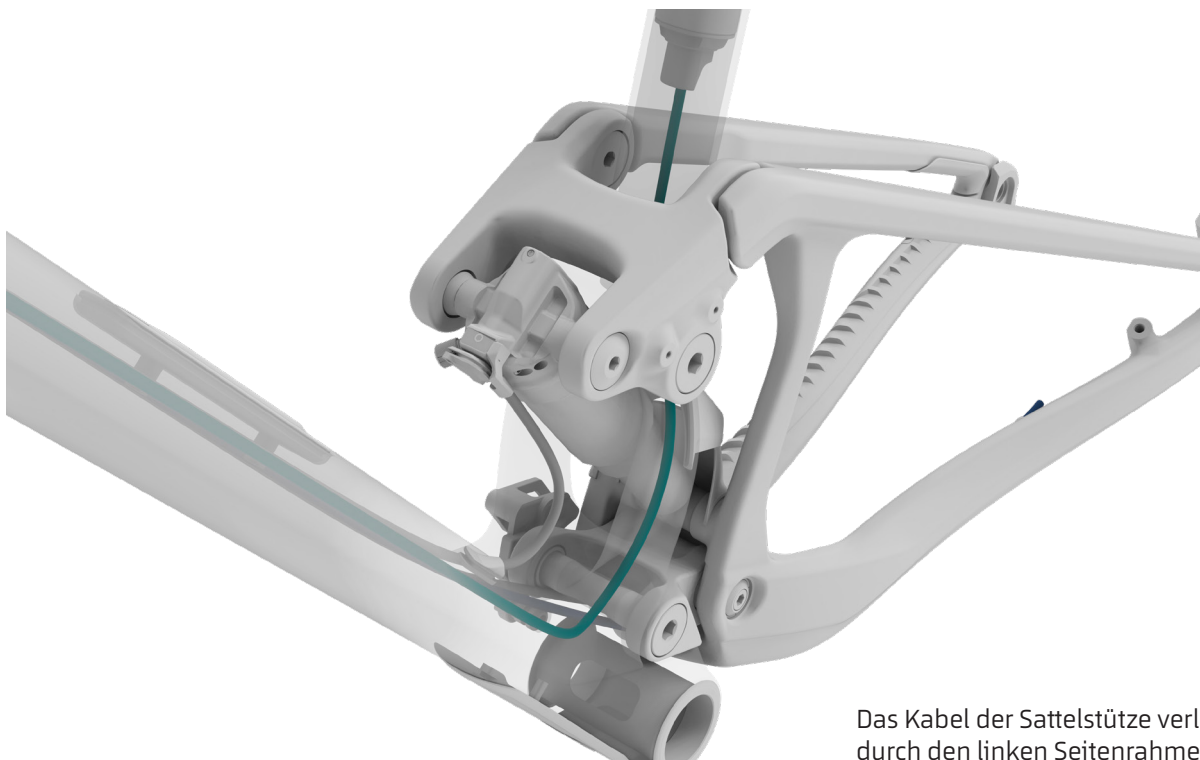
4. INTERNE KABEL- UND ZUGVERLEGUNG



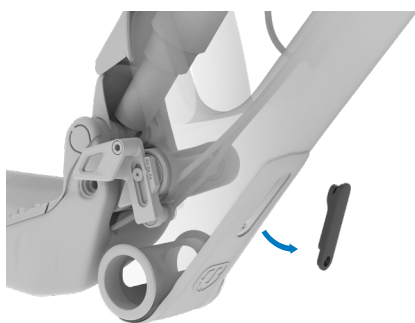
Das vordere Dreieck bietet Zugang für Brems- und Schaltzüge unter der unteren Wippe.



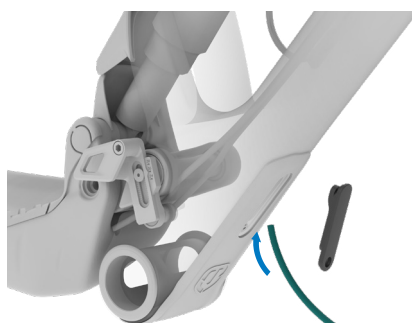
4.1. SATTELSTÜTZE



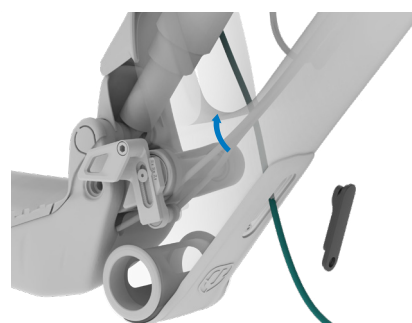
Das Kabel der Sattelstütze verläuft durch den linken Seitenrahmen.



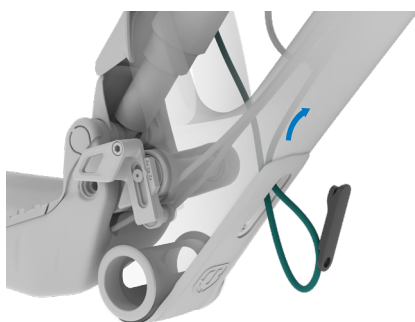
SCHRITT 1



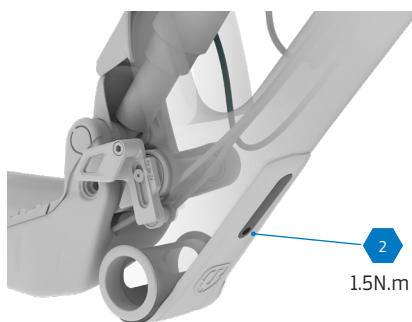
SCHRITT 2



SCHRITT 3



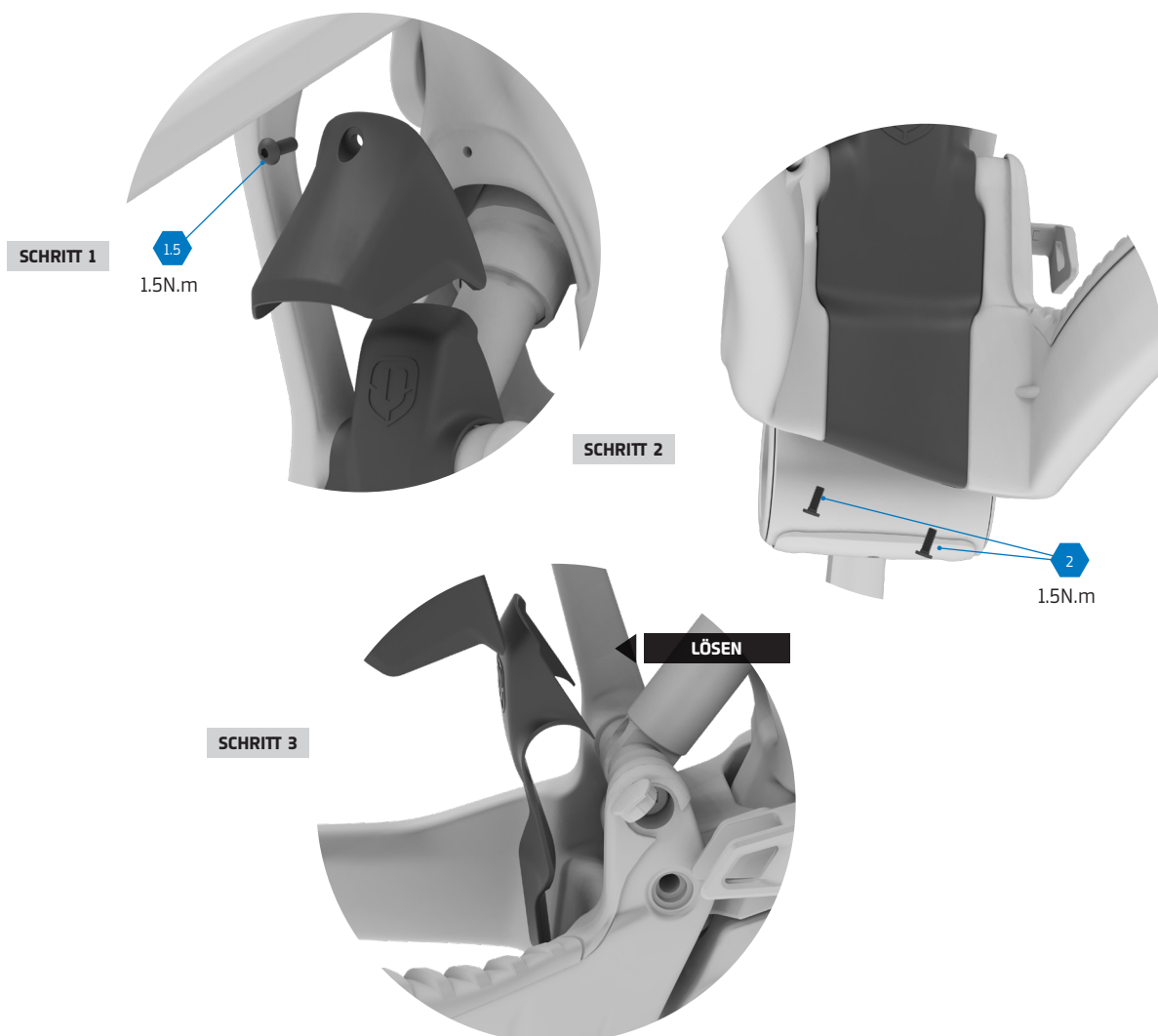
SCHRITT 4



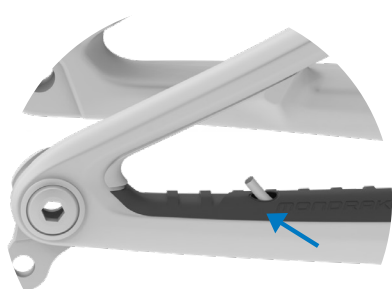
SCHRITT 5

2
1.5N.m

5. SCHUTZBLECHE UND SPRITZSCHUTZ



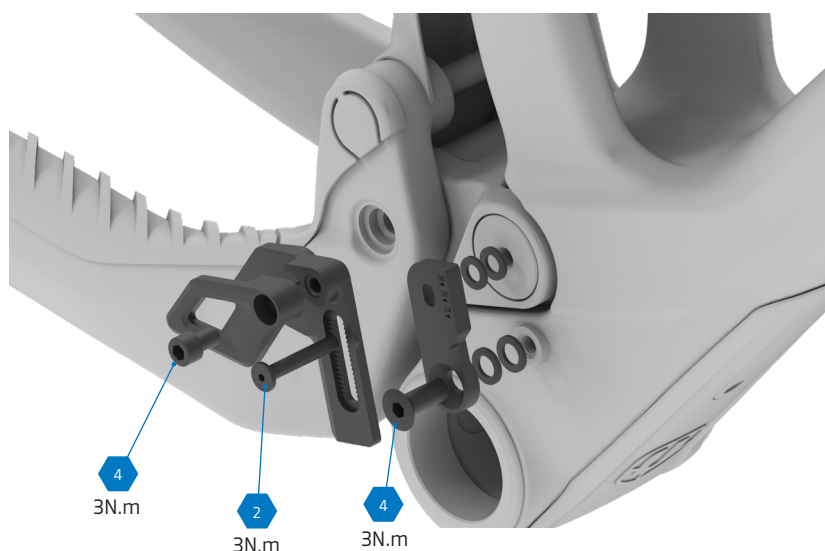
6. KETTENSTREBENSCHUTZ



Neuer Kettenstrebenschutz ohne Loch für mechanische oder kabelgebundene Schaltungen. Auf der Rückseite befindet sich eine Markierung zum Durchstechen des Kabelausgangs.

Für ein optimales Ergebnis wird die Verwendung einer Lochzange empfohlen.

7. KETTENFÜHRUNG

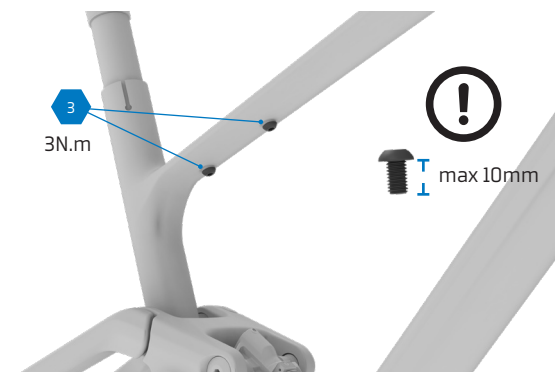
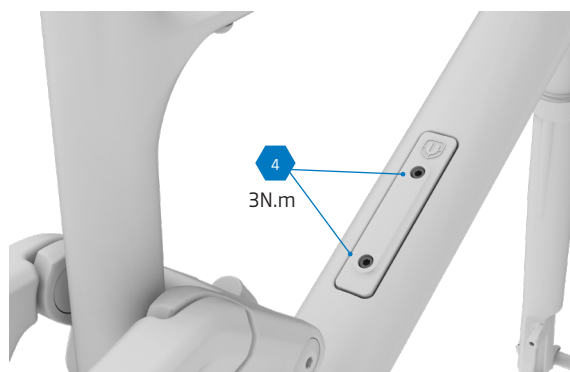


Schraubensicherung auftragen.



Das F-Podium ist nur mit Einfach-Antrieben und rundem Standardkettenblatt bis zu 38 Zähnen oder ovalem Kettenblatt mit 36 Zähnen kompatibel.

8. WASSERFLASCHENHALTER

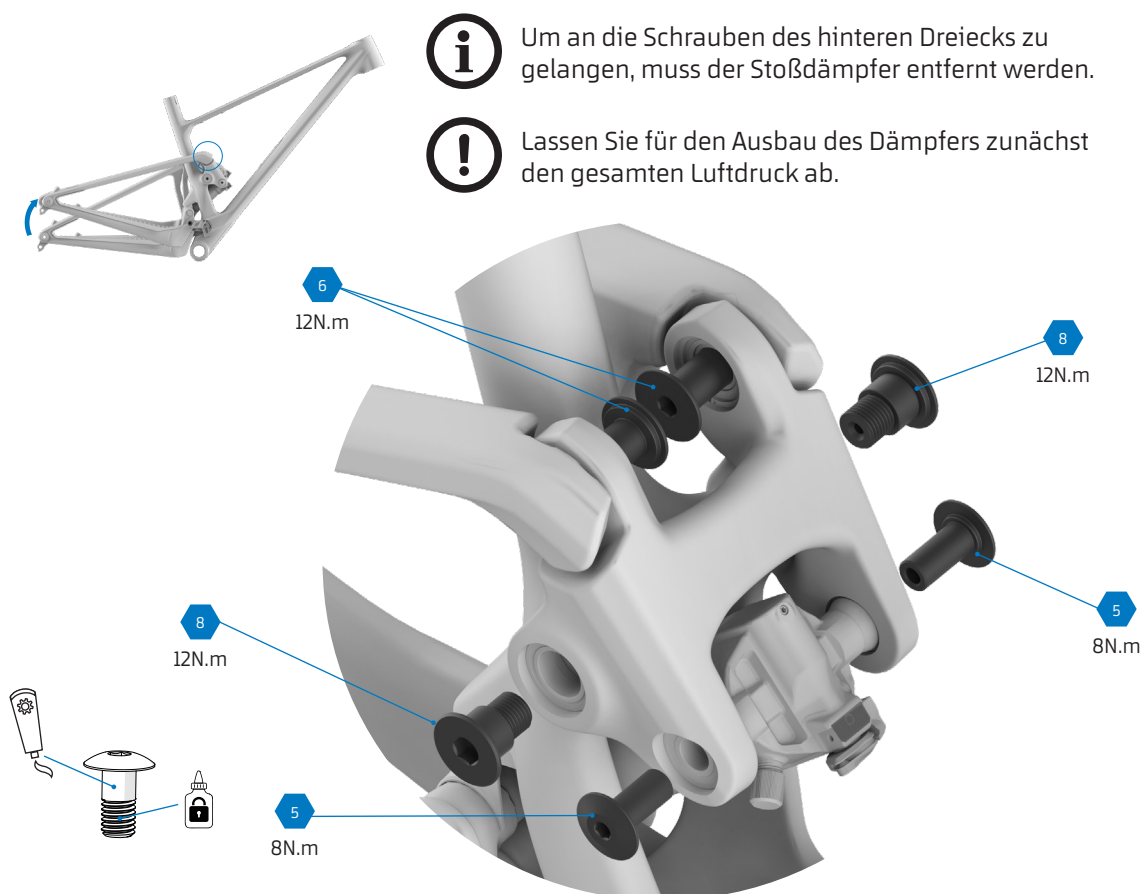


Entfernen Sie die Grundplatte, um die kompatible Fidlock-Grundplatte zu montieren.

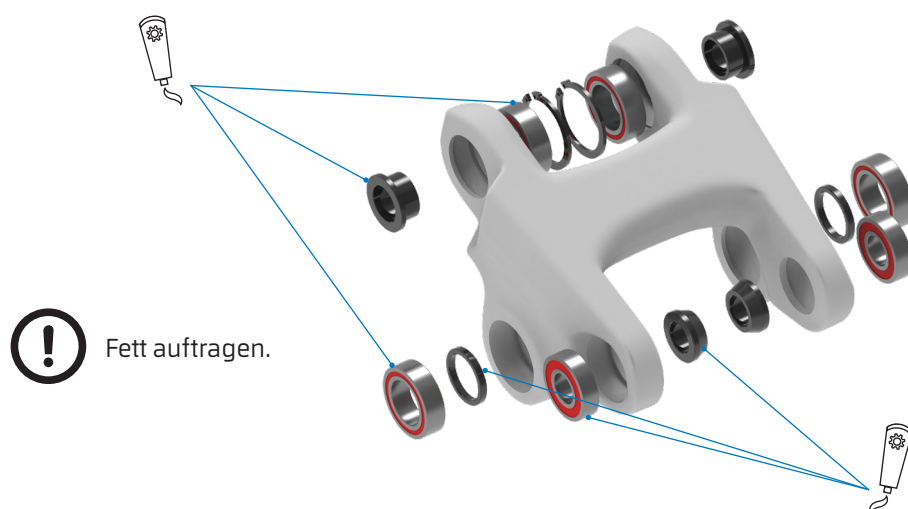


Die maximale Schraubenlänge beträgt 10 mm. Eine längere Schraube kann den Rahmen beschädigen.

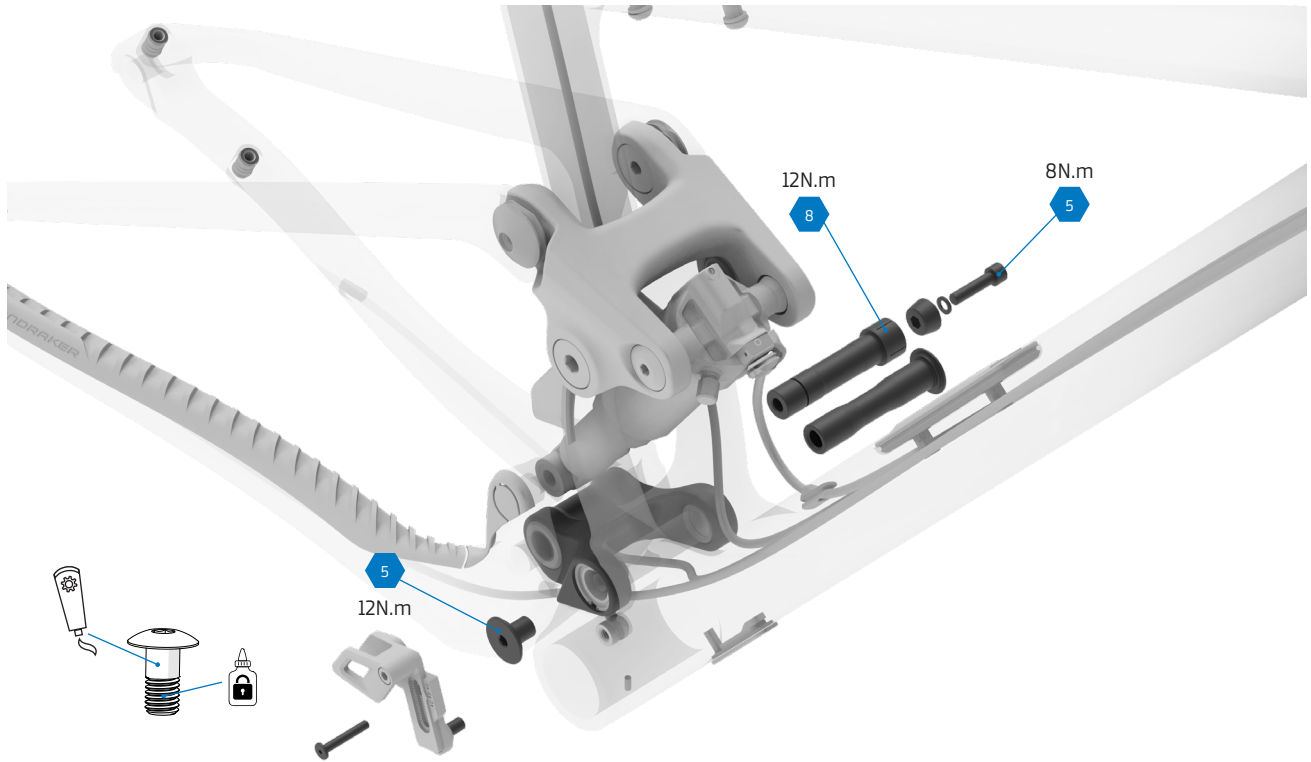
9. MONTAGEANLEITUNG FÜR OBERE WIPPE



! Tragen Sie bei den Hauptschrauben Fett auf den Schaft und Loctite 243 oder ähnliches auf das Gewinde auf.



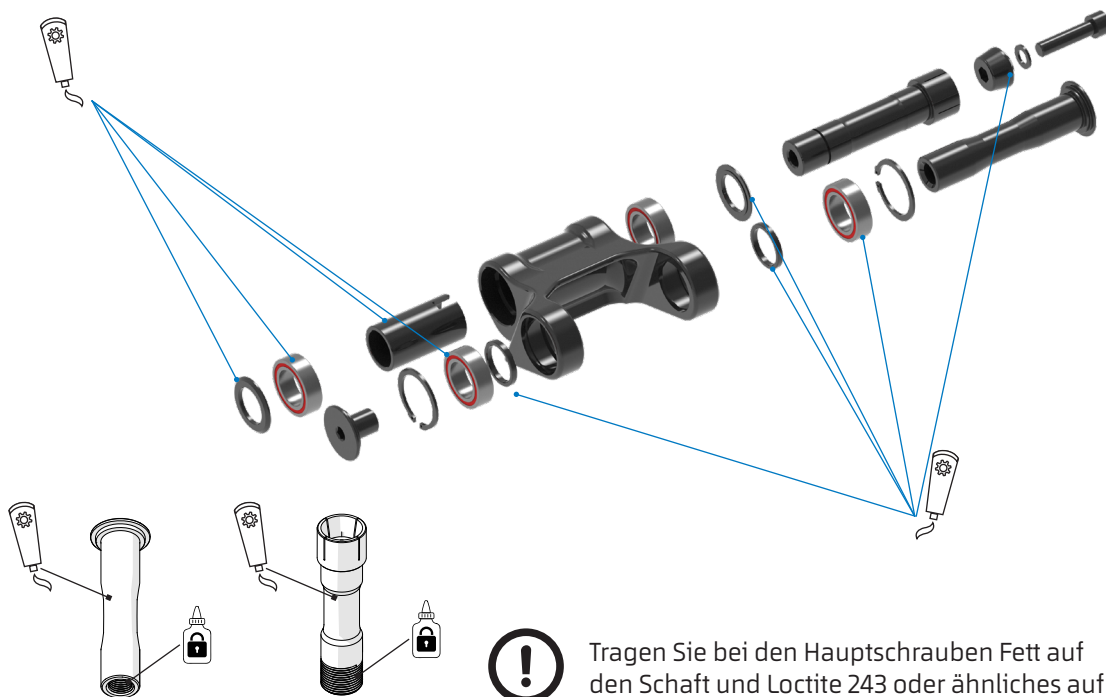
10. MONTAGEANLEITUNG FÜR UNTERE WIPPE



Tragen Sie bei den Hauptschrauben Fett auf den Schaft und Loctite 243 oder ähnliches auf das Gewinde auf.



Fett auftragen.



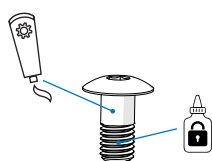
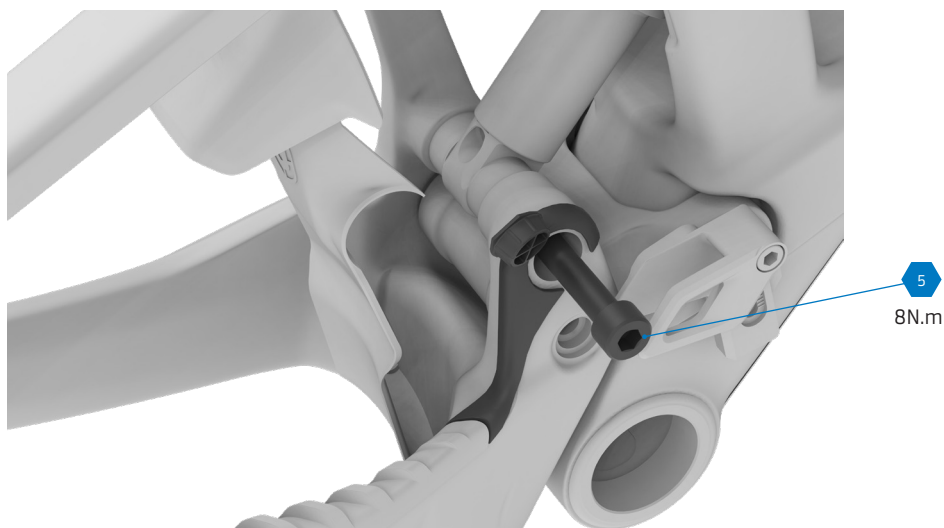
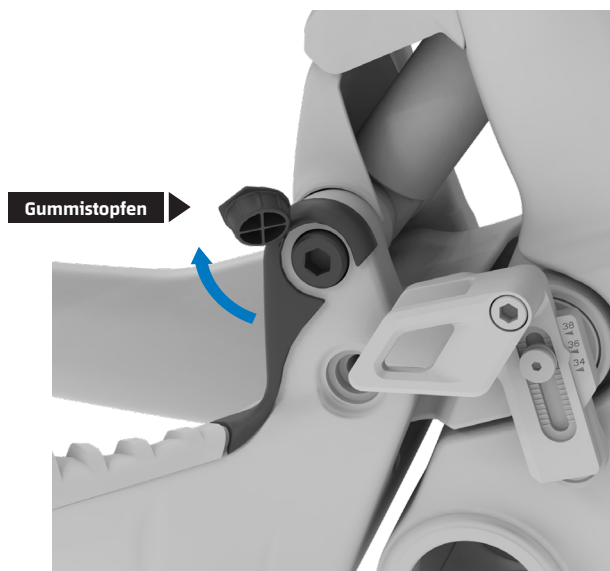
Tragen Sie bei den Hauptschrauben Fett auf den Schaft und Loctite 243 oder ähnliches auf das Gewinde auf.



10. MONTAGEANLEITUNG FÜR STOßDÄMPFER

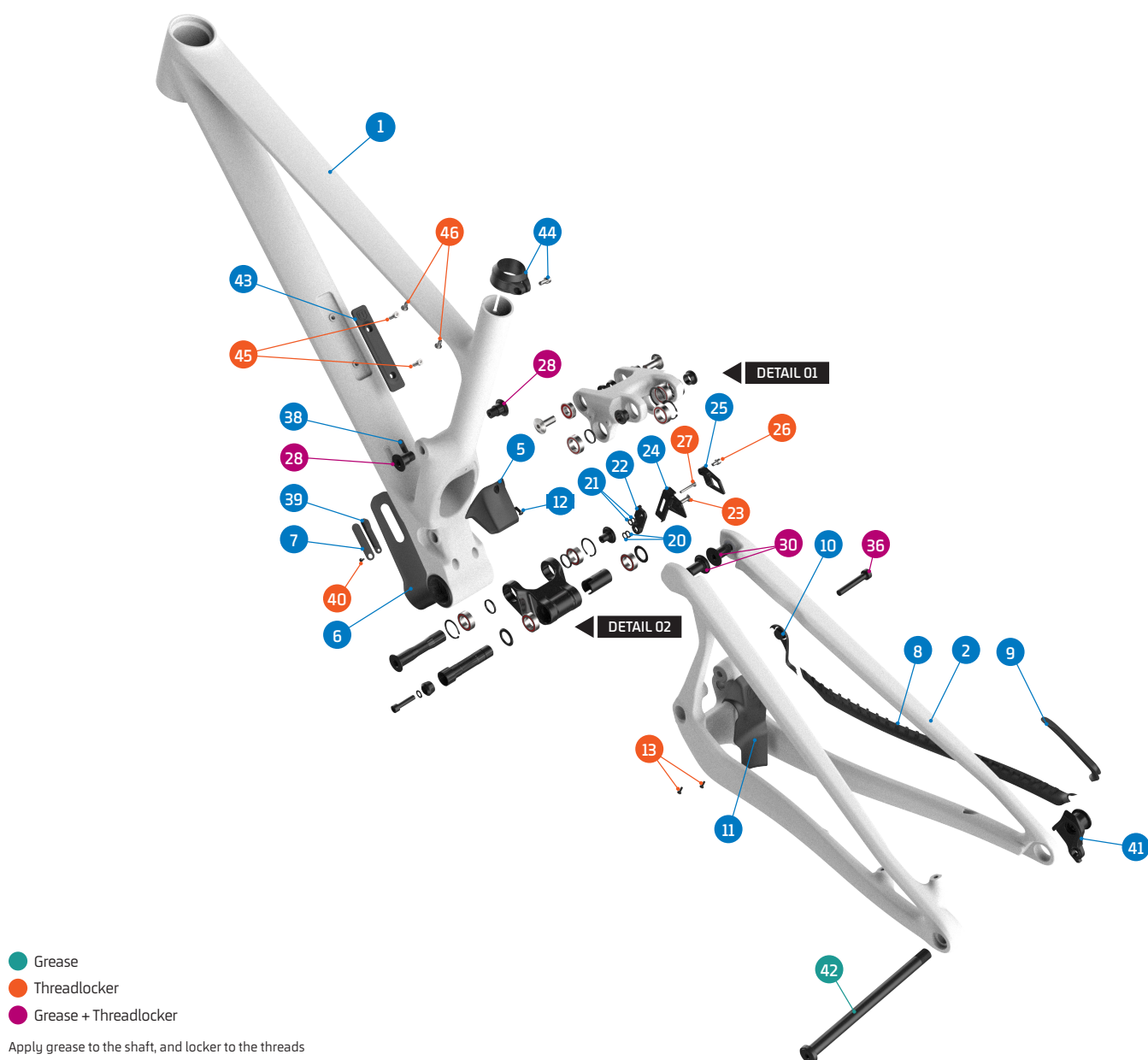


Ziehen Sie den Gummistopfen ab, um an die Dämpferschraube zu gelangen.



Tragen Sie bei den Hauptschrauben Fett auf den Schaft und Loctite 243 oder ähnliches auf das Gewinde auf.

12. SPARE PARTS



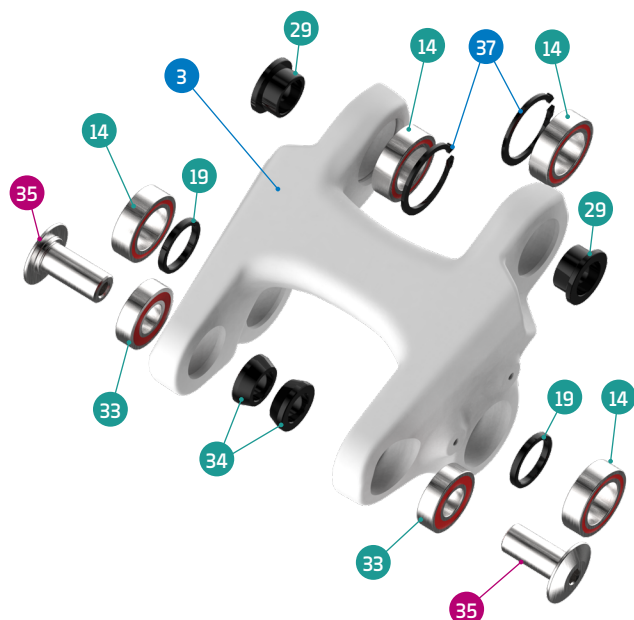
- Grease
- Threadlocker
- Grease + Threadlocker

Apply grease to the shaft, and locker to the threads

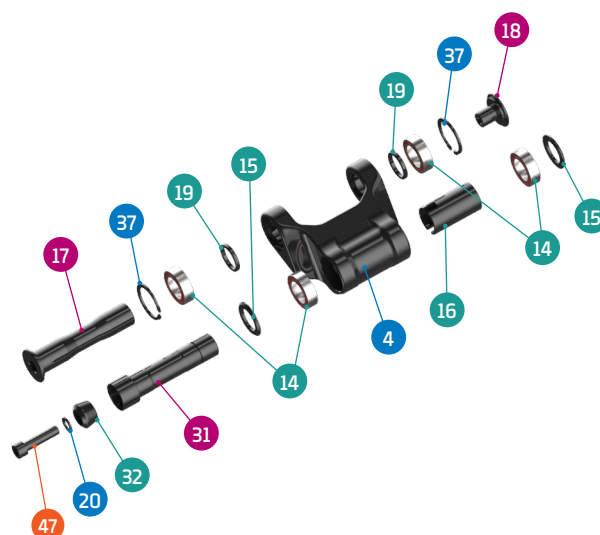
ITEM No.	DESCRIPTION	QTY.	PART NUMBER	TORQUE
1	FRONT TRIANGLE	1		
2	REAR TRIANGLE	1		
3	UPPER LINK	1		
4	LOWER LINK	1	099.24027	
5	FRONT TRIANGLE FENDER	1	099.24028	
6	DOWN TUBE PROTECTOR	1	099.24029	
7	DOWN TUBE PROTECTOR SMALL	1	099.24030	
8	CHAIN STAY PROTECTOR	1	099.24031	
9	SEAT STAY PROTECTOR	1	099.24032	
10	CHAIN STAY PROTECTOR SMALL	1	099.24033	
11	REAR TRIANGLE FENDER	1	099.24034	
12	SCREW BOLT BUTTON HEAD M4X10L-R-SB	1		1.5Nm
13	SCREW BOLT ULTRA LOW HEAD M3X8L-SP	2	099.24035	1.5Nm
14	BEARING 15x24x7 3802V-2RS	8	SET 1	
15	SPACER 15x24x2	2	SET 4	
16	INNER LOWER LINK SPACER	1	SET 4	
17	PIVOT AXLE M10	1	SET 4	
18	AXLE NUT M10	1	SET 4	12Nm
19	SPACER 15x19x2,5T	4	SET 3 & 4	
20	WASHER	3	SET 4 & 5	
21	WASHER	2	SET 5	
22	CHAIN GUIDE PLATE	1	SET 5	
23	SCREW BOLT M6x16L-M-S	1	SET 5	3Nm

ITEM No.	DESCRIPTION	QTY.	PART NUMBER	TORQUE
24	CHAIN GUIDE INNER PLATE	1	SET 5	
25	CHAIN GUIDE OUTER PLATE	1	SET 5	
26	SCREW BOLT M5x8L-P-SB	1	SET 5	3Nm
27	SCREW BOLT ULTRA LOW HEAD M4x25L-SP	1	SET 5	3Nm
28	LINK AXLE	2	SET 3	12Nm
29	UPPER LINK RT SPACER	2	SET 3	
30	PIVOT AXLE M12	2	SET 3	12Nm
31	MAIN AXLE	1	SET 4	12Nm
32	AXLE NUT REAR M10	1	SET 4	
33	BEARING 10x22x6 6900-2RS	2	SET 1	
34	SPACER 10x17x6	2	SET 2	
35	SHOCK BOLT STAINLESS STEEL	2	SET 2	8Nm
36	SHOCK BOLT	1	SET 2	8Nm
37	C-RING	4	SET 3 & 4	
38	SHOCK CABLE GUIDE	1	099.24037	
39	CABLE GUIDE BLIND	1	099.22035	
40	SCREW BOLT M3x8L-M-SB	1	099.20068	1.5Nm
41	HANGER SRAM UDH	1		
42	REAR AXLE	1	112.90027	
43	FIDLOCK COVER	1	099.22040	
44	SEAT CLAMP 37MM	1	020.24900	5-6Nm
45	SCREW BOLT M5x10L-P-SB	2		3Nm
46	SCREW BOLT M5x10L-R-SB	2		3Nm
47	SCREW BOLT M6x25L-P-S	1	SET 4	8Nm

DETAIL 01



DETAIL 02



SET 1

ZERO BEARING KIT 26



SET 2

SHOCK HARDWARE KIT 18



SET 3

UPPER LINK KIT 32



SET 4

LOWER LINK KIT 35



SET 5

CHAIN GUIDE PLATE + BOLTS



PART NUMBER	DESCRIPTION	COMPONENTS
099.22101	SET 1: ZERO BEARING KIT 26	BEARING, 15x24x7 (x8) / BEARING, 10x22x6 (x2)
099.24200	SET 2: SHOCK HARDWARE KIT 18	SPACER, 10x17x6 (x2) / SHOCK BOLT STAINLESS STEEL(x2) / SHOCK BOLT (x1)
099.24300	SET 3: UPPER LINK KIT 32	SPACER, 15x19x2.5T (x2) / LINK AXLE (x2) / UPPER LINK-RT SPACER (x2)/ PIVOT AXLE, M12 (x2) / C-RING (x2)
099.24403	SET 4: LOWER LINK KIT 35	PIVOT AXLE, M10 (x1) / SPACER, 15x19x2.5t (x2) / AXLE NUT, M10 (x1) / C-RING (x2) / TAPER NUT (x1) / SPACER ,15x24x2 (x2) / INNER LOWER LINK SPACER (x1) / WASHER (x1) / MAIN AXLE (x1) / SCREW BOLT, M6x25L-P-S (x1)
099.24036	SET 5: CHAIN GUIDE PLATE + BOLTS	WASHER (x2) / WASHER (x2) / CHAIN GUIDE PLATE (x1) / SCREW BOLT, M6X16L (x1) / CHAIN GUIDE INNER PLATE (x1) / CHAIN GUIDE OUTER PLATE (x1) / SCREW BOLT, M5X8L (x1) / SCREW BOLT ULTRA LOW HEAD, M4X25L (x1)



13. FAQ

WELCHE DÄMPFER KÖNNEN AM F-PODIUM VERBAUT WERDEN?

Kompatibel sind alle Inline-Dämpfer wie z. B. FOX Float SL oder RockShox SID Luxe, die bei unseren Motorrädern serienmäßig verbaut sind, oder ähnliche Modelle mit metrischen Dämpfermaßen: 165 x 45 mm Trunnion-Aufnahme oben und 30 x 8 mm Befestigungsteile unten.

WELCHEN MAXIMALEN FEDERWEG DARF DIE GABEL AM F-PODIUM HABEN?

Das F-Podium ist kompatibel mit Federgabeln mit bis zu 120 mm Federweg (Standardgabeln an allen F-Podium-Modellen). Mondraker empfiehlt es zwar nicht, aber es ist möglich, Gabeln mit weniger Federweg (110 mm oder 100 mm) zu verbauen. Dabei ist zu berücksichtigen, dass der Lenkwinkel je 10 mm kürzeren Federwegs um 0,5° steiler wird und sich die Tretlagerhöhe zum Boden verringert.

WELCHE MAXIMALE REIFENBREITE IST BEIM F-PODIUM MÖGLICH?

Bei einer empfohlenen maximalen Innenbreite der Felge von 30 mm beträgt das empfohlene maximale Reifenmaß 29 x 2,4", welches auch bei Schlammablagerungen noch ausreichend Freiraum bietet.

WAS IST DIE MAXIMALE KETTENBLATTGRÖÖE AM F-PODIUM?

Das F-Podium ist nur mit Einfach-Antrieben und rundem Standardkettenblatt bis zu 38 Zähnen oder ovalem Kettenblatt mit 36 Zähnen kompatibel.

WIE VIELE WASSERFLASCHEN KANN ICH AM F-PODIUM ANBRINGEN?

Sie können zwei Wasserflaschenhalter montieren. Einen unter dem Oberrohr, wobei Sie kleine Schrauben mit geeigneter Gewindelänge verwenden sollten, und den anderen an der üblichen Position am Unterrohr.

WELCHE GRÖÖE SOLLTE ICH KAUFEN?

Die richtige Größe ist je nach Fahrer sehr unterschiedlich. Persönliche Vorlieben und der eigene Fahrstil sind wichtig für die Wahl der richtigen Rahmengröße. Die folgende Standardgrößentabelle dient daher lediglich als Orientierung:

S 1.58 - 1.68

M 1.67 - 1.76

L 1.75 - 1.86

XL 1.85 - 1.95

WELCHE MAXIMALE LÄNGE DARF DIE TELESKOPSATTELSTÜTZE AM F-PODIUM HABEN?

RAHMEN-GRÖÖE	MIN. (mm)	MAX. (mm)
XL	100	200
L	100	200
M	100	200
S	100	200



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MANUALI E DOCUMENTI

 |  | **F-PODIUM**

SICUREZZA E ISTRUZIONI GENERALI

In questo manuale tecnico sono riportate le seguenti 3 icone, ciascuna delle quali indica di prendere le seguenti precauzioni:

ATTENZIONE

Non attenersi alle indicazioni o procedimenti non sicuri può causare lesioni gravi o addirittura la morte. Le diverse mansioni comportano difficoltà tecniche e, se eseguite male, potrebbero danneggiare la bicicletta o comportare l'annullamento della garanzia.

AVVERTENZA

Non attenersi alle indicazioni o procedimenti non sicuri possono causare lesioni di lieve entità. Le diverse mansioni comportano difficoltà tecniche e, se sono eseguite male, potrebbero danneggiare la bicicletta o comportare l'annullamento della garanzia.

INFORMAZIONI

Informazioni indispensabili per una corretta esecuzione dei procedimenti per evitare eventuali danni della bicicletta o perdita della garanzia, ma che non comportano alcun rischio per la persona.

CONSIDERAZIONI

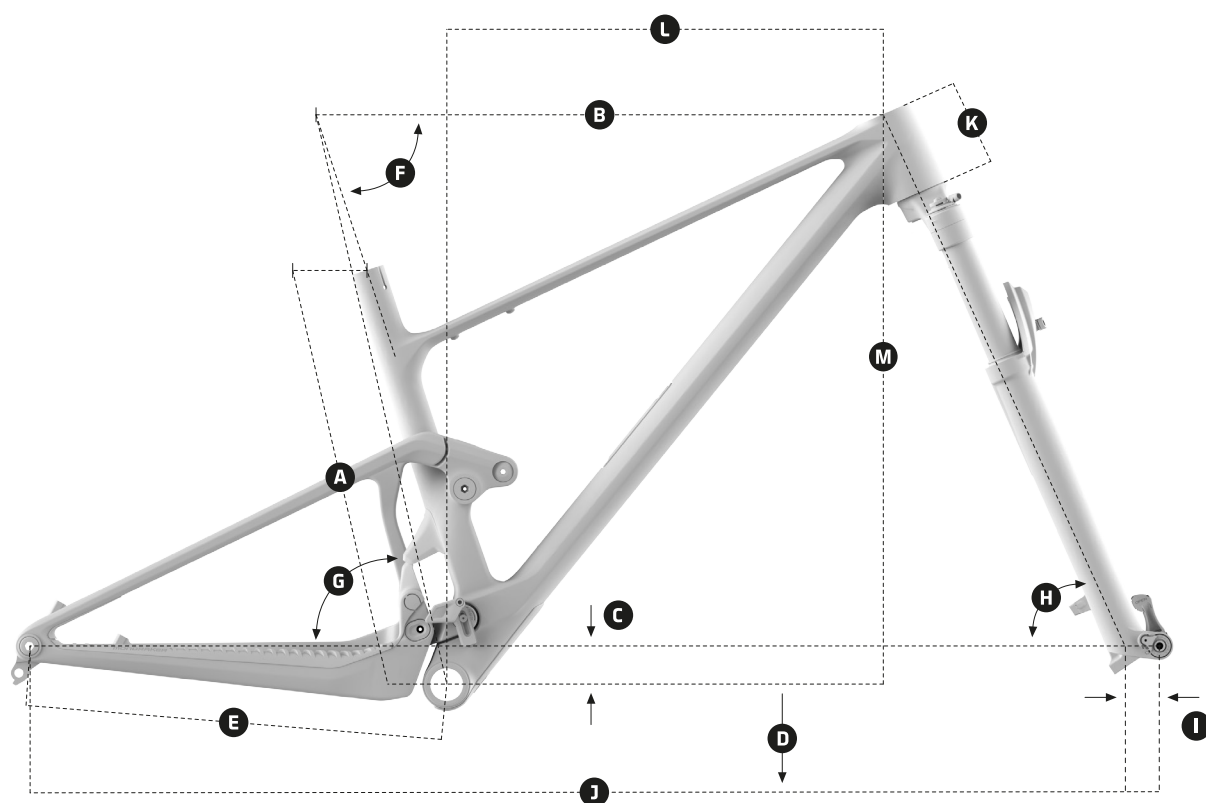
- L'uso di ricambi non originali può causare danni, malfunzionamenti e incidenti che possono portare a gravi conseguenze.
- Si noti che per eseguire alcuni dei passaggi descritti in questo manuale, sono richieste competenze che vanno ben oltre le conoscenze di un'utilizzatore medio di bicicletta. Nel caso in cui non si è qualificati per seguire una delle seguenti indicazioni, si prega di portare la bicicletta presso un servizio tecnico autorizzato Mondraker per la manutenzione e la sostituzione dei suoi componenti. L'installazione errata dei pezzi di ricambio può causare malfunzionamenti, incidenti, lesioni e l'annullamento della garanzia.

PULIZIA E CURA

- Non appena i pezzi sono stati smontati, si consiglia di pulire, ingrassare e mettere il frenafili (se necessario) sui componenti che verranno riutilizzati.



1. GEOMETRIA



DIMENSIONE DEL TELAIO		S	M	L	XL
A	Lunghezza Piantone	410mm	440mm	470mm	500mm
B	Lunghezza Tubo Orizz. Virtuale	576mm	601mm	629mm	658mm
C	BB Drop	-40mm	-40mm	-40mm	-40mm
D	Altezza movimento centrale	335mm	335mm	335mm	335mm
E	Lunghezza Batticatena	435mm	435mm	435mm	435mm
F	Angolo tubo sella	72.5°	73°	73°	73.5°
G	Angolo Sella	76°	76°	76°	76°
H	Angolo Sterzo	66.5°	66.5°	66.5°	66.5°
I	Offset Forcella / Rake	44mm	44mm	44mm	44mm
J	Interasse	1152mm	1177mm	1208mm	1239mm
K	Lunghezza Tubo Sterzo	90mm	90mm	105mm	120mm
L	Reach	430mm	455mm	480mm	505mm
M	Stack	595mm	595mm	608mm	622mm



2. SPECIFICHE TECNICHE TELAIO

FRAME SIZES	S / M / L / XL
FRONT WHEEL SIZE	29"
FRONT HUB	110mm x 15mm
REAR WHEEL SIZE	29"
REAR HUB	148mm x 12mm (BOOST)
REAR AXLE	L180mm M12 PITCH 1.0, HEAD DIAMETER 19mm
TOTAL WATER BOTTLE / RANGE EXTENDERS MOUNTS	FOR L & XL SIZE BIKE FRAME: 2 BOTTLES (large + medium) FOR M & S SIZE BIKE FRAME: 2 BOTTLES (large + small)
BOTTOM BRACKET	BSA 73
REAR TRAVEL	110mm
REAR SHOCK	165 x 45mm TRUNNION, 30 x 8mm BOTTOM BUSHINGS
FRONT TRAVEL	120mm
SEATPOST DIAMETER	31.6mm (37mm seatpost clamp)
CHAINLINE	55mm
HEADSET	UPPER: IS52 1 1/8", LOWER ZS56 BLOCKLOCK 1.5"
MAX CHAINRING	38T
REAR BRAKE	POST MOUNT, DIRECT 160mm
MAX REAR TIRE WIDTH	61mm, 29 x 2.6"

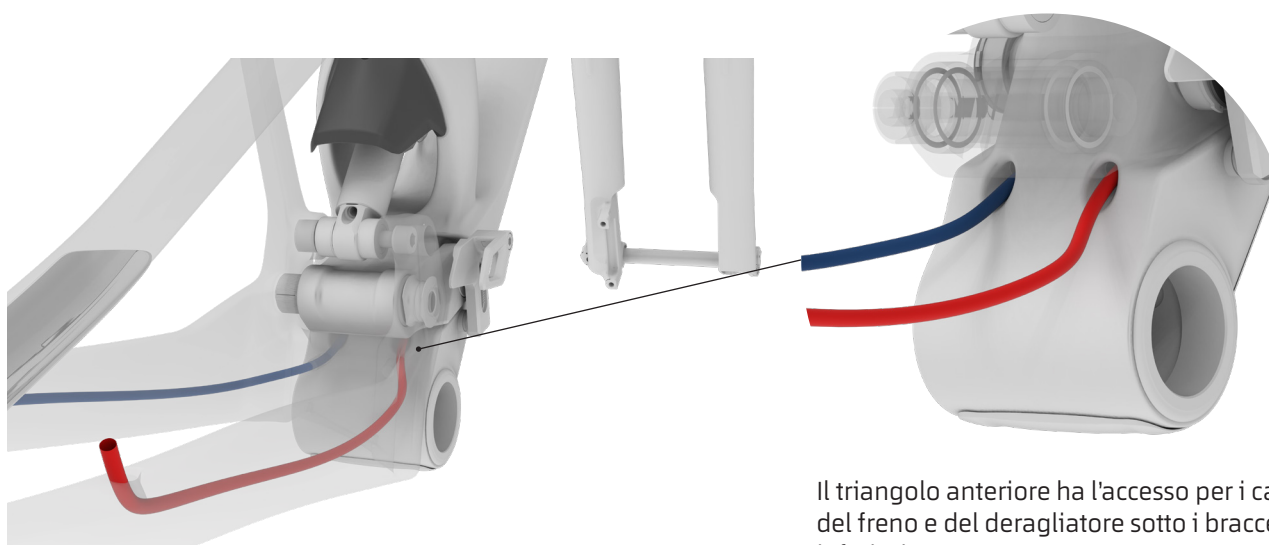
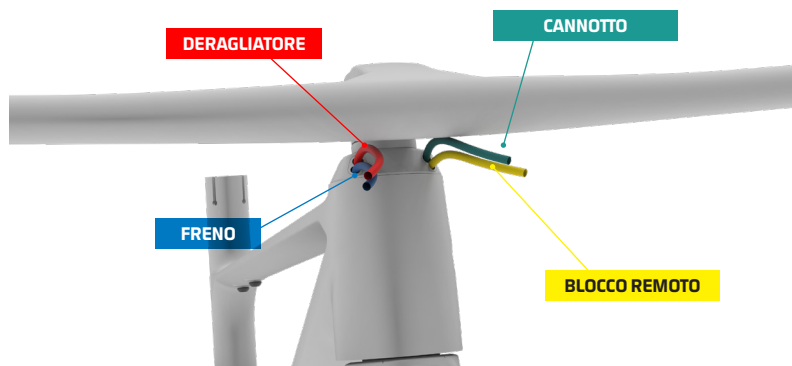
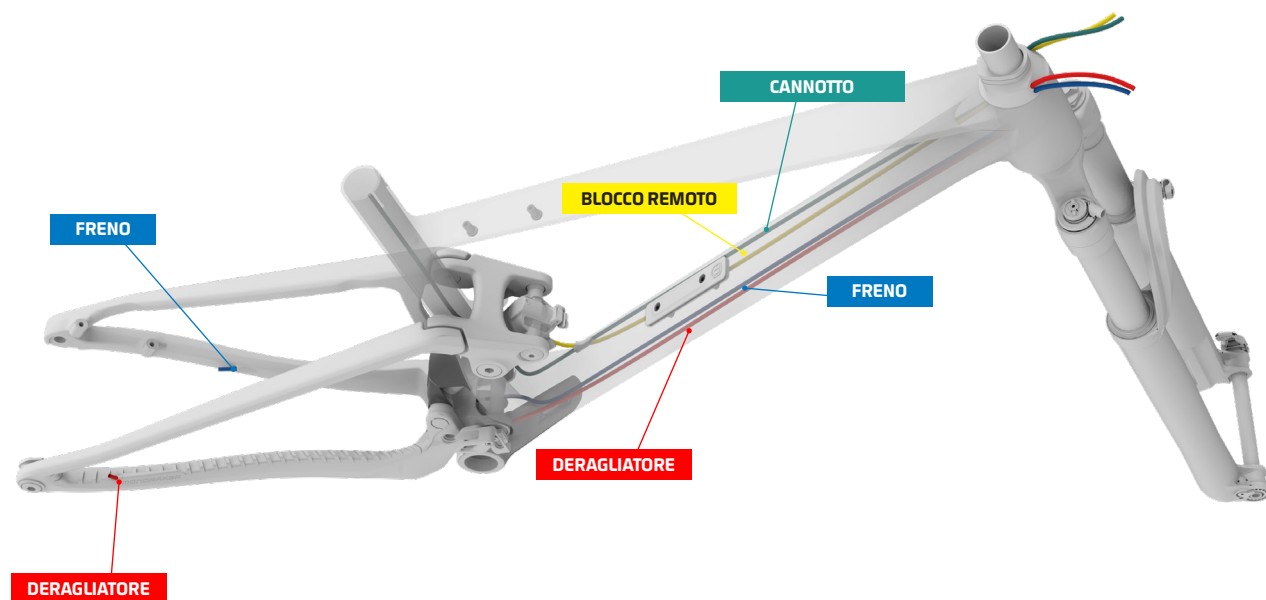
3. PROFONDITÀ DI INSERIMENTO CANNOTTO REGGISSELLA



DIMENSIONE TELAIO	MIN. (mm)	MAX. (mm)
XL	100	245
L	100	204
M	100	204
S	100	165



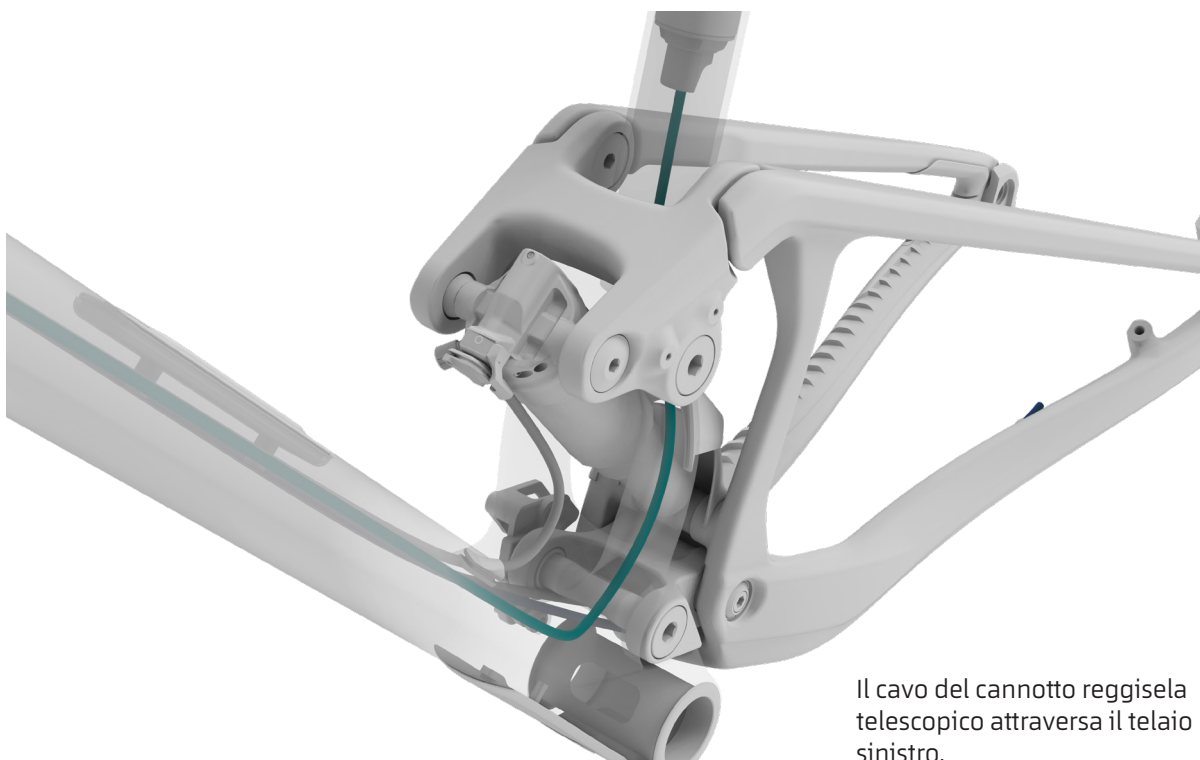
4. CABLAGGIO INTERNO



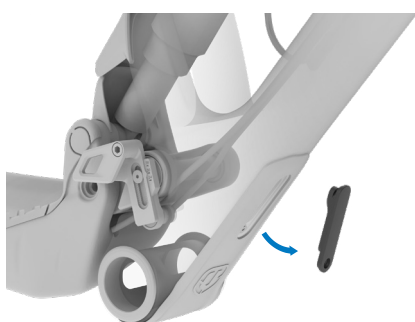
Il triangolo anteriore ha l'accesso per i cavi del freno e del deragliatore sotto i braccetti inferiori.



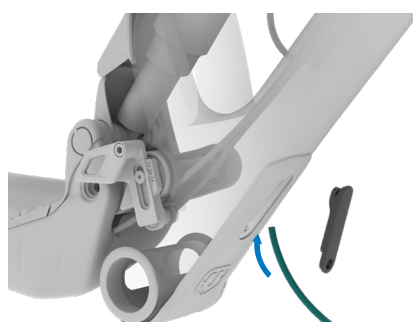
4. 1. CANNOTTO REGGISIELLA TELESCOPICO



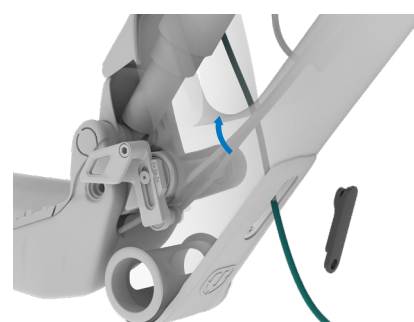
Il cavo del canotto reggisella telescopico attraversa il telaio laterale sinistro.



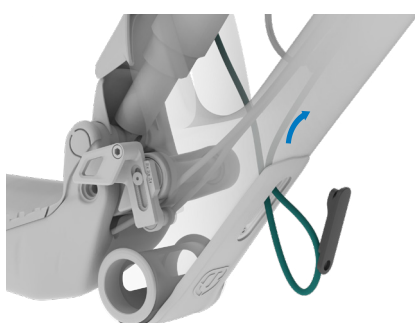
1° STEP



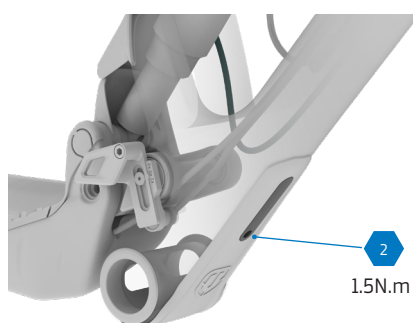
2° STEP



3° STEP



4° STEP

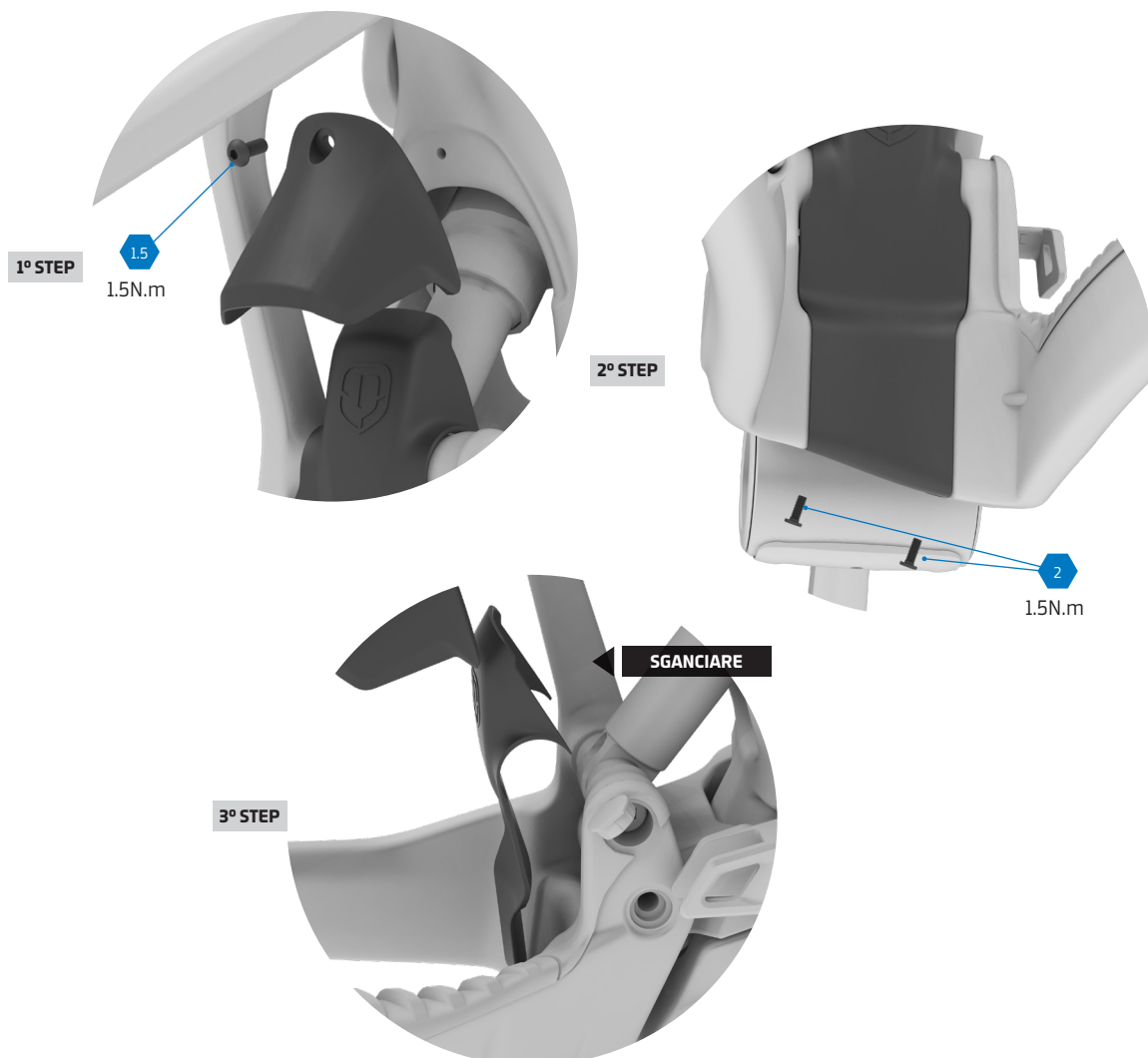


5° STEP

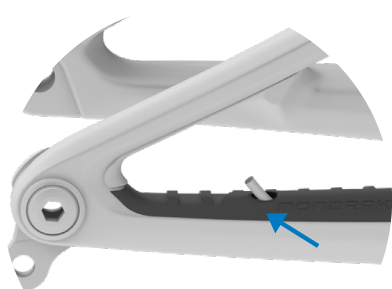
2
1.5N.m



5. PARAFANGHI E PARASPRUZZI



6. PROTEZIONE FODERO POSTERIORE

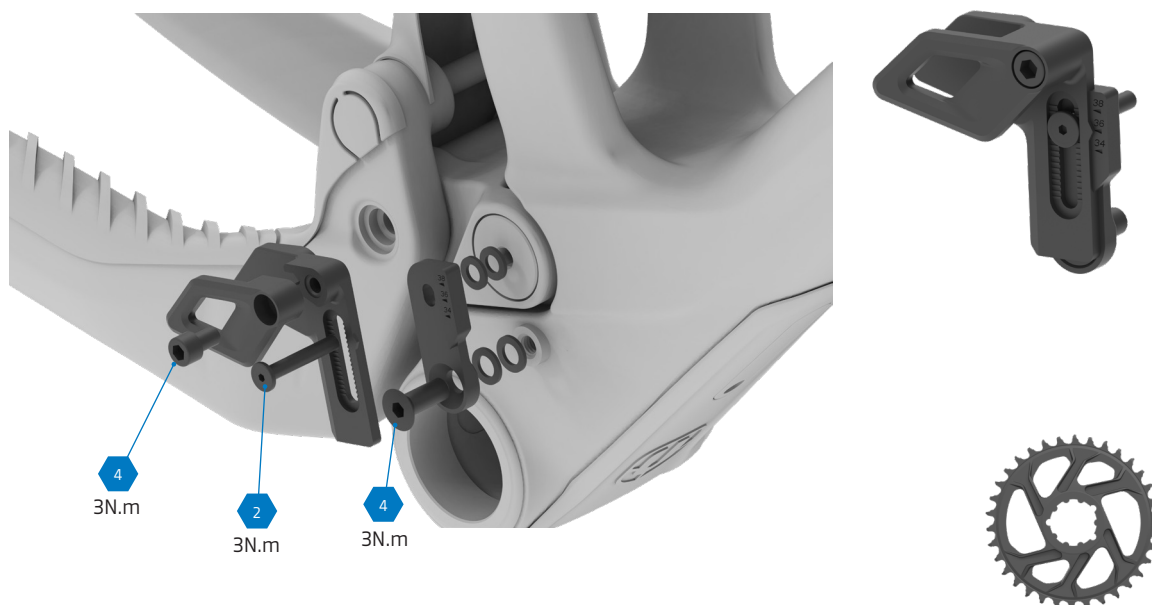


I nuovi protettori del foderò posteriore sono privi di foro per deragliatori meccanici o cablati. Sul lato posteriore c'è un segno per forare l'uscita della presa del cavo.

Per un risultato ottimale, si consiglia di utilizzare pinze perforanti.



7. GUIDACATENA



! Applicare il frenafili.

! F-Podium è compatibile solo con trasmissioni 1X con una corona rotonda standard fino a 38T o una corona ovale da 36T.

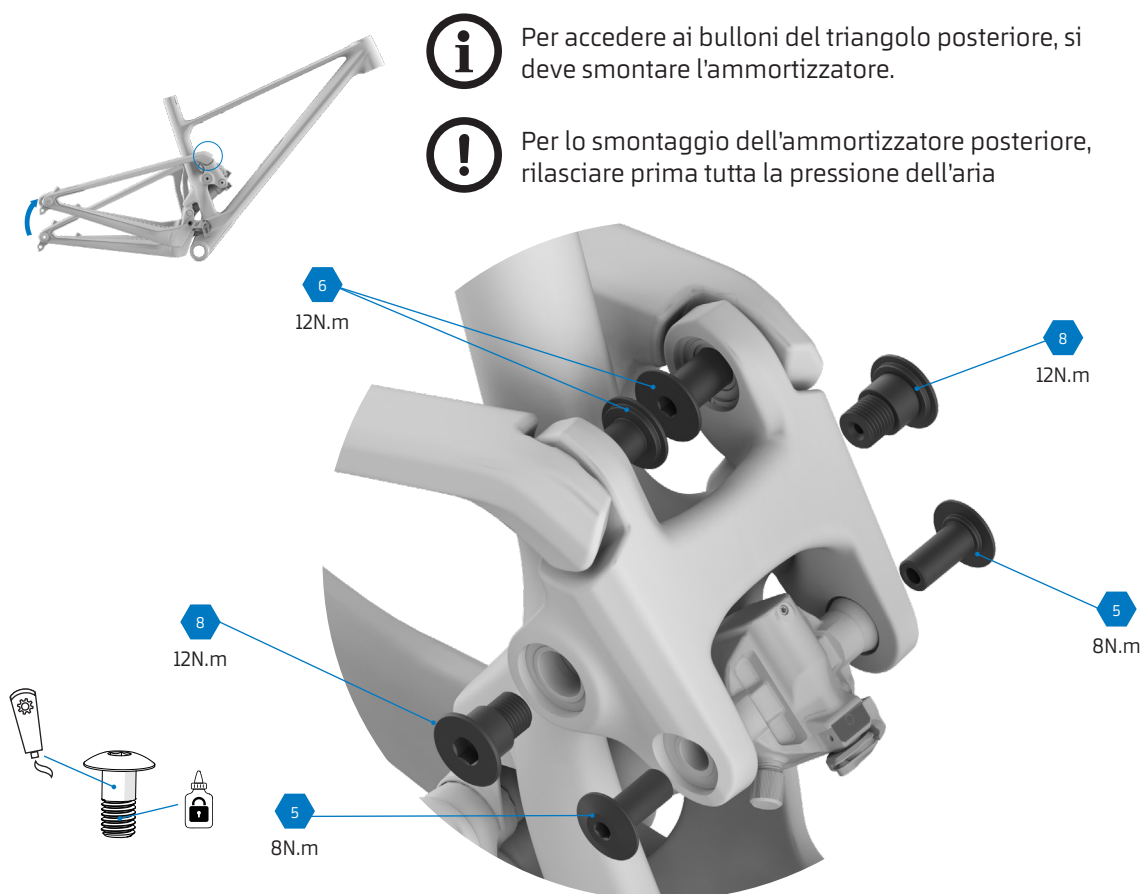
8. PORTABORRACCIA



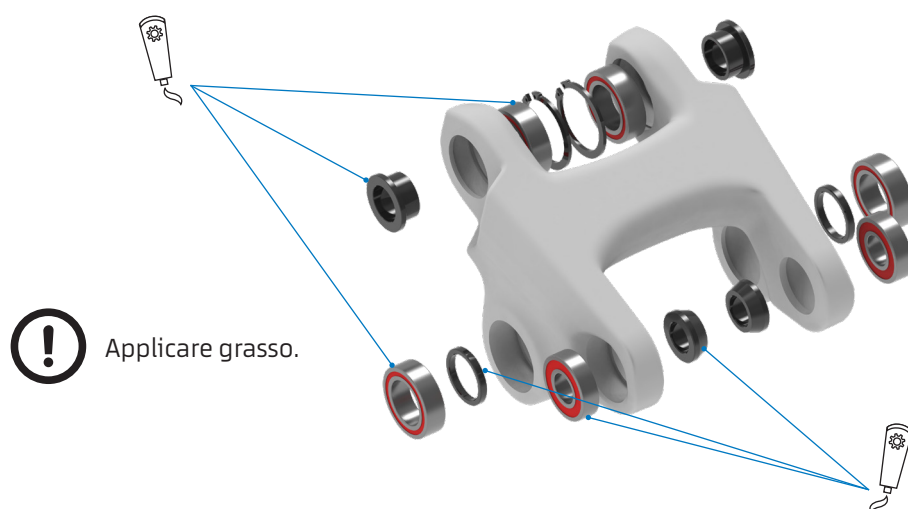
i Smontare la base per installare la base del fidlock compatibile.

! La lunghezza massima della vite è di 10 mm. Inserire la vite più a lungo può danneggiare il telaio.

9. GUIDA ALL'INSTALLAZIONE DEI BRACCETTI SUPERIORI

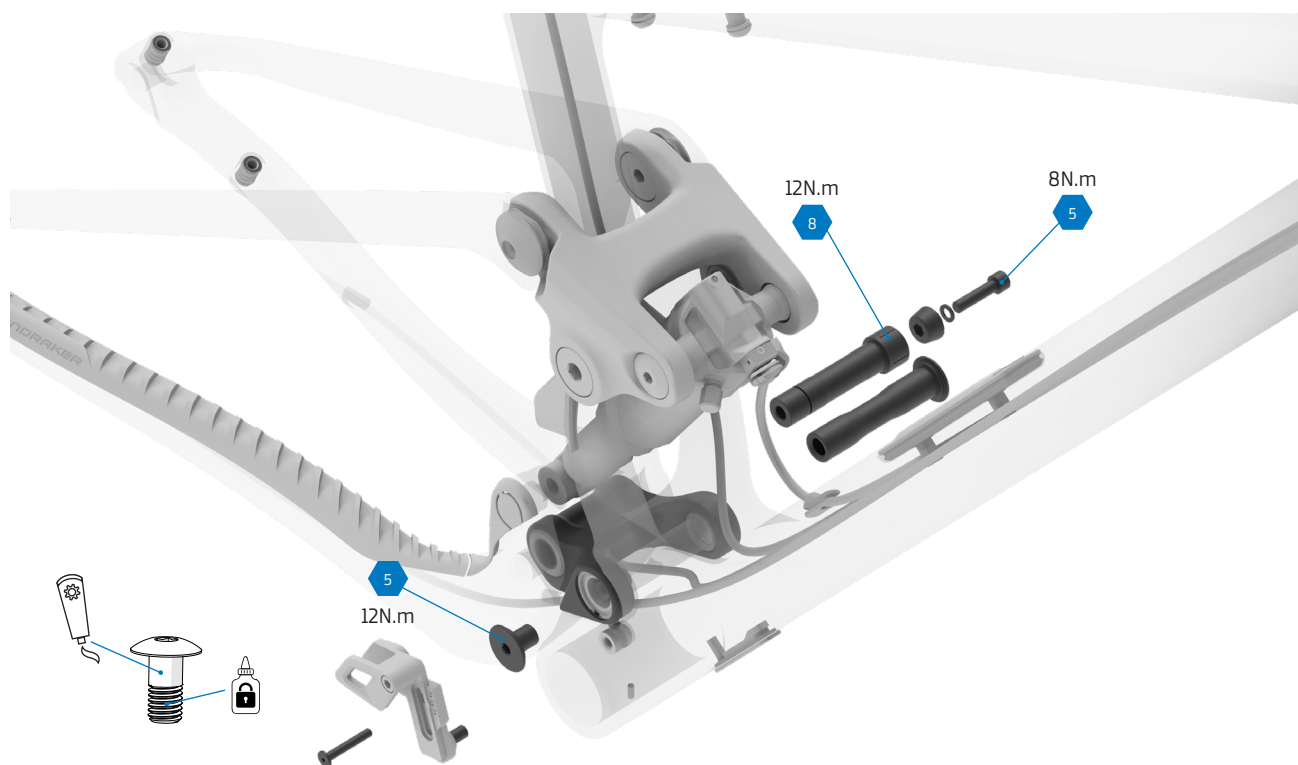


! Per i bulloni principali applicare grasso all'albero e Loctite 243 o simili alle filettature.





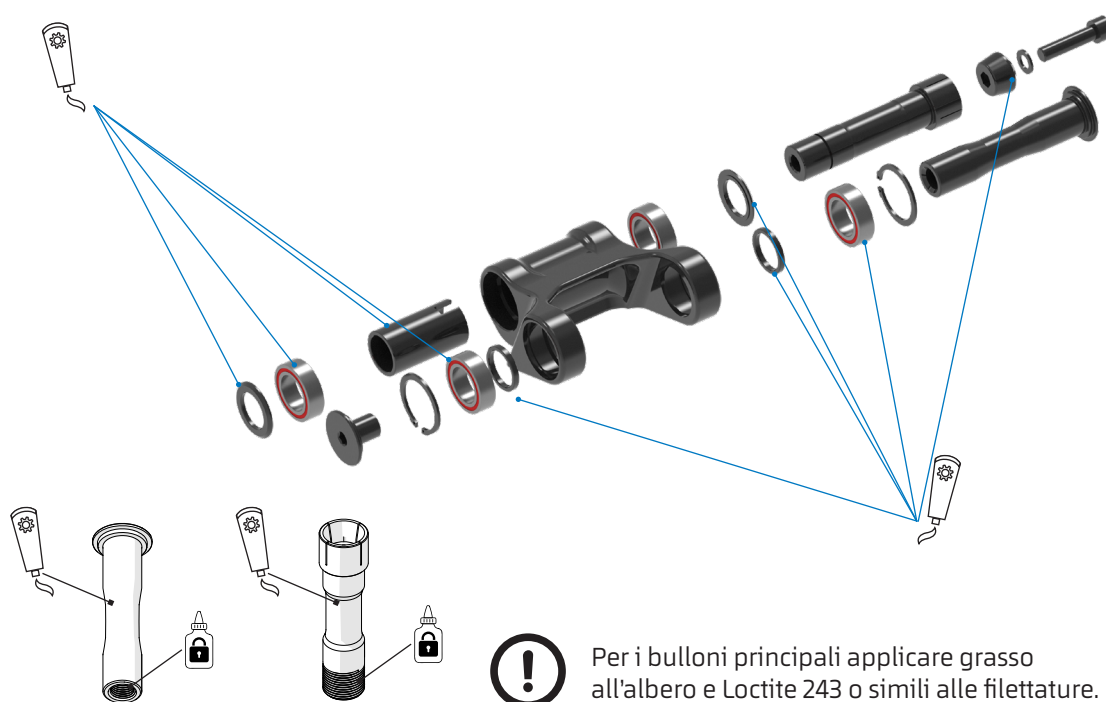
10. GUIDA ALL'INSTALLAZIONE DEI BRACCETTI INFERIORI



Per i bulloni principali applicare grasso all'albero e Loctite 243 o simili alle filettature.



Applicare grasso.



Per i bulloni principali applicare grasso all'albero e Loctite 243 o simili alle filettature.

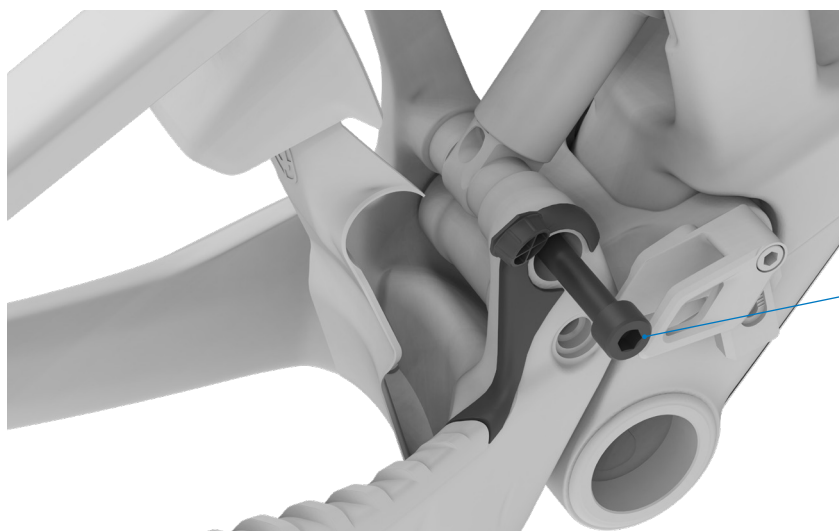
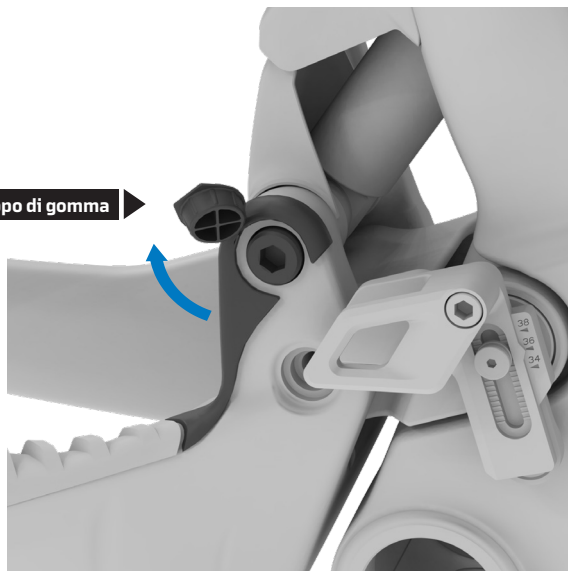


10. GUIDA ALL'INSTALLAZIONE DEGLI AMMORTIZZATORI

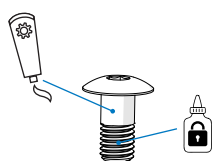


Aprire il tappo di gomma per accedere alla vite dell'ammortizzatore.

Tappo di gomma



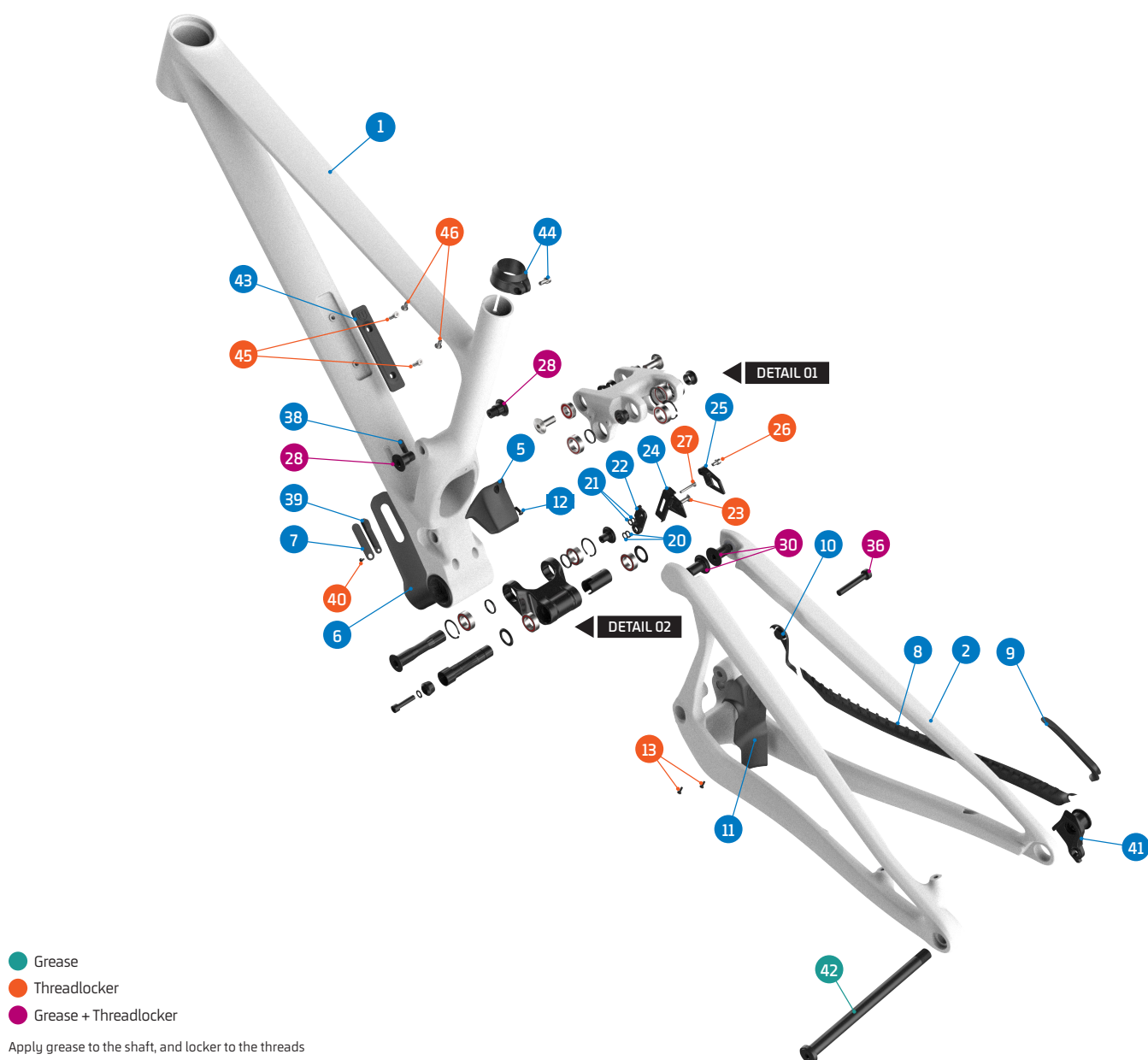
5
8N.m



Per i bulloni principali applicare grasso all'albero e Loctite 243 o simili alle filettature.



12. SPARE PARTS

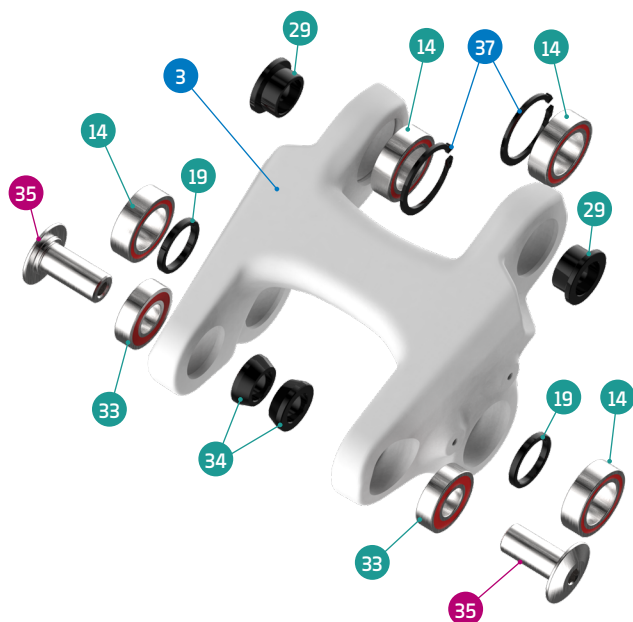


ITEM No.	DESCRIPTION	QTY.	PART NUMBER	TORQUE
1	FRONT TRIANGLE	1		
2	REAR TRIANGLE	1		
3	UPPER LINK	1		
4	LOWER LINK	1	099.24027	
5	FRONT TRIANGLE FENDER	1	099.24028	
6	DOWN TUBE PROTECTOR	1	099.24029	
7	DOWN TUBE PROTECTOR SMALL	1	099.24030	
8	CHAIN STAY PROTECTOR	1	099.24031	
9	SEAT STAY PROTECTOR	1	099.24032	
10	CHAIN STAY PROTECTOR SMALL	1	099.24033	
11	REAR TRIANGLE FENDER	1	099.24034	
12	SCREW BOLT BUTTON HEAD M4X10L-R-SB	1		1.5Nm
13	SCREW BOLT ULTRA LOW HEAD M3X8L-SP	2	099.24035	1.5Nm
14	BEARING 15x24x7 3802V-2RS	8	SET 1	
15	SPACER 15x24x2	2	SET 4	
16	INNER LOWER LINK SPACER	1	SET 4	
17	PIVOT AXLE M10	1	SET 4	
18	AXLE NUT M10	1	SET 4	12Nm
19	SPACER 15x19x2,5T	4	SET 3 & 4	
20	WASHER	3	SET 4 & 5	
21	WASHER	2	SET 5	
22	CHAIN GUIDE PLATE	1	SET 5	
23	SCREW BOLT M6x16L-M-S	1	SET 5	3Nm

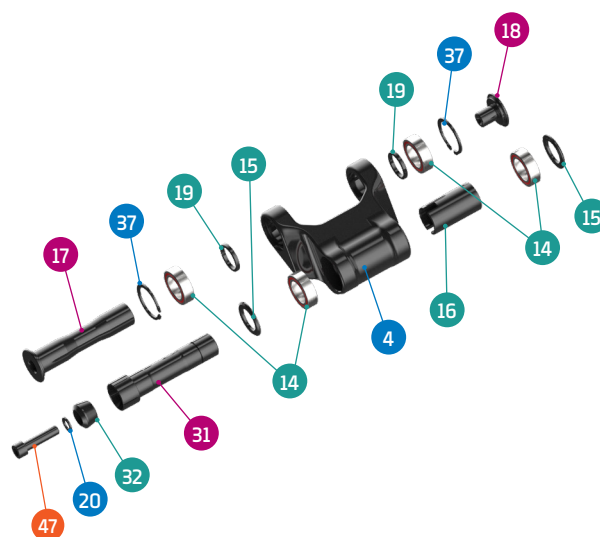
ITEM No.	DESCRIPTION	QTY.	PART NUMBER	TORQUE
24	CHAIN GUIDE INNER PLATE	1	SET 5	
25	CHAIN GUIDE OUTER PLATE	1	SET 5	
26	SCREW BOLT M5x8L-P-SB	1	SET 5	3Nm
27	SCREW BOLT ULTRA LOW HEAD M4x25L-SP	1	SET 5	3Nm
28	LINK AXLE	2	SET 3	12Nm
29	UPPER LINK RT SPACER	2	SET 3	
30	PIVOT AXLE M12	2	SET 3	12Nm
31	MAIN AXLE	1	SET 4	12Nm
32	AXLE NUT REAR M10	1	SET 4	
33	BEARING 10x22x6 6900-2RS	2	SET 1	
34	SPACER 10x17x6	2	SET 2	
35	SHOCK BOLT STAINLESS STEEL	2	SET 2	8Nm
36	SHOCK BOLT	1	SET 2	8Nm
37	C-RING	4	SET 3 & 4	
38	SHOCK CABLE GUIDE	1	099.24037	
39	CABLE GUIDE BLIND	1	099.22035	
40	SCREW BOLT M3x8L-M-SB	1	099.20068	1.5Nm
41	HANGER SRAM UDH	1		
42	REAR AXLE	1	112.90027	
43	FIDLOCK COVER	1	099.22040	
44	SEAT CLAMP 37MM	1	020.24900	5-6Nm
45	SCREW BOLT M5x10L-P-SB	2		3Nm
46	SCREW BOLT M5x10L-R-SB	2		3Nm
47	SCREW BOLT M6x25L-P-S	1	SET 4	8Nm



DETAIL 01



DETAIL 02



SET 1

ZERO BEARING KIT 26



SET 2

SHOCK HARDWARE KIT 18



SET 3

UPPER LINK KIT 32



SET 4

LOWER LINK KIT 35



SET 5

CHAIN GUIDE PLATE + BOLTS



PART NUMBER	DESCRIPTION	COMPONENTS
099.22101	SET 1: ZERO BEARING KIT 26	BEARING, 15x24x7 (x8) / BEARING, 10x22x6 (x2)
099.24200	SET 2: SHOCK HARDWARE KIT 18	SPACER, 10x17x6 (x2) / SHOCK BOLT STAINLESS STEEL(x2) / SHOCK BOLT (x1)
099.24300	SET 3: UPPER LINK KIT 32	SPACER, 15x19x2.5T (x2) / LINK AXLE (x2) / UPPER LINK-RT SPACER (x2)/ PIVOT AXLE, M12 (x2) / C-RING (x2)
099.24403	SET 4: LOWER LINK KIT 35	PIVOT AXLE, M10 (x1) / SPACER, 15x19x2.5t (x2) / AXLE NUT, M10 (x1) / C-RING (x2) / TAPER NUT (x1) / SPACER ,15x24x2 (x2) / INNER LOWER LINK SPACER (x1) / WASHER (x1) / MAIN AXLE (x1) / SCREW BOLT, M6x25L-P-S (x1)
099.24036	SET 5: CHAIN GUIDE PLATE + BOLTS	WASHER (x2) / WASHER (x2) / CHAIN GUIDE PLATE (x1) / SCREW BOLT, M6X16L (x1) / CHAIN GUIDE INNER PLATE (x1) / CHAIN GUIDE OUTER PLATE (x1) / SCREW BOLT, M5X8L (x1) / SCREW BOLT ULTRA LOW HEAD, M4X25L (x1)



13. DOMANDE FREQUENTI

QUALI AMMORTIZZATORI SONO COMPATIBILI CON F-PODIUM?

Si può montare qualsiasi tipo di ammortizzatore in linea come FOX Float SL o RockShox SID Luxe che viene fornito di serie sulle nostre bici, o simile sull'attacco superiore Trunnion di dimensioni metriche 165x45 mm e dispositivo di fissaggio inferiore 30x8 mm.

QUAL È LA CORSA MASSIMA DELLA FORCELLA CHE POSSO UTILIZZARE SU F-PODIUM?

F-Podium è compatibile con forcelle fino a 120 mm di escursione (forcelle di serie su tutti i modelli F-Podium). Mondraker non lo consiglia, ma è possibile montare forcelle con un'escursione minore, 110 mm o 100 mm, tenendo conto che l'angolo di sterzata sarà accentuato di 0,5° ogni 10 mm di escursione di forcella più corta e l'altezza del movimento centrale a terra sarà ridotta.

QUAL È LA LARGHEZZA MASSIMA DEL PNEUMATICO CHE POSSO UTILIZZARE SU F-PODIUM?

Con una larghezza massima consigliata del cerchio interno di 30 mm, il copertone massimo consigliato che si può montare è di 29 x 2,4" il quale consente uno spazio sufficiente per respingere il fango.

QUAL È LA CORONA PIÙ GRANDE CHE POSSO USARE SU F-PODIUM?

F-Podium è compatibile solo con trasmissioni 1X con una corona di tipo rotonda standard fino a 38T o una corona ovale fino a 36T.

QUANTE BORRACCE POSSO MONTARE SU F-PODIUM?

È possibile installare due porta-borraccia. Una sotto il tubo orizzontale facendo particolare attenzione all'uso di piccole viti di lunghezza filettata adeguata e l'altra nella posizione abituale sul tubo obliquo.

CHE TAGLIA DOVREI ACQUISTARE?

Le taglie variano da un rider all'altro. Ognuno ha le proprie preferenze così come importante è anche il modo in cui si guida la bici al momento di scegliere la taglia giusta. Di seguito ti mostriamo una tabella con le taglie standard che possono essere utilizzate come linea guida.

S 1.58 - 1.68

M 1.67 - 1.76

L 1.75 - 1.86

XL 1.85 - 1.95

QUAL È LA LUNGHEZZA MASSIMA DI REGGISSELLA TELESCOPICO CHE POSSO UTILIZZARE SU F-PODIUM CARBON?

DIMENSIONE TELAIO	MIN. (mm)	MAX. (mm)
XL	100	200
L	100	200
M	100	200
S	100	200



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