



Putoline Product recommendation

Honda CRF CRF 250 R (2003-2014)

ENGINE

0,69 liter Capacity

0,85 liter Capacity

0,03 liter Filter capacity

Recommended product

N-TECH® Pro R+ 10W-30, 10W-30

Normal, Check every 1 race

Initial service, Check every 3 months

Normal, Change every 15 hours/ 6 races

Initial service, Change every 22000 km/ 6 months

Good alternatives

Sport 4R 10W-30, 10W-30

Normal, Check every 1 race

Initial service, Check every 3 months

Normal, Change every 15 hours/ 6 races

Initial service, Change every 22000 km/ 6 months

N-TECH® Pro R+ Off Road 10W-40, 10W-40

Normal, Check every 1 race

Initial service, Check every 3 months

Normal, Change every 15 hours/ 6 races

Initial service, Change every 22000 km/ 6 months

Ester Tech Off Road 4+ 10W-40, 10W-40

Normal, Check every 1 race

Initial service, Check every 3 months

Normal, Change every 15 hours/ 6 races

Initial service, Change every 22000 km/ 6 months

Off Road 4 10W-40, 10W-40

Normal, Check every 1 race

Initial service, Check every 3 months

Normal, Change every 15 hours/ 6 races

Initial service, Change every 22000 km/ 6 months

TRANSMISSION, 5

0,6 liter Capacity

0,7 liter Capacity

Recommended product

N-TECH® Pro R+ 10W-30

Normal, Check every 1 race

Normal, Change every 15 hours/ 6 races

Good alternatives

Sport 4R 10W-30

Normal, Check every 1 race

Normal, Change every 15 hours/ 6 races

N-TECH® Pro R+ Off Road 10W-40

Normal, Check every 1 race

Normal, Change every 15 hours/ 6 races

Ester Tech Off Road 4+ 10W-40

Normal, Check every 1 race

Normal, Change every 15 hours/ 6 races

Off Road 4 10W-40

Normal, Check every 1 race

Normal, Change every 15 hours/ 6 races

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Recommended product
Good alternatives

HYDRAULIC BRAKE SYSTEM

Ultimate Racing Brake Fluid
DOT 4 Brake Fluid

COOLING SYSTEM

0,93 liter Capacity

1 liter Capacity

Recommended product

Ultracool 12

Normal, Check every each race

Normal, Change every 24 months

Good alternatives

Coolant NF

Normal, Check every each race

Normal, Change every 24 months

FRONT FORK

0,42 liter Capacity

Recommended product

Formula GP 5W, 5W

Initial service, Check every 3 months

Normal, Change every 9 races/ 22 hours

Initial service, Change every 22000 km/ 6 months

Good alternatives

HPX R 5W, 5W

Initial service, Check every 3 months

Normal, Change every 9 races/ 22 hours

Initial service, Change every 22000 km/ 6 months

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