

# Fork oil weights

The real story...

This table is sorted by real viscosity (centiStokes), not by nominal weight. Note that the nominal weight is ... um... not

The other interesting number is the Viscosity Index (VI), which is how stable the viscosity is over a wide temperature range. It's not just mean hot-day vs. cold day, it means beginning of race vs. end.

Brand / weight / model	nominal weight	Reported cSt @40C (centiStokes)	Reported cSt @100C (centiStokes)	Reported Viscosity Index (VI)	Recalculated Viscosity Index (VI)
Red Line (like water, Clear)		5,5	2,3	344	343
Red Line (extra light, Blue)		9,8	4	402	403
Spectro, Golden (ultra light)		10,4	4,4	385	440
RockShox (2.5w Light cartridge (Torco 5))	2,5	10,75	4	325	340
Torco RFF 5	5	10,75	4	325	340
Bel-Ray HVI (3 wt)	3	11	3,85	296	297
Kayaba (K2-S shock)		11,3	4	310	310
Showa Suspension Fluid SS-25 (2.5wt. Stock Shock, OEM)	2,5	12,5	3,9	239	239
Silkolene Pro RSF (2.5wt)	2,5	13,6	5,83	464	465
Maxima Racing Shock Fluid (light, 3wt)	3	14	5,2	378	370
Torco RSF Light (purple)		14,5	4,7	288	286
PJ1 Cartridge Pro For Fluid (3.5 wt)	3,5	14,6	3,6		134
Castrol Fork Oil (10wt)	10	15	4	150	179
RaceTech (Motorex) (Light US1)	4,25	15,2	4,4	222	226
Penske (lightweight shock fluid)		15,5	6,3	434	434
Kayaba 01 (zero-One Fork)		15,6	3,45	150	96
Yamaha 01 Fork oil (Kayaba)		15,6	3,45	150	96
Showa Suspension Fluid SS-05 (Stock fork, OEM)		15,65	3,6	116	113
Maxima Bicycle Fork fluid (5wt)	5	15,9	3,51	150	98

<b>Brand / weight / model</b>	<b>nominal weight</b>	<b>Reported cSt @40C (centiStokes)</b>	<b>Reported cSt @100C (centiStokes)</b>	<b>Reported Viscosity Index (VI)</b>	<b>Recaclulated Viscosity Index (VI)</b>
Maxima Fork oil (5 wt)	5	15,9	3,51	150	98
Maxima Racing Fork fluid (85/150, 5 wt)	5	15,9	3,51	150	98
Motul Fork Oil (Very Light ) ??		16	3,5	100	95
Rockshox (52 Medium, Hydracoil) (Torco 7)	7	16,1	5,05	285	280
Torco RFF 7	7	16,1	5,05	285	280
Motul Shock Oil (2.5-20)		16,1	6,2	400	403
showa Suspension Fluid SS-7 (5wt) (Apolo)	5	16,44	3,76	135	119
Spectro, Golden Spectro cartridge Fork Fluid (85/150,		16,9	3,82	150	119
Honda Pro HP Fork Oil (5wt)	5	17	3,8	140	115
Pro-Circuit PC-Oil		17	4,1		149
Bel-Ray Fork Oil (5 wt)	5	17,1	4,1	146	147
Kayaba G5	5	17,7	3,5	72	72
ELF Moto Fork oil SYN (2.5)	2,5	18	4	121	122
Motul Fork Oil, Comfort (Light 5)	5	18,2	4	124	119
Motul Fork Oil, Factory Line (Light 5)	5	18,3	4,2	138	138
Red Line (Light, Yellow)		18,4	7,1	407	409
Agip Fork (2.5 wt)	2,5	18,5	4,37	152	153
Bardahl (52 Fork Oil)		19,3	5,1	212	212
Bel-Ray HVI (5wt)	5	19,5	6,66	345	345
Torco RFF 10	10	19,9	5,7	260	256
Motul Fork Oil (Light)??		20	6	260	280
Spectro, SX "400"		20,9	8,9	400	460
Maxima Racing Shock Fluid (Medium, 7wt)	7	21	7,3	349	358
Spectro Fork Oil (5wt)	5	21,6	4,4	119	114
Agip Fork (5wt)	5	22	5,2	175	178

<b>Brand / weight / model</b>	<b>nominal weight</b>	<b>Reported cSt @40C (centiStokes)</b>	<b>Reported cSt @100C (centiStokes)</b>	<b>Reported Viscosity Index (VI)</b>	<b>Recaclulated Viscosity Index (VI)</b>
Silkolene Fork Oil (5wt)	5	22,3	4,4	106	107
Motul Fork Oil, Factory Line (Medium, 5-10)	7,5	22,3	6,2	254	253
Elf Moto Fork OIL SYN (5)	5	23,3	4,8	130	129
PJ1 Fork Tuner (2.5wt)	2,5	26,1	4,9		111
Spectro, Golden Spectro Cartridge Fork Fluid (125/150,		26,1	5,25	150	135
Spectro, Golden (Very Light)		26,4	9,9	400	397
Maxima Racing Fork Fluid (125/150), 7wt)	7	26,7	5,36	151	138
Silkolene Pro RSF (5wt)	5	26,7	9,46	372	372
PJ1 Fork Tuner (7.5wt)	7,5	27,5	5,1		113
Castrol Synthetic Fork Oil (5wt)	5	28	5,7	151	149
Å–hlins (Shock)		28,7	9,4	340	340
Bel-Ray Fork Oil (7wt)	7	29	5,2	110	108
Maxima Racing Shock Fluid (Heavy, 10wt)	10	29	9,4	334	336
Å–hlins (High Performance)		30,25	10,18	352	352
Red Line (Medium, Red)		30,4	10,8	369	374
Agip Fork (7.5wt)	7,5	31	6,4	163	165
PJ1 Fork Tuner (5wt)	5	31,2	5,4		106
Fox Shox (Torco RSF Medium)		31,82	9,57	300	309
Torco RSF Medium (Purple)		31,82	9,57	300	309
Maxima Bicycle Fork Fluid (10wt)	10	32	6,28	151	151
Maxima Fork Oil (10wt)	10	32	6,28	151	151
Spectro Fork Oil (10wt)	10	32,8	5,6	111	107
RaceTech (Motorex) (Medium US2)	10	32,9	7,2	200	192
Bel-Ray Fork Oil (10wt)	10	33	5,9	123	123
RockShox (10wt) (Torco 15)	10	33	8,4	240	247

<b>Brand / weight / model</b>	<b>nominal weight</b>	<b>Reported cSt @40C (centiStokes)</b>	<b>Reported cSt @100C (centiStokes)</b>	<b>Reported Viscosity Index (VI)</b>	<b>Recaclulated Viscosity Index (VI)</b>
Torco RFF 15	15	33	8,4	240	247
Shell Advance Fork 5	5	33,05	7,09	185	185
Kayaba G10S	10	33,2	5,7	111	111
Bel-Ray HVI (10wt)	10	33,5	10	306	308
PJ1 Fork Tuner (10wt)	10	33,9	5,7		106
Red Line D4 ATF		34	7,5	198	197
Mobil 1 Synthetic ATF		34	7,6	199	202
Silkolene Fork Oil (10wt)	10	34,9	7,05	169	169
Motul Fork Oil, Comfort (Medium 5-10)	7,5	35,3	6	115	114
Bardahl (10w Fork Oil)	10	35,5	6,9	158	158
Showa Suspension Fluid SS8 (10wt) (Apollo)	10	36,47	7,24	200	167
Silkolene Pro RSF (7.5wt)	7,5	37	12	322	339
Shell Advance Fork 10	10	38,97	7,44	161	161
Castrol Synthetic Fork Oil (10wt)	10	42	7,5	150	147
RockShox (15w Extra Heavy) (Torco 20)	15	42,8	10,4	250	245
Torco RFF 20	20	42,8	10,4	250	245
Agip Fork (10wt)	10	45	8,3	164	162
Elf Moto Fork Oil SYN (10)	10	45,4	7,6	135	134
Spectro Fork Oil (15wt)	15	45,6	7,2	119	118
Repsol Moto Horquillas Fork Oil (10W20)		46	8,4	150	161
Maxima Bicycle Fork Fluid (15wt)	15	46	8,48	154	163
Maxima Fork Oil (15wt)	15	46	8,48	154	163
Maxima Racing Fork Fluid (235/150, 15wt)	15	46	8,48	154	163
Castrol Fork Oil (15wt)	15	46,5	8,3	150	155
ELF Moto Fork Oil (10wt)	10	47	8,3	153	153

<b>Brand / weight / model</b>	<b>nominal weight</b>	<b>Reported cSt @40C (centiStokes)</b>	<b>Reported cSt @100C (centiStokes)</b>	<b>Reported Viscosity Index (VI)</b>	<b>Recaclulated Viscosity Index (VI)</b>
Spectro, Golden (light)		47,27	16,76	235	370
Kayaba G15S	15	47,3	7,2	112	112
Silkolene Pro RSF (10wt)	10	47,36	13,69	303	303
Silkolene Fork Oil (15wt)	15	48,45	8,5	153	153
Bel-Ray HVI (15wt)	15	49	13,9	297	298
Bel-Ray Fork Oil (15wt)	15	53	7,5	103	103
Red Line High Temp ATF		53,9	10	172	176
PJ1 Fork Tuner (15wt)	15	55,3	8,7		133
Motul Fork Oil, Factory Line (Heavy, 15-20)		61	13,2	224	225
PJ1 Fork Tuner (20wt)	20	61,7	8,4		106
Spectro Fork Oil (20wt)	20	65	8,9	110	111
Maxima Bicycle Fork Fluid (20w)	20	65	12,9	201	204
Maxima Fork Oil (20w)	20	65,6	12,9	201	202
Red Line (Heavy)		66,8	16	256	256
Shell Advance Fork 15	15	67	10,37	120	143
Silkolene Fork Oil (20wt)	20	67,7	8,75	101	101
Castrol Fork Oil (20wt)	20	68	11,2	150	159
Repsol Moto Horquillas Fork Oil (15W30)		68	11,2	150	159
Agip Fork (15wt)	15	69	11,5	162	163
Elf Moto Fork Oil (15)	15	72,6	11,6	155	155
Bel-Ray Fork Oil (20wt)	20	73,5	9,5	106	107
Motul Fork Oil, Comfort (Heavy, 15-20)		77,9	10,1	111	112
Torco Synthetic RTF		82,5	14,33	182	182
Motorex Semi-Bath fork oil, 5W40		90,9	14,6	169	168
Silkolene Pro RSF (15wt)	15	92,5	19,5	235	233

<b>Brand / weight / model</b>	<b>nominal weight</b>	<b>Reported cSt @40C (centiStokes)</b>	<b>Reported cSt @100C (centiStokes)</b>	<b>Reported Viscosity Index (VI)</b>	<b>Recaclulated Viscosity Index (VI)</b>
ELF Moto Fork Oil (20)	20	99	14,6	150	153
Agip Fork (20wt)	20	104	15,03	155	151
Silkolene Fork Oil (30wt)	30	105	11,84	101	102
Bel-Ray Fork Oil (30wt)	30	105	12	104	104
Kayaba G30S	30	116,1	16,7	156	156
PJ1 Fork Tuner (30wt)	30	116,9	15		133
Spectro, Golden American 4 (20w50)		155	19,6	146	145

[Credit to the source: This all came from www.peterverdonedesigns.com](http://www.peterverdonedesigns.com)

: really in the same order as the real weight.

range. Bigger numbers are better. It doesn't

<b>Viscosity/ Temperature Coefficient (VTC)</b>	<b>VT (cSt@40/cSt@100)</b>
0,58	2,39
0,59	2,45
0,58	2,36
0,63	2,69
0,63	2,69
0,65	2,86
0,65	2,83
0,69	3,21
0,57	2,33
0,63	2,69
0,68	3,09
0,75	4,06
0,73	3,75
0,71	3,45
0,59	2,46
0,78	4,52
0,78	4,52
0,77	4,36
0,78	5,53

<b>Viscosity/ Temperature Coefficient (VTC)</b>	<b>VT (cSt@40/cSt@100)</b>
0,78	4,53
0,78	4,53
0,78	4,57
0,69	3,19
0,69	3,19
0,61	2,6
0,77	4,37
0,77	4,42
0,78	4,47
0,76	4,15
0,76	4,17
0,8	5,06
0,78	4,5
0,78	4,55
0,77	4,36
0,61	2,59
0,76	4,23
0,74	3,78
0,66	2,93
0,71	3,49
0,7	3,33
0,57	2,35
0,65	2,88
0,8	4,91
0,76	4,23



<b>Viscosity/ Temperature Coefficient (VTC)</b>	<b>VT (cSt@40/cSt@100)</b>
0,8	5,07
0,72	3,6
0,79	4,85
0,81	5,33
0,8	4,97
0,63	2,67
0,8	4,98
0,65	2,82
0,81	5,39
0,8	4,91
0,67	3,05
0,82	5,58
0,68	3,09
0,66	2,97
0,64	2,81
0,79	4,84
0,83	5,78
0,7	3,32
0,7	3,32
0,8	5,1
0,8	5,1
0,83	5,86
0,78	4,57
0,82	5,59
0,75	3,93

<b>Viscosity/ Temperature Coefficient (VTC)</b>	<b>VT (cSt@40/cSt@100)</b>
0,75	3,93
0,79	4,66
0,83	5,82
0,7	3,35
0,83	5,95
0,78	4,53
0,78	4,47
0,8	4,95
0,83	5,88
0,81	5,14
0,8	5,04
0,68	3,08
0,81	5,24
0,82	5,6
0,76	4,12
0,76	4,12
0,82	5,42
0,83	5,97
0,84	6,33
0,82	5,48
0,82	5,42
0,82	5,42
0,82	5,42
0,82	5,6
0,82	5,66

<b>Viscosity/ Temperature Coefficient (VTC)</b>	<b>VT (cSt@40/cSt@100)</b>
0,65	2,82
0,85	6,57
0,71	3,46
0,82	5,7
0,72	3,53
0,86	7,07
0,81	5,39
0,84	6,36
0,78	4,62
0,86	7,35
0,86	7,3
0,8	5,04
0,8	5,09
0,76	4,18
0,85	6,46
0,87	7,74
0,84	6,07
0,84	6,07
0,83	6
0,84	6,26
0,87	7,74
0,87	7,71
0,83	5,76
0,84	6,23
0,79	4,77

<b>Viscosity/ Temperature Coefficient (VTC)</b>	<b>VT (cSt@40/cSt@100)</b>
0,85	6,78
0,86	6,92
0,89	8,87
0,89	8,75
0,86	6,95
0,87	7,79
0,87	7,91