



Öhlins Road & Track Coilover Suspension BMS MP00 complete kit

A more than 40 year long tradition of high-end racing commitments and state-of-the-art solutions within advanced suspension technology is now available for street cars all over the world. The focus has been clear from the very beginning – superior road handling without sacrificing comfort in your day-to-day transports. The time of compromises is over. All shocks have suffered through vast corrosion tests according to ISO 9227. The end result is a worldwide 2-year limited warranty on all of our products.

This item has been replaced by [BMS MU00](#).

General Features:

- DFV technology (Dual Flow Valve)
- Height adjustable
- Rebuildable
- Corrosion salt spray tested (ISO 9227)
- 2 year limited warranty
- Set incl. springs

Features Front:

- McPherson strut, upside down
- Compression and rebound damping with one adjuster
- Spring preload adjuster
- Approx. 5 - 25 mm lower than standard with recommended setup
- Spring rate 60 N/mm
- Dustcovers
- Use with original top mounts

Features Rear:

- Conventional Shock Absorber
- Compression and rebound damping with one adjuster
- Spring preload adjuster
- Approx. 0 - 30 mm lower than standard with recommended setup

Spring rate 160 N/mm

Dustcovers

Use with original top mounts

Purchased Parts Package:

Coil over kit incl. springs

C-Spanner (for spring preload adjustment)

Owners manual and mounting instruction

Sticker set

EDC Cancellation Kits:

Öhlins EDC Cancellation Kit, part no: [35020-03](#)

Cancellation kits are not included and need to be ordered separately.

Fits the following vehicles

[BMW 3-Series \(F30, F31\) incl. xDrive, year 2012 – 2017](#)

Without TUEV certificate (Germany)

Does not fit cars with X-Drive

Part number

BMS MP00

Recommendations



[35020-03](#)

Price and availability

No longer available

DFV

DFV stands for Dual-Flow-Valve. A patented technology only available on Öhlins Road & Track coil over suspension. At the racetrack, the DFV gives you incredible traction but on the road, it delivers high comfort for daily transports.

[Learn more...](#)

The picture shown can deviate from the product delivered.







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