



Öhlins FGRT Upside Down Front Fork Road & Track FGRT 226

It doesn't matter if you are heading for a National Roadracing title or if you are taking your bike on a run on your favourite road. The new Road & Track front fork will give you loads of performance, stable damping and fantastic comfort. The new Road & Track front fork features the Öhlins 30 mm Cartridge Kit inside, a winning kit in several national superbike championships.

Compression and rebound adjustments are easily done with compression adjustment in one leg and rebound adjustment in the other leg. The new front fork gives a big improvement in tire feel, brake support and the general handling of the bike. The outer design has been redesigned to make this front fork even more attractive.

Part number

FGRT 226

Technical data

Length:	740 mm
Stroke:	120 mm
Rate N/mm:	9,0 N/mm
Position:	front
Mounted spring:	04744-90
Spring series:	04744-Serie & 08790-Serie
Recommended oil:	01309
Packaging unit:	pair

Fits for vehicles

[BMW R nineT \(2017 – 2020\)](#)

ABE (Germany)