

---

## Tech sheet

# Maintaining your CeramicSpeed components

CeramicSpeed Components	Dry and sunny conditions	Wet and harsh conditions
Bottom Brackets	5,000 - 10,000 km / 3,000 - 5,000 miles	1,000 - 3,000 km / 600 - 1,800 miles
Wheel Kits	5,000 - 10,000 km / 3,000 - 5,000 miles	1,000 - 3,000 km / 600 - 1,800 miles
Headsets	Once a year	Once a year. However, frequent checks are recommended
Pulley Wheels	When lubricating the chain or washing the bike. Extended maintenance every 6 months	When lubricating the chain or washing the bike. Extended maintenance every 6 months. Use CS All Round Grease for extra protection.
Oversized Pulley Wheel System	When lubricating the chain or washing the bike. Extended maintenance every 6 months	When lubricating the chain or washing the bike. Extended maintenance every 6 months. Not recommended for MTB use.
UFO Racing Chains	No maintenance needed for the first 600 km or 370 miles. After that, UFO Drip Chain Coating is recommended after cleaning the chain or washing your bike.	No maintenance needed for the first 600 km or 370 miles. After that, UFO Drip Chain Coating is recommended after each ride in wet and harsh conditions, or after washing your bike.

## CeramicSpeed Greases & Oil

### CeramicSpeed All Round grease (blue)

This type of grease is a low to medium viscosity lubricant and works as the best compromise between friction influence and lifetime. We recommend it for optimal use in dry and sunny weather conditions, where no or very little contamination threatens the bearing.

### CeramicSpeed Long Life grease

This is the best choice for riding in a humid or off-road environment and you do not use coated bearings. The Long Life grease has a slightly higher friction coefficient than the standard All Round grease. This is a medium viscosity type of grease, designed to deliver the best performance under the worst riding conditions.

### CeramicSpeed TT + Track Grease







This grease is a great choice when riding short time trials or track, designed to deliver as low friction as possible, thanks to the Dynamic Viscosity Transformation (DVT) technology used in its formula. When the TT Grease lubricating film is subject to the high pressure at the point of contact between the ball and race, the TT Grease instantly changes to a lower kinematic viscosity, similar to that of a light oil.

### CeramicSpeed Oil

This oil is intended to maximise the performance and lifetime of your pulley wheels. At the highest rpm on a road bike, pulley wheels spin 4–5 times faster than the bottom bracket. Lubrication is therefore critical in obtaining the best performance. Add 1–2 drops of oil to the outside of the bearing seal after washing your bike or after riding in wet conditions.

Application and product		Riding conditions	
Discipline	CeramicSpeed Components	Dry and sunny conditions	Wet and harsh conditions
Road	Bottom Brackets & Wheel Kits	All Round Grease	All Round / Long Life Grease
	Pulley Wheels & OSPW Systems	CeramicSpeed Oil	All Round Grease / CeramicSpeed Oil
	Headsets	Long Life Grease	Long Life Grease
Off-road	Bottom Brackets, Wheel Kits & Headsets	All Round / Long Life Grease	Long Life Grease
	Pulley Wheels & OSPW Systems	All Round Grease / CeramicSpeed Oil	All Round Grease
TT/Track	Bottom Brackets & Wheel Kits	TT + Track Grease	All Round / TT + Track Grease
	Pulley Wheels & OSPW Systems	CeramicSpeed Oil	All Round Grease / CeramicSpeed Oil
	Headsets	Long Life Grease	Long Life Grease

### CeramicSpeed Greases application

CeramicSpeed Blue	CeramicSpeed White	CeramicSpeed Brown
		
Race conditions: all-round Low friction	Dry race condition (only short distances!) TT grease – extremely low friction	All training conditions
Standard, all conditions grease for any/all CeramicSpeed bearings	Short service interval (re-lubrication) Always lubricate before / after use	Long service interval High protection of the bearings
		
Recommended 60-80% filling rate	Recommended 30-50% filling rate	Recommended 70-100% filling rate