

Pressure Curves

Pressure varies according to the weight of the rider but other parameters, such as the section width, type of bike and use are important factors for the final choice.

BAR / P.S.I conversion table

Bar	P.S.I	Bar	P.S.I	Bar	P.S.I	Bar	P.S.I	Bar	P.S.I
0.5	7	2.5	36	4.5	65	6.5	94	8.5	123
1	15	3	44	5	73	7	102	9	131
1.5	22	3.5	51	5.5	80	7.5	109	9.5	138
2	29	4	58	6	87	8	116	10	145

Tyre pressure recommendations: according to size, weight and use

For roads

Rider weight (Kg)	Under 50	50 - 60	60 - 70	Over 70
Pressure (bar)	6	6.7	7.5	8

For mountain bikes

Rider weight (Kg)	Under 50		50 - 60		60 - 70		70 - 80		80 - 90		90 - 100	
Wheel	Front	Rear	Front	Rear	Front	Rear	Front	Rear	Front	Rear	Front	Rear
High (bar)	1.7	1.8	2.0	2.1	2.2	2.3	2.5	2.6	2.8	2.9	3.1	3.2
Mean (bar)	1.6	1.7	1.75	1.85	2.0	2.1	2.3	2.4	2.6	2.7	2.9	3
Low (bar)	1.6	1.6	1.60	1.65	1.6	1.9	1.6	2.2	1.6	2.5	1.6	2.8

Rider weight (lbs)	100 - 110		110 - 132		133 - 154		155 - 176		177 - 198		199 - 220	
High (psi)	25	26	28	30	32	33	36	38	41	42	45	46
Mean (psi)	23	25	25	27	29	30	33	35	38	39	42	44
Low (psi)	23	23	23	24	23	28	23	32	23	36	23	41

For leisure

Rider weight (Kg)	Under 50	50 - 60	60 - 70	70 - 80	80 - 90	over 90
Pressure (bar)	1.2 - 1.7	1.5 - 2	2 - 2.5	2.5 - 3	3 - 3.5	4

For Enduro

Rider weight (Kg)	Under 50	50 - 60	60 - 70	70 - 80	80 - 90	over 90
Pressure (bar)	1.5	1.8	2	2.5	3	3.5

For Downhill

Rider weight (Kg)	Under 50	50 - 60	60 - 70	70 - 80	80 - 90	over 90
Pressure (bar)	1.5	1.7	1.9	2.3	2.75	3.25

City Trekking

		Dimensions									
		28-622	32-622	32-630	35-559	37-590	37-622	40-622	42-622	47-559	47-622
Rider weight (Kg)	40 - 60	4,5	4	4	3,5	3,5	3,5	3	3	3	3
	60 - 80	5	5	5	4,5	4,5	4,5	4	4	3,5	3,5
	Over 80	6	6	6	5,5	5,5	5,5	5	5	4,5	4,5

Pressure in bars