

BMW

Model	Year	Chassis	Engine	MT	Clutch Type	Spec I		Spec II			Price \$	Note			
						Model #	Pedal Effort	Model #	Clamping Force (kg)	Pedal Effort					
Spec II is equipped with a new pressure plate and floating plate(s) (for twin/triple)															
E36	93-95	M3B	3.0 L		Triple			MB23H310	-11S	1,100		\$2,074.29	#1		
									-15	1,500			#1		
									-11S	1,100			#1, #2		
									-15	1,500			#1, #2		
									Triple Light Flywheel	MB23H310L	-11S		1,100		#1, #2
											-15		1,500		#1, #2
											-11S		1,100		#1
											-14S		1,400		#1
									Twin	MB23H210	-15		1,500		#1
											-19		1,900		#1
											-11S		1,100		#1, #2
									Twin Light Flywheel	MB23H210L	-14S		1,400		#1, #2
	-15	1,500		#1, #2											
	-19	1,900		#1, #2											
	-16S	1,600		#1											
	Single	MB23H112	-22	2,200		#1									
			-16S	1,600		#1, #2									
	Single Light Flywheel	MB23H112L	22	2,200		#1, #2									
			-11S	1,100		#1									
	96-	M3C	3.2 L		Triple			MB23H310	-11S	1,100		\$2,074.29	#1		
									-15	1,500			#1		
									-11S	1,100			#1, #2		
									-14S	1,400			#1, #2		
									Triple Light Flywheel	MB23H310L	-15		1,500		#1, #2
-19											1,900			#1, #2	
-11S											1,100			#1	
-14S											1,400			#1	
Twin									MB23H210	-15	1,500			#1	
										-19	1,900			#1	
										-11S	1,100			#1, #2	
Twin Light Flywheel									MB23H210L	-14S	1,400			#1, #2	
	-15	1,500		#1, #2											
	-19	1,900		#1, #2											
	-16S	1,600		#1											
Single	MB23H112	-22	2,200		#1										
		-16S	1,600		#1, #2										
Single Light Flywheel	MB23H112L	-22	2,200		#1, #2										
		-11S	1,100		#1										
93-	318is			Triple			MB23H310	-11S	1,100		\$2,074.29	#1			
								-15	1,500			#1			
								-11S	1,100			#1, #2			
								-15	1,500			#1, #2			
								Triple Light Flywheel	MB23H310L	-15		1,500		#1, #2	
										-11S		1,100		#1	
										-14S		1,400		#1	
										-15		1,500		#1	
								Twin	MB23H210	-19		1,900		#1	
										-11S		1,100		#1, #2	
										-14S		1,400		#1, #2	
								Twin Light Flywheel	MB23H210L	-15		1,500		#1, #2	
-19	1,900		#1, #2												
-16S	1,600		#1												
-22	2,200		#1, #2												
Single	MB23H112	-22	2,200		#1, #2										
		-16S	1,600		#1										
Single Light Flywheel	MB23H112L	-22	2,200		#1, #2										
		-11S	1,100		#1										
E46	01-	M3			Triple		MB23H320	-11S	1,100		\$2,074.29	#1			
								-15	1,500			#1			
								-11S	1,100			#1, #2			
								-15	1,500			#1, #2			
								Triple Light Flywheel	MB23H320L	-15		1,500		#1, #2	
										-11S		1,100		#1	
										-14S		1,400		#1	
										-15		1,500		#1	
								Twin	MB23H220	-19		1,900		#1	
										-11S		1,100		#1, #2	
										-14S		1,400		#1, #2	
								Twin Light Flywheel	MB23H220L	-15		1,500		#1, #2	
-19	1,900		#1, #2												
-16S	1,600		#1												
-22	2,200		#1, #2												
Single	MB23H122	-22	2,200		#1, #2										
		-16S	1,600		#1										
Single Light Flywheel	MB23H122L	-22	2,200		#1, #2										
		-16S	1,600		#1, #2										
Mini Cooper	06-	R56/MF16S	1.6L turbo	6MT	Single			MB23H142	-16S	1,600		\$1,458.57	#3		

Note

- #1: Flywheel bolts are included. Isuzu throw out bearing 5-09803005-0 or NSK throw out bearing TK-45-4B is required (sold separately)
- #2: Light flywheel version - the weight of the light flywheels are 3.7kg for triple & twin and 4.2 kg for single
- #3: Nissan throwout bearing 30502-14601 is required