

Twist fit.

Elvedes always strives to supply in solutions. A common issue of the classic press fit bottom brackets is a squeaking and creaking sound because of a bad bearing alignment. Press fit bottom brackets exist of three pieces which are independently pressed into the shell using a press-in tool. It often occurs that the left and right bearing are not 100% in line. This causes pressure on the bearings, wearing them out easily.

A solution to this problem is the Elvedes twist fit bottom bracket. This improved version of a press fit bottom bracket exists of two easily installed interlocking cups to create one rigid bracket in which the bearings are perfectly aligned. This makes sure the spindle can run without any sideways pressure, lifting both friction and creaking sounds.

The Elvedes CNC twist fit bottom brackets come in all sizes and can be used instead of regular press fit bottom brackets to bring your cycling experience to the next level. Once installed, the bearings can easily be replaced for maintenance while the bottom bracket stays in place. This saves a lot of time and keeps the costs low over time.

Perfectly in line

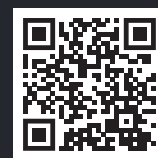
The threaded interlocking cups allow the spindle to run freely without squaking and creaking.

Low costs

Only the bearings can be replaced for service maintenance, while the bracket stays in place.

Easy installation

Elvedes BB wrench required (item no. 2018086)



Scan the QR code for a online manual for (dis)assembling Elvedes twist fit bottom brackets using Twist fit tool kit.

Twist fit bottom brackets.

Shell diameter Step 1	Shell width Step 2	Spindle diameter Step 3	Bracket item no.	Additionally required*	Replacement bearing	Replacement bearing cap	
Ø41mm	86mm	Campagnolo Ultra Torque	2018070	—	2019086	—	
	86 - 92mm	19mm FSA Mega Exo	2018069	2019065	2019087	2019065	
		22 - 24mm SRAM/Truvativ GXP	2018069	2018080	2019087	2018082	
		24mm FSA Mega Exo	2018069	2018084	2019087	2018084	
		24mm Shimano	2018069	—	2019087	2018082	
106 - 132mm	22 - 24mm SRAM/Truvativ GXP	2019084	2018080	2019087	2018082		
	24mm Shimano Fatbike	2019084	—	2019087	2018082		
	Ø42mm	68 - 73mm	19mm FSA Mega Exo	2018073	2019064	2019087	2019064
		22 - 24mm SRAM/Truvativ GXP	2018073	2018080	2019087	2018081	
		24mm FSA Mega Exo	2018073	2018083	2019087	2018083	
24mm Shimano		2018073	—	2019087	2018081		
28 - 30mm Praxis	2020090	—	2018077	—			
29mm SRAM DUB	2019120	—	2018077	—			
Ø46mm	68mm	Campagnolo Ultra Torque	2018074	—	2019086	—	
	68 - 73mm	19mm FSA Mega Exo	2018073	2019064	2018087	2019064	
		22 - 24mm SRAM/Truvativ GXP	2018073	2018080	2018087	2018081	
		24mm FSA Mega Exo	2018073	2018083	2018087	2018083	
		24mm Shimano	2018073	—	2018087	2018081	
		28 - 30mm Praxis	2020090	—	2018077	—	
	29mm SRAM DUB	2020120	—	2018077	—		
	86 - 92mm	19mm FSA Mega Exo	2020084	2019064	2019087	2019064	
		22 - 24mm SRAM/Truvativ GXP	2020084	2018080	2019087	2018081	
		24mm FSA Mega Exo	2020084	2018083	2019087	2018083	
		24mm Shimano	2020084	—	2019087	2018081	
		28 - 30mm Praxis	2020091	—	2018077	—	
		29mm SRAM DUB	2019121	—	2018077	—	
30mm BB386	2018071	—	2018077	—			
100mm	30mm PF30 Fatbike	2020086	—	2018077	—		

Elvedes Twist fit tool kit (2018087) recommended. Elvedes Bottom bracket wrench (2018086) required.

Press fit bottom brackets.

Shell diameter Step 1	Shell width Step 2	Spindle diameter Step 3	Bracket item no.	Additionally required*	Replacement bearing	Replacement bearing cap
Ø41mm	86 - 92mm	19mm FSA Mega Exo	2018064	2019065	2019087	2019065
		22 - 24mm SRAM/Truvativ GXP	2018064	2018080	2019087	2018082
		24mm FSA Mega Exo	2018064	2018084	2019087	2018084
		24mm Shimano	2018064	—	2019087	2018082
		28 - 30mm Praxis	2020087	—	2018077	—
		29mm SRAM DUB	2019117	—	2018077	—
Ø42mm	68 - 73mm	30mm IB30	2019117	—	2018077	—
Ø42mm	68 - 73mm	30mm BB30	2018077	—	2018077	—
Ø46mm	68 - 73mm	30mm PF30	2019083	—	2018077	—

* To fit certain spindles, an existing bottom bracket is used which can be adapted with an additional bearing cap set or reducer kit. The additional item is mentioned in the 'additionally required' column.

Bottom bracket guide.



ELVEDES

Bike components.

Item no. 2020260



Shell and spindle dimensions.

A bottom bracket shell can be threaded or non-threaded, called thread fit and press fit respectively. It is important to know which type of shell you're working with and what the shell diameter and width are, in order to select a fitting bottom bracket.

The most common thread types in thread fit shells are BSA (English thread), ITA (Italian thread) and T47 (M47x1). A thread type bottom bracket is interlocked directly with the shell.

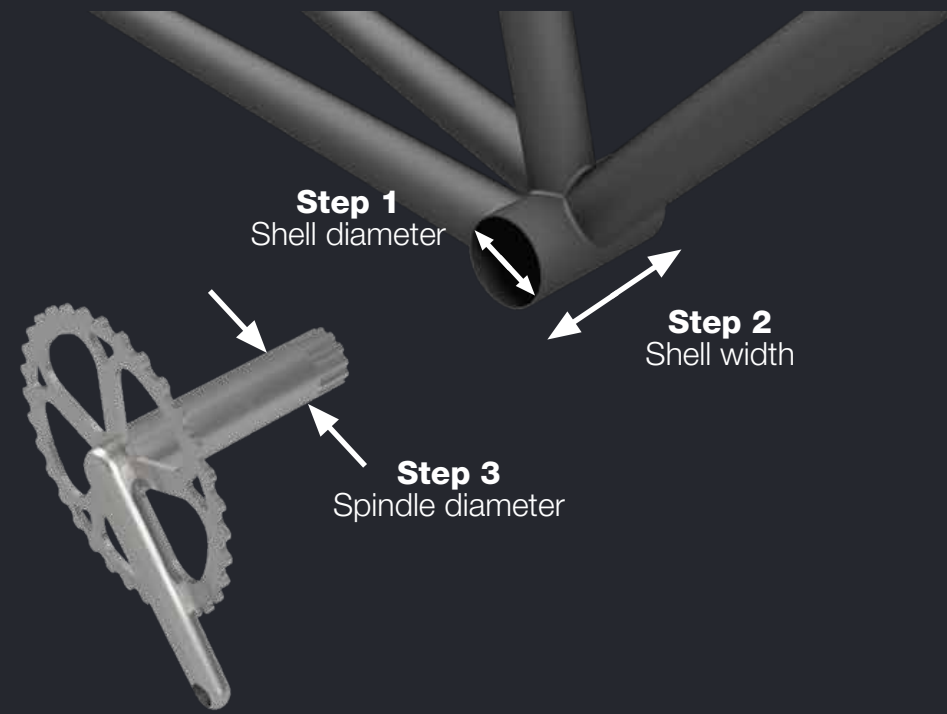
Press fit shells come in various diameters and widths, most commonly PF30 (Ø46mm), BB30 (Ø42mm) and BB86/92 (Ø41mm). Press fit bottom brackets are pressed into the shell using a press-in tool.

Another dimension you need to know in order to select a fitting bottom bracket is the spindle diameter. Different brands and models can vary widely, from Ø30mm to tapered versions like Praxis (Ø30mm – Ø28mm). Differences between brands can also be as little as a few hundreds of millimeters.

Elvedes offers a basic range of bottom brackets, which can be easily adapted to specific types of spindles such as FSA Mega Exo and SRAM / Truvativ GXP using specific bearing caps or reducer kits.

Elvedes also offers an enhanced version of the press fit bottom bracket, called the twist fit bottom bracket. The twist fit bottom bracket can alternatively be used in a press fit shell.

Replacement bearings and bearing caps are also available for maintenance.



Tools.



Wrench

2018086

Bottom bracket wrench for all Elvedes twist fit and thread fit systems.
16-notch / 44mm
12-notch / 48,5mm

Twist fit tool kit

2018087

Tool kit to (dis)assemble all Elvedes twist fit and thread fit bottom brackets.

Includes wrench and DUB adapter



SRAM DUB Tool adapter set

2019069

For disassembling original SRAM DUB only.



Service kit

2018088

Tool kit to (dis)assemble bottom bracket bearings. Includes ø24mm and ø30mm expanders



Thread fit bottom brackets.

Shell diameter Step 1	Shell width Step 2	Spindle diameter Step 3	Bracket item no.	Additionally required*	Replacement bearing	Replacement bearing cap
BSA	68mm	19 mm FSA Mega Exo	2018065	2019064	2019087	2019064
		22 - 24mm SRAM/Truvativ GXP	2018065	2018080	2019087	2018083
		24mm Shimano Road	2018065	—	2019087	2018081
	68 - 73mm	19mm FSA Mega Exo	2018066	2018064	2019087	2019064
		22 - 24mm SRAM/Truvativ GXP	2018067	—	2019087	2018081
		24mm FSA Mega Exo	2018066	2018083	2019087	2018083
		24mm Shimano MTB	2018066	—	2019087	2018081
		29mm SRAM DUB	2019118	—	2018077	—
		28mm - 30mm Praxis	2020088	—	2018077	—
		30mm IB30	2018068	—	2018077	—
100mm	22 - 24mm SRAM/Truvativ GXP	2019085	2018080	2019087	2018081	
	24mm Shimano Fatbike	2019085	—	2019087	2018081	
ITA	70mm	19 mm FSA Mega Exo	2018078	2019064	2019087	2019064
		24mm FSA Mega Exo	2018078	2018083	2019087	2018083
		24mm Shimano Road	2018078	—	2019087	2018081
		28mm - 30mm Praxis Road	2020089	—	2018077	—
		29mm SRAM DUB Road	2019119	—	2018077	—
T47	68 mm	24mm Shimano Ext	2020093	—	2019087	—
		28mm - 30mm Praxis Ext	2020115	—	2018077	—
		29mm SRAM DUB Ext	2020111	—	2018077	—
	86mm	24mm Shimano Int Road	2020092	—	2019087	—
		28mm - 30mm Praxis Int Road	2020114	—	2018077	—
29mm SRAM DUB Int Road	2020112	—	2018077	—		

Elvedes Twist fit tool kit (2018087) recommended. Elvedes Bottom bracket wrench (2018086) required.

* To fit certain spindles, an existing bottom bracket is used which can be adapted with an additional bearing cap set or reducer kit. The additional item is mentioned in the 'additionally required' column.

For more information see Elvedes product catalog or download at Elvedes.nl/downloads. Scan the QR code for the link.

