

| H | ØG | E | F | J | K | Flat Bar | Bolts | Weight | Energy | Reaction |
|-----|----|---------|---------|----|----|----------|-------|--------|--------|----------|
| 100 | 18 | 90-130 | 200-300 | 25 | 5 | 40 x 5 | M12 | 8.4 | 1.8 | 157 |
| 150 | 24 | 110-150 | 250-350 | 30 | 6 | 60 x 8 | M16 | 19 | 4.1 | 236 |
| 200 | 30 | 130-180 | 300-400 | 45 | 8 | 80 x 10 | M20 | 33 | 7.4 | 314 |
| 250 | 36 | 140-200 | 350-450 | 50 | 10 | 90 x 12 | M24 | 52 | 11.5 | 393 |
| 300 | 36 | 140-200 | 350-450 | 50 | 12 | 110 x 12 | M24 | 75 | 16.6 | 471 |
| 350 | 45 | 140-200 | 350-450 | 60 | 12 | 130 x 15 | M30 | 102 | 22.5 | 550 |
| 400 | 45 | 140-200 | 350-450 | 80 | 15 | 150 x 15 | M30 | 134 | 29.4 | 628 |
| 500 | 54 | 160-230 | 400-500 | 90 | 20 | 180 x 20 | M36 | 209 | 46.0 | 785 |

