

TECHNICAL SPECIFICATIONS

Frame	3T Extrema Italia Integrale (1x chain catcher compatible or 2x electronic groupset compatible using removable FD hanger)
Frame material	3T's in-house filament-winding using a combination of high-strength/high-stiffness fibers, combined with RTM
Frame weight (unpainted, without hardware and small parts +/- 5%)	1099gr (size 54, frame only)
Fork	3T Fango Extrema Integrale w/ compact crown and accessory mounts (D shape steering tube, designed for 3T Integrale stems)
Fork Weight (without hardware and small parts +/- 5%)	420g (size 54, fork only)
Seatpost	3T Carbon 27.2 round seatpost - Zero offset more info or wireless dropper post depending on model.
Standard colors	Various, see side-by-side specs. More info .
RTP (Project X prep):	A clearcoat is not needed for UV protection but recommended to protect against scratches and wear. Some customers leave the frame bare.
Cable routing	Fully Internal cable Routing using 3T Integrale Technology. Please see "ASSEMBLY GUIDE USING 3T MORE INTEGRALE STEM"
Max seatpost insertion for each size	51cm: 179 mm 54cm: 206 mm 56cm: 236 mm 58cm: 265 mm
Groupset and dropper posts compatibility:	Compatible with SRAM and Shimano electronic drivetrains, both 2x and 1x and wireless dropper posts. Mechanical groupsets not compatible. Wired dropper posts not compatible. Please note that Extrema Italia Integrale is designed for serious off-road riding We recommend a rear derailleur with a clutch or cage damper
BB shell	BB386EVO
Recommended BB's	Thread-together systems such as Token Ninja
Maximum chainring 1x <small>General note: 2mm clearance between frame and chainring is recommended</small>	3T Torno: 44T Shimano GRX: 42T SRAM Wide crank: 44T SRAM "non-wide" crank: 42T
Maximum chainring 2x <small>General note: 2mm clearance between frame and chainring is recommended</small>	Shimano GRX Di2: 48/31T SRAM AXS: 48/35T
Minimum chainring 1x	Minimum chainring 1x in standard set-up: 36t (flat & offset rings). Smaller rings can work depending on cassette/rear derailleur/chain length setup
Minimum chainring 2x	Sram AXS: 43/30T Shimano GRX: 48/31T
Headset	3T MinMax Integrale IS42/34 IS52/40 (36deg)
Max. headset spacer height	35mm (spacer height between transition spacer and headset top bearing cover)
Front thru-axle	Syntace X-12, 100x12mm spacing, custom length. More info .
Rear thru-axle	Syntace X-12, 142x12mm spacing, custom length. More info .
Front brake mount	Flatmount direct-mount for 160mm rotor without adaptors Fork thickness 35mm (for caliper fixing hardware spec)
Front disc rotor size	160mm only
Rear brake mount	Flatmount direct-mount for 160mm rotor without adaptors Chainstay thickness: 35mm (for caliper fixing hardware spec)
Rear disc rotor size	160mm only
Cage mounts	Seattube, downtube, under-downtube
Bag mount	Top tube and fork legs
Accessory mounts	Fork legs (Attention: check below for carrying capacity and bolt specifications)
Included with frame	Frame, fork, seatpost, seatpost wedge, stem, handlebar, front thru axle; rear thru axle, front derailleur hanger; rear derailleur hanger, headset, headset spacer kit, noise-cancelling foam sleeve for brake hose

TIRE CLEARANCE

NOTE

Always check for sufficient clearance between the specific tire you use and your bike frame/components irrespective of WAM & RAM listed here.

For additional tire clearance information visit the [3T blog](#).

1x groupset

For the Extrema in extreme setups we recommend a minimum of 6mm of clearance.

-700c up to 57mm WAM/369.5 RAM (+/-1mm)

2x groupset

For the Extrema in extreme setups we recommend a minimum of 6mm of clearance.

For "milder" setups, you could use 4mm clearance standard. Please note the below estimates come with some limitations- see [blog](#).

FRONT DERAILLEUR	MAX WAM 29"/700c (+/-1mm)
SRAM AXS standard 45.0mm chainline, 46/33T, 48/35T chainrings (unless you used a hack to put 43/30T on a narrow crank)	48mm WAM*
SRAM AXS Wide 47.5mm chainline, 43/30T chainrings (unless you used a hack and put bigger rings on wide crank arms)	52mm WAM*
Shimano GRX Di2 2x11 (48/31T chainrings)	53-57mm WAM**

* With 4mm "road" clearance

** With 6mm "mountain" clearance. Clearance with GRX front derailleur depends greatly on tire size. For example, a Teravail Sparwood fits in size 29x2.2 with 57mm WAM and 6mm clearance, while a Continental RaceKing fits in size 700x50c with 53mm WAM and 6mm clearance. So always check your clearance.

TORQUE VALUES Nm

COMPONENT	TORQUE Nm
3T Carbon post 27.2mm saddle clamp	11Nm
Seatpost wedge	8Nm
Front thru axle	10 -16Nm
Rear thru axle	10 -16Nm
Front derailleur	3Nm
Universal Derailleur Hanger (rear)	25Nm
Water bottle cage	2Nm
Fork accessory mounts***	3Nm

MAX WEIGHT AND LOAD

MAX WEIGHT AND LOAD FOR COMPLETE BIKE:

110kg (rider + bags)

FORK ACCESSORY MOUNTS LOAD***:

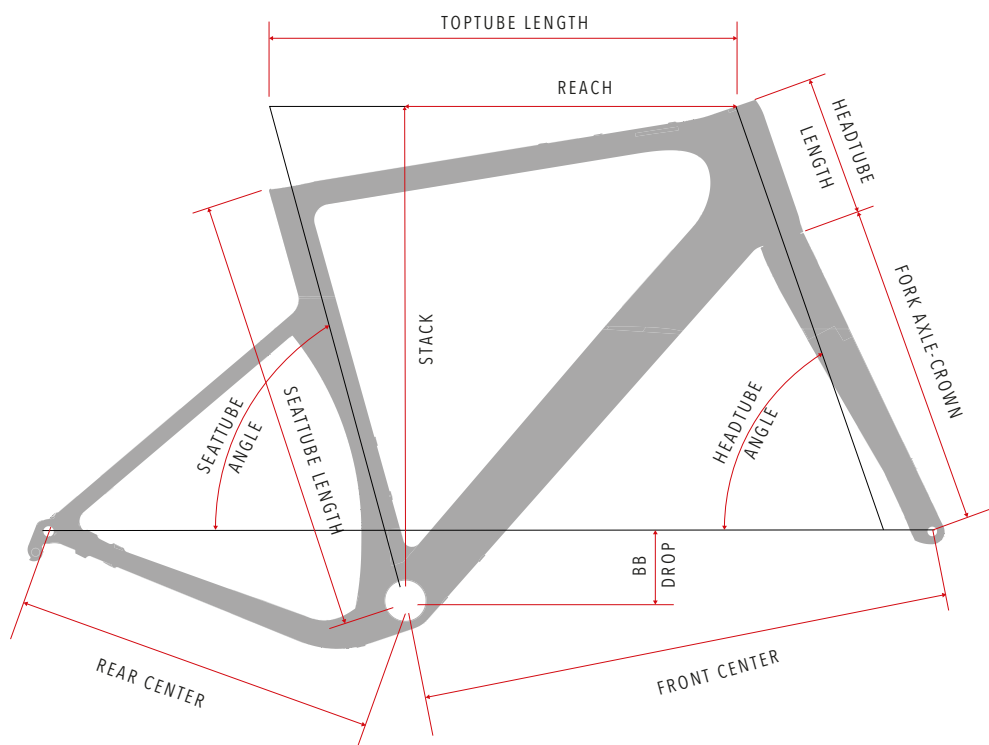
3kg capacity when using all 3 bolts (per side) or 1.5kg capacity when using 2 bolts (per side)

FORK ACCESSORY MOUNTING HARDWARE***:

Bolt length (measured from base of bolt head to end of threads) must not exceed 13mm

*** Please see Manual "ASSEMBLY GUIDE USING 3T MORE INTEGRALE STEM"

SIZE CHART FRAMESET



SIZE	51	54	56	58
RIDER HEIGHT* (CM)	157-171	168-180	176-186	183-195
RIDER HEIGHT* (INCHES)	5'2"-5'7"	5'6"-5'11"	5'9"-6'1"	6'0"-6'5"
STACK	547	570	590	610
REACH	358	368	376	384
FORK AXLE-CROWN	387	387	387	387
HEADTUBE LENGHT	142	158	175	196
HEAD ANGLE	69,1	70,5	71,5	72
BB DROP	79	76	76	74
SEAT ANGLE	73,5	73,4	73,4	73,4
SEATTUBE LENGHT	466	491	521	549
TOPTUBE LENGHT	529	547	561	575
WHEELBASE	1044	1036	1040	1050
FRONT CENTER	620	612	617	626
REAR CENTER	437	437	437	437
MAX SEATPOST INSERTION**	179	206	236	265
LOWEST SEATPOST HEIGHT***	637	635	635	650

*Rider heights are approximations. For more accuracy, compare stack/reach with your current bike or visit your 3T retailer.

** This number is applicable to riders using the RockShox Reverb AXS XPLR 27.2mm (350mm) dropper seatpost which cannot be cut for fitting.

***WITH ROCKSHOX REVERB AXS XPLR (350mm)

Lowest seatpost height when using RockShox Reverb AXS XPLR 27.2mm (350mm) seatpost measured from the center of the bottom bracket to the center of the saddle rails.

Please consider the maximum seatpost insertion when you intend to use the Extrema with the Reverb AXS XPLR dropper as the insertion of the seatpost cannot exceed the number given on the geometry table under max. seatpost insertion on the table above.