

SH



使用回数	100万回	50万回	30万回	外径	外径(φ70)	内径	自由長	荷重	直角度
種類				+0	+0	+0.1	自由長50mm以下±0.5mm	±10%	2度以下
SH	自由長×19.2%	自由長×21.6%	自由長×24%	-0.7	-1.0	+0.7	自由長55mm以上±1%		

密着長は参考値です、ロットによって多少のバラツキがあります。

品番 Catalog No. 编号	外径 Outer-Dia 外径 (mm)	内径 Inner-Dia 内径 (mm)	自由長 Free Length 自由長 (mm)	ばね定数 Spring Constant 弾簧定数 (N/mm) (kgf/mm)		密着長 Min.Length 貼紧長 (mm)	100万回		50万回		30万回	
							たわみ Deflection 弯曲 (mm)	荷重 Load 负荷 (kgf)[N]	たわみ Deflection 弯曲 (mm)	荷重 Load 负荷 (kgf)[N]	たわみ Deflection 弯曲 (mm)	荷重 Load 负荷 (kgf)[N]
SH6-15	6	3	15	38.1	3.9	11.0	2.9	11 {110}	3.2	13 {123}	3.6	14 {137}
20			20	28.5	2.9	14.7	3.8		4.3		4.8	
25			25	22.8	2.3	18.4	4.8		5.4		6.0	
30			30	19.0	1.9	22.0	5.8		6.5		7.2	
35			35	16.3	1.7	25.7	6.7		7.6		8.4	
40			40	14.3	1.5	29.4	7.7		8.6		9.6	
45			45	12.7	1.3	33.0	8.6		9.7		10.8	
50			50	11.4	1.2	36.7	9.6		10.8		12.0	
55			55	10.4	1.1	40.4	10.6		11.9		13.2	
60			60	9.5	1.0	44.0	11.5		13.0		14.4	
SH8-10	8	4	10	85.8	8.8	7.4	1.9	17 {165}	2.2	19 {185}	2.4	21 {206}
15			15	57.2	5.8	10.8	2.9		3.2		3.6	
20			20	42.9	4.4	14.4	3.8		4.3		4.8	
25			25	34.3	3.5	18.0	4.8		5.4		6.0	
30			30	28.6	2.9	21.6	5.8		6.5		7.2	
35			35	24.5	2.5	25.2	6.7		7.6		8.4	
40			40	21.5	2.2	28.8	7.7		8.6		9.6	
45			45	19.1	1.9	32.4	8.6		9.7		10.8	
50			50	17.2	1.8	36.0	9.6		10.8		12.0	
55			55	15.6	1.6	39.6	10.6		11.9		13.2	
60			60	14.3	1.5	43.2	11.5		13.0		14.4	
65			65	13.2	1.3	47.7	12.5		14.0		15.6	
70			70	12.3	1.3	51.4	13.4		15.1		16.8	
75			75	11.4	1.2	55.1	14.4		16.2		18.0	
80			80	10.7	1.1	58.7	15.4		17.3		19.2	
SH10-10	10	5	10	123.0	12.5	7.4	1.9	24 {235}	2.2	27 {265}	2.4	30 {294}
15			15	81.7	8.3	11.0	2.9		3.2		3.6	
20			20	61.3	6.3	14.4	3.8		4.3		4.8	
25			25	49.0	5.0	18.0	4.8		5.4		6.0	
30			30	40.8	4.2	21.6	5.8		6.5		7.2	
35			35	35.0	3.6	25.2	6.7		7.6		8.4	
40			40	30.6	3.1	28.8	7.7		8.6		9.6	
45			45	27.2	2.8	32.4	8.6		9.7		10.8	
50			50	24.5	2.5	36.0	9.6		10.8		12.0	
55			55	22.3	2.3	39.6	10.6		11.9		13.2	
60			60	20.4	2.1	43.2	11.5		13.0		14.4	
65			65	18.8	1.9	46.8	12.5		14.0		15.6	
70			70	17.5	1.8	50.4	13.4		15.1		16.8	
75			75	16.3	1.7	54.0	14.4		16.2		18.0	
80			80	15.3	1.6	57.6	15.4		17.3		19.2	
90			90	13.6	1.4	64.8	17.3		19.4		21.6	

品番 Catalog No. 编号	外径 Outer-Dia 外径 (mm)	内径 Inner-Dia 内径 (mm)	自由長 Free Length 自由长 (mm)	ばね定数 Spring Constant 弹簧定数 (N/mm) (kgf/mm)		密着長 Min.Length 贴紧长 (mm)	100万回		50万回		30万回	
							たわみ Deflection 弯曲 (mm)	荷重 Load 负荷 (kgf)[N]	たわみ Deflection 弯曲 (mm)	荷重 Load 负荷 (kgf)[N]	たわみ Deflection 弯曲 (mm)	荷重 Load 负荷 (kgf)[N]
SH12-15	12	6	15	117.0	11.9	11.0	2.9	34 {337}	3.2	38 {379}	3.6	43 {421}
20			20	87.7	8.9	14.4	3.8		4.3		4.8	
25			25	70.2	7.2	18.0	4.8		5.4		6.0	
30			30	58.5	6.0	21.6	5.8		6.5		7.2	
35			35	50.1	5.1	25.2	6.7		7.6		8.4	
40			40	43.9	4.5	28.8	7.7		8.6		9.6	
45			45	39.0	4.0	32.4	8.6		9.7		10.8	
50			50	35.1	3.6	36.0	9.6		10.8		12.0	
55			55	31.9	3.3	39.6	10.6		11.9		13.2	
60			60	29.2	3.0	43.2	11.5		13.0		14.4	
65			65	27.0	2.8	46.8	12.5		14.0		15.6	
70			70	25.1	2.6	50.4	13.4		15.1		16.8	
75			75	23.4	2.4	54.0	14.4		16.2		18.0	
80			80	21.9	2.2	57.6	15.4		17.3		19.2	
90			90	19.5	2.0	64.8	17.3		19.4		21.6	
SH14-20	14	7	20	120.0	12.3	14.7	3.8	47 {462}	4.3	53 {520}	4.8	59 {578}
25			25	96.3	9.8	18.0	4.8		5.4		6.0	
30			30	80.3	8.2	21.6	5.8		6.5		7.2	
35			35	68.8	7.0	25.2	6.7		7.6		8.4	
40			40	60.2	6.1	28.8	7.7		8.6		9.6	
45			45	53.5	5.5	32.4	8.6		9.7		10.8	
50			50	48.2	4.9	36.0	9.6		10.8		12.0	
55			55	43.8	4.5	39.6	10.6		11.9		13.2	
60			60	40.1	4.1	43.2	11.5		13.0		14.4	
65			65	37.1	3.8	46.8	12.5		14.0		15.6	
70			70	34.4	3.5	50.4	13.4		15.1		16.8	
75			75	32.1	3.3	54.0	14.4		16.2		18.0	
80			80	30.1	3.1	57.6	15.4		17.3		19.2	
90			90	26.8	2.7	64.8	17.3		19.4		21.6	
100			100	24.1	2.5	72.0	19.2		21.6		24.0	
SH16-20	16	8	20	157.0	16.0	14.7	3.8	62 {604}	4.3	69 {680}	4.8	77 {755}
25			25	126.0	12.8	18.0	4.8		5.4		6.0	
30			30	105.0	10.7	21.6	5.8		6.5		7.2	
35			35	89.9	9.2	25.2	6.7		7.6		8.4	
40			40	78.6	8.0	28.8	7.7		8.6		9.6	
45			45	69.9	7.1	32.4	8.6		9.7		10.8	
50			50	62.9	6.4	36.0	9.6		10.8		12.0	
55			55	57.2	5.8	39.6	10.6		11.9		13.2	
60			60	52.4	5.3	43.2	11.5		13.0		14.4	
65			65	48.4	4.9	46.8	12.5		14.0		15.6	
70			70	44.9	4.6	50.4	13.4		15.1		16.8	
75			75	41.9	4.3	54.0	14.4		16.2		18.0	
80			80	39.3	4.0	57.6	15.4		17.3		19.2	
90			90	35.0	3.6	64.8	17.3		19.4		21.6	
100			100	31.5	3.2	72.0	19.2		21.6		24.0	
SH18-20	18	9	20	198.0	20.2	14.7	3.8	78 {761}	4.3	87 {856}	4.8	97 {951}
25			25	159.0	16.2	18.0	4.8		5.4		6.0	
30			30	132.0	13.5	21.6	5.8		6.5		7.2	
35			35	113.0	11.5	25.2	6.7		7.6		8.4	
40			40	99.1	10.1	28.8	7.7		8.6		9.6	
45			45	88.1	9.0	32.4	8.6		9.7		10.8	
50			50	79.3	8.1	36.0	9.6		10.8		12.0	
55			55	72.0	7.3	39.6	10.6		11.9		13.2	
60			60	66.0	6.7	43.2	11.5		13.0		14.4	
65			65	61.0	6.2	46.8	12.5		14.0		15.6	
70			70	56.6	5.8	50.4	13.4		15.1		16.8	
75			75	52.8	5.4	54.0	14.4		16.2		18.0	
80			80	49.5	5.1	57.6	15.4		17.3		19.2	
90			90	44.0	4.5	64.8	17.3		19.4		21.6	
100			100	39.6	4.0	72.0	19.2		21.6		24.0	

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							たわみ Deflection 弯曲 (mm)	荷重 Load 负荷 (kgf){N}	たわみ Deflection 弯曲 (mm)	荷重 Load 负荷 (kgf){N}	たわみ Deflection 弯曲 (mm)	荷重 Load 负荷 (kgf){N}
SH20-20	20	10	20	245.0	25.0	14.7	3.8	96 {941}	4.3	108 {1058}	4.8	120 {1176}
25			25	196.0	20.0	18.0	4.8		5.4		6.0	
30			30	163.0	16.7	21.6	5.8		6.5		7.2	
35			35	140.0	14.3	25.2	6.7		7.6		8.4	
40			40	123.0	12.5	28.8	7.7		8.6		9.6	
45			45	109.0	11.1	32.4	8.6		9.7		10.8	
50			50	98.0	10.0	36.0	9.6		10.8		12.0	
55			55	89.1	9.1	39.6	10.6		11.9		13.2	
60			60	81.7	8.3	43.2	11.5		13.0		14.4	
65			65	75.4	7.7	46.8	12.5		14.0		15.6	
70			70	70.0	7.1	50.4	13.4		15.1		16.8	
75			75	65.3	6.7	54.0	14.4		16.2		18.0	
80			80	61.3	6.2	57.6	15.4		17.3		19.2	
90			90	54.4	5.6	64.8	17.3		19.4		21.6	
100			100	49.0	5.0	72.0	19.2		21.6		24.0	
125			125	39.2	4.0	90.0	24.0		27.0		30.0	
150			150	32.7	3.3	108.0	28.8		32.4		36.0	
SH22-25	22	11	25	237.0	24.2	18.0	4.8	116 {1137}	5.4	130 {1279}	6.0	145 {1421}
30			30	197.0	20.1	21.6	5.8		6.5		7.2	
35			35	169.0	17.3	25.2	6.7		7.6		8.4	
40			40	148.0	15.1	28.8	7.7		8.6		9.6	
45			45	132.0	13.4	32.4	8.6		9.7		10.8	
50			50	118.0	12.1	36.0	9.6		10.8		12.0	
55			55	108.0	11.0	39.6	10.6		11.9		13.2	
60			60	98.7	10.1	43.2	11.5		13.0		14.4	
65			65	91.1	9.3	46.8	12.5		14.0		15.6	
70			70	84.6	8.6	50.4	13.4		15.1		16.8	
75			75	78.9	8.1	54.0	14.4		16.2		18.0	
80			80	74.0	7.5	57.6	15.4		17.3		19.2	
90			90	65.8	6.7	64.8	17.3		19.4		21.6	
100			100	59.2	6.0	72.0	19.2		21.6		24.0	
125			125	47.4	4.8	90.0	24.0		27.0		30.0	
150			150	39.5	4.0	108.0	28.8		32.4		36.0	
SH25-25	25	12.5	25	306.0	31.2	18.0	4.8	150 {1466}	5.4	168 {1650}	6.0	187 {1833}
30			30	255.0	26.0	21.6	5.8		6.5		7.2	
35			35	218.0	22.3	25.2	6.7		7.6		8.4	
40			40	191.0	19.5	28.8	7.7		8.6		9.6	
45			45	170.0	17.3	32.4	8.6		9.7		10.8	
50			50	153.0	15.6	36.0	9.6		10.8		12.0	
55			55	139.0	14.2	39.6	10.6		11.9		13.2	
60			60	127.0	13.0	43.2	11.5		13.0		14.4	
65			65	118.0	12.0	46.8	12.5		14.0		15.6	
70			70	109.0	11.1	50.4	13.4		15.1		16.8	
75			75	102.0	10.4	54.0	14.4		16.2		18.0	
80			80	95.5	9.7	57.6	15.4		17.3		19.2	
90			90	84.9	8.7	64.8	17.3		19.4		21.6	
100			100	76.4	7.8	72.0	19.2		21.6		24.0	
125			125	61.1	6.2	90.0	24.0		27.0		30.0	
150			150	50.9	5.2	108.0	28.8		32.4		36.0	
175			175	43.6	4.5	126.0	33.6		37.8		42.0	

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							たわみ Deflection 弯曲 (mm)	荷重 Load 负荷 (kgf){N}	たわみ Deflection 弯曲 (mm)	荷重 Load 负荷 (kgf){N}	たわみ Deflection 弯曲 (mm)	荷重 Load 负荷 (kgf){N}
SH27-25	27	13.5	25	358.0	36.5	18.0	4.8	175 {1717}	5.4	197 {1931}	6.0	219 {2146}
30			30	298.0	30.4	21.6	5.8		6.5		7.2	
35			35	255.0	26.1	25.2	6.7		7.6		8.4	
40			40	224.0	22.8	28.8	7.7		8.6		9.6	
45			45	199.0	20.3	32.4	8.6		9.7		10.8	
50			50	179.0	18.2	36.0	9.6		10.8		12.0	
55			55	163.0	16.6	39.6	10.6		11.9		13.2	
60			60	149.0	15.2	43.2	11.5		13.0		14.4	
65			65	138.0	14.0	46.8	12.5		14.0		15.6	
70			70	128.0	13.0	50.4	13.4		15.1		16.8	
75			75	119.0	12.2	54.0	14.4		16.2		18.0	
80			80	112.0	11.4	57.6	15.4		17.3		19.2	
90			90	99.4	10.1	64.8	17.3		19.4		21.6	
100			100	89.4	9.1	72.0	19.2		21.6		24.0	
125			125	71.5	7.3	90.0	24.0		27.0		30.0	
150			150	59.6	6.1	108.0	28.8		32.4		36.0	
175			175	51.1	5.2	126.0	33.6		37.8		42.0	
SH30-25	30	15	25	441.0	45.0	18.0	4.8	216 {2117}	5.4	243 {2381}	6.0	270 {2646}
30			30	368.0	37.5	21.6	5.8		6.5		7.2	
35			35	315.0	32.1	25.2	6.7		7.6		8.4	
40			40	276.0	28.1	28.8	7.7		8.6		9.6	
45			45	245.0	25.0	32.4	8.6		9.7		10.8	
50			50	221.0	22.5	36.0	9.6		10.8		12.0	
55			55	200.0	20.4	39.6	10.6		11.9		13.2	
60			60	184.0	18.7	43.2	11.5		13.0		14.4	
65			65	170.0	17.3	46.8	12.5		14.0		15.6	
70			70	158.0	16.1	50.4	13.4		15.1		16.8	
75			75	147.0	15.0	54.0	14.4		16.2		18.0	
80			80	138.0	14.1	57.6	15.4		17.3		19.2	
90			90	123.0	12.5	64.8	17.3		19.4		21.6	
100			100	110.0	11.2	72.0	19.2		21.6		24.0	
125			125	88.2	9.0	90.0	24.0		27.0		30.0	
150			150	73.5	7.5	108.0	28.8		32.4		36.0	
175			175	63.0	6.4	126.0	33.6		37.8		42.0	
200			200	55.1	5.6	144.0	38.4		43.2		48.0	
SH35-40	35	17.5	40	375.0	38.2	28.8	7.7	293 {2878}	8.6	330 {3237}	9.6	367 {3597}
45			45	333.0	34.0	32.4	8.6		9.7		10.8	
50			50	300.0	30.6	36.0	9.6		10.8		12.0	
55			55	273.0	27.8	39.6	10.6		11.9		13.2	
60			60	250.0	25.5	43.2	11.5		13.0		14.4	
65			65	231.0	23.5	46.8	12.5		14.0		15.6	
70			70	214.0	21.8	50.4	13.4		15.1		16.8	
75			75	200.0	20.4	54.0	14.4		16.2		18.0	
80			80	187.0	19.1	57.6	15.4		17.3		19.2	
90			90	167.0	17.0	64.8	17.3		19.4		21.6	
100			100	150.0	15.3	72.0	19.2		21.6		24.0	
125			125	120.0	12.2	90.0	24.0		27.0		30.0	
150			150	99.9	10.2	108.0	28.8		32.4		36.0	
175			175	85.6	8.7	126.0	33.6		37.8		42.0	
200			200	74.9	7.6	144.0	38.4		43.2		48.0	

品番 Catalog No. 编号	外径 Outer-Dia 外径 (mm)	内径 Inner-Dia 内径 (mm)	自由長 Free Length 自由長 (mm)	ばね定数 Spring Constant 弹簧定数 (N/mm) (kgf/mm)		密着長 Min.Length 貼着長 (mm)	100万回		50万回		30万回	
							たわみ Deflection 弯曲 (mm)	荷重 Load 負荷 (kgf)(N)	たわみ Deflection 弯曲 (mm)	荷重 Load 負荷 (kgf)(N)	たわみ Deflection 弯曲 (mm)	荷重 Load 負荷 (kgf)(N)
SH40-40	40	20	40	490.0	50.0	28.8	7.7	384 {3763}	8.6	432 {4234}	9.6	480 {4704}
45			45	436.0	44.4	33.0	8.6		9.7		10.8	
50			50	392.0	40.0	36.0	9.6		10.8		12.0	
55			55	356.0	36.3	40.4	10.6		11.9		13.2	
60			60	327.0	33.3	43.2	11.5		13.0		14.4	
65			65	302.0	30.7	47.7	12.5		14.0		15.6	
70			70	280.0	28.6	50.4	13.4		15.1		16.8	
75			75	261.0	26.6	55.1	14.4		16.2		18.0	
80			80	245.0	25.0	57.6	15.4		17.3		19.2	
90			90	218.0	22.2	64.8	17.3		19.4		21.6	
100			100	196.0	20.0	72.0	19.2		21.6		24.0	
125			125	157.0	16.0	90.0	24.0		27.0		30.0	
150			150	131.0	13.3	108.0	28.8		32.4		36.0	
175			175	112.0	11.4	126.0	33.6		37.8		42.0	
200			200	98.0	10.0	144.0	38.4		43.2		48.0	
225			225	87.1	8.9	162.0	43.2		48.6		54.0	
250			250	78.4	8.0	180.0	48.0		54.0		60.0	
275			275	71.3	7.3	198.0	52.8		59.4		66.0	
300			300	65.3	6.7	220.2	57.6		64.8		72.0	
SH50-50	50	25	50	613.0	62.5	36.0	9.6	600 {5880}	10.8	675 {6615}	12.0	750 {7350}
55			55	557.0	56.8	39.6	10.6		11.9		13.2	
60			60	510.0	52.0	43.2	11.5		13.0		14.4	
65			65	471.0	48.0	46.8	12.5		14.0		15.6	
70			70	438.0	44.6	50.4	13.4		15.1		16.8	
75			75	408.0	41.6	54.0	14.4		16.2		18.0	
80			80	383.0	39.0	57.6	15.4		17.3		19.2	
90			90	340.0	34.7	64.8	17.3		19.4		21.6	
100			100	306.0	31.2	72.0	19.2		21.6		24.0	
125			125	245.0	25.0	90.0	24.0		27.0		30.0	
150			150	204.0	20.8	108.0	28.8		32.4		36.0	
175			175	175.0	17.8	126.0	33.6		37.8		42.0	
200			200	153.0	15.6	144.0	38.4		43.2		48.0	
225			225	136.0	13.9	162.0	43.2		48.6		54.0	
250			250	123.0	12.5	180.0	48.0		54.0		60.0	
275			275	111.0	11.4	198.0	52.8		59.4		66.0	
300			300	102.0	10.4	216.0	57.6		64.8		72.0	
350			350	87.5	8.9	256.9	67.2		75.6		84.0	
SH60-60	60	30	60	735.0	74.9	43.2	11.5	863 {8467}	13.0	971 {9526}	14.4	1079 {10584}
70			70	630.0	64.2	50.4	13.4		15.1		16.8	
80			80	551.0	56.2	57.6	15.4		17.3		19.2	
90			90	490.0	50.0	64.8	17.3		19.4		21.6	
100			100	441.0	45.0	72.0	19.2		21.6		24.0	
125			125	353.0	36.0	90.0	24.0		27.0		30.0	
150			150	294.0	30.0	108.0	28.8		32.4		36.0	
175			175	252.0	25.7	126.0	33.6		37.8		42.0	
200			200	221.0	22.5	144.0	38.4		43.2		48.0	
225			225	196.0	20.0	162.0	43.2		48.6		54.0	
250			250	176.0	18.0	180.0	48.0		54.0		60.0	
275			275	160.0	16.4	198.0	52.8		59.4		66.0	
300			300	147.0	15.0	216.0	57.6		64.8		72.0	
350			350	126.0	12.8	256.9	67.2		75.6		84.0	
SH70-70	70	38.5	70	747.0	76.2	51.4	13.4	1024 {10046}	15.1	1152 {11301}	16.8	1280 {12557}
80			80	654.0	66.7	58.7	15.4		17.3		19.2	
90			90	581.0	59.3	66.1	17.3		19.4		21.6	
100			100	523.0	53.4	72.0	19.2		21.6		24.0	
125			125	419.0	42.7	90.0	24.0		27.0		30.0	
150			150	349.0	35.6	108.0	28.8		32.4		36.0	
175			175	299.0	30.5	126.0	33.6		37.8		42.0	
200			200	262.0	26.7	144.0	38.4		43.2		48.0	
250			250	209.0	21.3	180.0	48.0		54.0		60.0	
300			300	174.0	17.8	216.0	57.6		64.8		72.0	
350			350	149.0	15.2	252.0	67.2		75.6		84.0	