

SEAT (EU) ALTEA FREETRACK 5P8 ALTEA FREETRACK 1.4 TSI (2010-2012)



ENGINE CAXC
Capacity: 3,6 liter

USE	CLIMATE
Extended drain (max)	Moderate

PRODUCT RECOMMENDATION 1	PRODUCT RECOMMENDATION 2	
Helar SP LL-03 0W-30	Helar SP LL-03 5W-30	

Change every 30000 km/ 24 months

USE	CLIMATE
Normal	Moderate

PRODUCT RECOMMENDATION 1	PRODUCT RECOMMENDATION 2	
Helar SP LL-03 0W-30	Helar SP LL-03 5W-30	

Change every 15000 km/ 12 months

USE	CLIMATE
Alternative (acceptable)	Moderate

PRODUCT RECOMMENDATION 1	PRODUCT RECOMMENDATION 2	PRODUCT RECOMMENDATION 3
Helar 0W-40	Emperol 5W-40	Asyntho 5W-30

Change every 15000 km/ 12 months

TRANSAXLE MANUAL 0AJ 6/1
Capacity: 2,2 liter

USE	CLIMATE
Normal	Moderate

PRODUCT RECOMMENDATION 1	PRODUCT RECOMMENDATION 2	
SP Gear 1081	SP Gear 5015	

Check every 48 months/ 60000 km

HYDRAULIC BRAKE/CLUTCH SYSTEM
Capacity: 1 liter

USE	CLIMATE
Normal	Moderate

PRODUCT RECOMMENDATION 1		
Drauliquid-LV Super DOT 4		

Change every 24 months

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COOLING SYSTEM

Capacity: 0-0 liter (Between min and max.)

USE		CLIMATE
Normal		Moderate
PRODUCT RECOMMENDATION 1		
Coolant SP 12 EVO		

Check every 48 months/ 60000 km

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