Popular Torque Settings for 1.9L TDI ALH

Location	Size	Ft-lbs	Nm	Replace	Notes
Bell housing to engine block		60	81		
Bell housing to oil pan	16mm	33			
Cam Bearing Cap	13mm	15	20		
Cam Sprocket	19mm	33			
Connecting rod bolts		22	30	Yes	+1/4 Turn, oiled threads and contact surfaces
Crank shaft bolt		88		Yes	+90 degrees
CV Axle M10		59	80		
CV Axle M8		30			
Cylinder head bolts	12mm 12 point	30 44		Yes	tighten in the proper sequence to 30, then 44, then 1/4 turn, then 1/4 turn Sequence: 10 4 2 6 8 7 5 1 3 9
Drain Plug	19mm	22	30		•
Driveshaft to Tranny		30	41		
Engine mount bracket to engine bolts	16mm	33	45		
Engine mount to engine bracket	18mm	44	60	Yes	+1/4 Turn
Exhaust downpipe to Turbo	13mm	18			You may want to replace these. They tend to get rusty and seized.
Flywheel to Crank bolts		44		Yes	+1/4 Turn
Front Dog bone / Rear Transmission Mount / Pendulum Support		15	20	Yes	+1/4 Turn, (To tranny)
Front Seal Carrier bolt	10mm / 5mm allen	11			
Glow plugs	10mm	11			
Harmonic balancer bolts	6mm allen	18			
Injection Pump Sprocket Bolts	13mm	18			
Injection pump to bracket bolts	13mm	22	30		
Injector retainers	13mm	15			
Intake Manifold to head bolts	6mm allen	18			
Large Timing Belt Roller	16mm	30	41	Yes	+1/4 Turn
Oil filter housing bolts	10mm / 5mm allen	11	15	Yes	+1/4 Turn
Oil Pan Bolts	10mm / 5mm allen	11	15		
Pendulum Mount to Body Mount	16mm	30	41	Yes	+1/4 Turn
Pressure plate to flywheel bolts		10	14		Loosen and tighten gradually and diagonally (for DMF)
Rear Dog bone / Rear Transmission Mount / Pendulum Support		30	41	Yes	+1/4 Turn, (To sub frame)
Rear Seal Carrier Bolt	10mm / 5mm allen	11	15		
Rivnuts	17mm	30	41		
Serpentine belt tensioner	13mm	18	24		
Small lower timing belt roller nut	13mm	15	20		
Small upper timing belt roller bolt	13mm	15	20		
Starter Bolts		50			
Thermostat housing	10mm / 5mm allen	11	15		Don't over do this puppy!!
Timing Belt Tensioner	13mm	15	20		
Transmission (Manual) Drain / Fill plugs	17mm allen	18	24		
Transmission mount to "bracket that holds transmission"	BIG 18mm	74		Yes	the 2 big 18mm bolts that hang the tranny from the mount
Vacuum Pump	13mm	15	20		
Valve Cover	5mm Allen	7			
Water pump bolts	10mm / 5mm allen	11	15		

Thanks to TDIClub.com, runonbeer, powerstroke, mgwerks, mogolf, hitechredneck, djdluck, and spoilsport for providing these specs. Email onehotspud@gmail.com for corrections / additions. Here is my disclaimer: This is for informational purposes only. Do not use any of these numbers in actual repairs.