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## Summary

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[See video assembly instructions](#)

Number of contacts Low Voltage	55
Gender	Standard
Plug	Plug - Straight
Locking system	Push-pull
Jacket cable outside diameter [mm]	7.10 - 30.20 mm
Size	5F
Suggested matching part	<a href="#">EHW.5F.355.XLM</a>
Series	F - Rugged Push-Pull

[https://www.lemo.com/int\\_en/solutions/optima/f-rugged-push-pull/fgw-5f-355-xlc.html](https://www.lemo.com/int_en/solutions/optima/f-rugged-push-pull/fgw-5f-355-xlc.html)

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# Technical details

## Electrical Configuration

Contact Termination Low voltage	Crimp
Insulator	L: PEEK (UL 94 / V-0/1.5)
Rated current	5 A
Contact Type	Crimp
Number of contacts Low Voltage	55
Gender	Standard

## Form & Material

Shell style / Model id	FG - Straight plug
Plug	Straight
Housing material	Aluminium (nickel plated [SAE AMS QQ N 290], anthracite color) shell and nut, other pieces bronze/brass
Locking system	Push-pull
Keying	5 keys (alpha=95, beta=115, gamma=35, delta=25, plug: male contacts, receptacle: female contacts)
Colour	Grey
Weight	60.48 g

## Environment

Technical domain	Motorsport, Security and Defence
Environmental sealing (IP rating)	IP67
Endurance	1000 mating cycles
Temperature range	-15°C / +200°C
Climatical Category	15/200/21 (Aluminium shell)
Humidity (max)	<=95% [at 60 deg C /140 F]
Shock Resistance	100 g [ 6 ms]
Vibration	15 g [10 Hz - 2000 Hz]
Salt Spray Corrosion	max. 48 hr

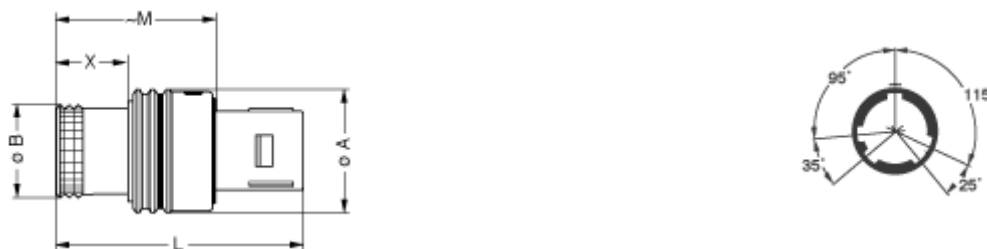
[https://www.lemo.com/int\\_en/solutions/optima/f-rugged-push-pull/fgw-5f-355-xlc.html](https://www.lemo.com/int_en/solutions/optima/f-rugged-push-pull/fgw-5f-355-xlc.html)

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## Cable fixation

Cable termination protection	Heatshrink
Fixation type	Cable collet
Jacket cable outside diameter [mm]	7.10 - 30.20 mm

## Drawings



## Dimensions

	<b>A</b>	<b>M</b>	<b>B</b>	<b>L</b>	<b>X</b>
mm.	36.1	20.4	30.2	36.7	8
in.	1.42	0.8	1.19	1.44	0.31

## Recommended By Lemo

### Tools

Positionner	<a href="#">DCE.91.093.BVC</a>
Extraction tool	<a href="#">DCC.09.05B.LAG</a>

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