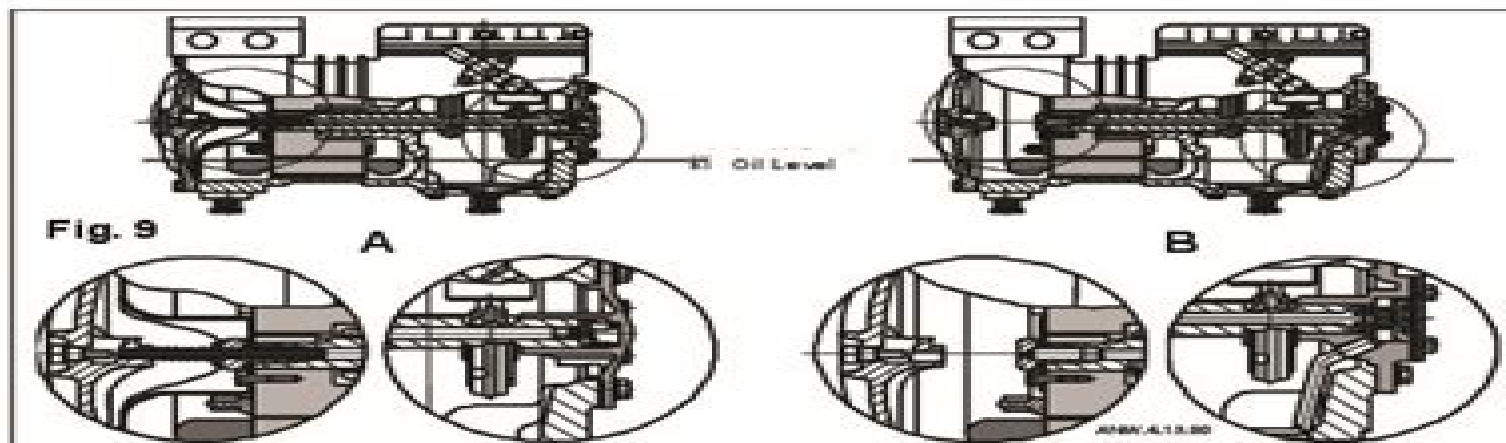


Running Gear Lubrication



Air or Water-Cooled Compressors

Air or water-cooled compressors that are filled with mineral oil have an oil centrifuge. The oil supplied is drawn over a magnetic plug in order to separate even the smallest iron particles from the oil (see Fig. 9A).

Air or water-cooled compressors that are lubricated with ester oil have an integral low-pressure oil pump. These compressors, with pump and ester oil filling, are marked with "P" in compressor nomenclature (see Fig. 9B). An exception is the DKSLP - 200 which has an oil pump but is filled with mineral oil.

DK & DL Compressor Oil Circulation

The oil returning from the evaporator reaches the crankcase via an oil separator chamber behind the suction shut off valve through a small connecting bore. Due to this connecting bore the crankcase pressure will be decreased slowly when the compressor starts. Thus the foaming of the oil and refrigerant mixture will be reduced.

Suction gas-cooled Compressors

The oil pumps used for STANDARD compressors are independent of their rotating direction. They are designed to accommodate fittings for an OPS1, SENTRONIC oil safety system or a standard oil pressure switch. For basic components and mounting instructions see pages 51 & 52.

Oil Circulation

Oil is returned through a suction screen with the suction gases and separated in the motor chamber. It reaches the crankcase by way of a non-return valve in the partition between motor and crankcase. This valve prevents any backflow of oil into the motor due to the pressure difference arising between motor and crankcase, e.g. on compressor start-up. The valve does not reopen until the pressure has been equalised by means of a second non-return valve or equalisation bore. This second valve or equalisation bore connects the crankcase and suction side cylinder head. It slowly reduces the pressure difference by means of the "venturi" effect. The oil foams less and only limited oil/refrigerant foam is transferred to the oil pump, thus slowing down pressure decrease in the crankcase over a certain period of time. It reduces the foaming of the oil/refrigerant mixture which would occur if pressure decreased rapidly.

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web mar 3 2022 auch beim sport wird eine erhöhte herzfrequenz angestrebt jedoch wird dadurch das herz trainiert denn das training wird wieder unterbrochen worauf eine ruhephase folgt im gegensatz dazu schlägt bei stress das herz dauerhaft zu schnell und es kommt zur ermüdung

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web nov 29 2021 ein guter start ist etwa dreimal die woche eine halbe stunde moderates ausdauertraining und zweimal die woche fünf bis sechs krafttraining Übungen oder täglich 15 bis 20 minuten die nach und nach gesteigert werden unter moderatem training verstehen herzexperten rund hundert schritte pro minute oder 3 000 schritte in 30 minuten

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web apr 26 2017 forscher der american heart association raten viermal wöchentlich eine viertelstunde lang entspannungs Übungen wie yoga oder progressive muskel entspannung durchzuführen das reduziert das herzinfarkt risiko um rund 50 prozent und sorgt für ein gesundes herz