Side portion, chain link and energy guiding chain

Abstract

The invention concerns a side portion (3) for a chain link (2) of an energy guiding chain (1) designed for guiding supply lines. For pivotable arrangement of adjacent chain links (2) the side portion (3) has at its ends a respective overlap region (31, 32) which for limiting the pivotal movement are provided with corresponding abutment surfaces (312, 322) and with a pivot axis (s), that is to say a first overlap region (31) having first abutment surfaces (312) and a second overlap region (32) having second abutment surfaces (322). For damping the deceleration of the pivotal movement disposed in front of at least each first abutment surface (312) is a damping element in the form of a spring lip (6) which is resiliently deformable about a bending axis (b) parallel to the pivot axis. For improved damping it is proposed that the spring lip (6) has an end region (61) which is axial with respect to its bending axis (b), for coupling in the kinetic energy which is transmitted to said spring lip (6) in the position of installation by way of the second abutment surface (322), that corresponds to the first abutment surface (312), of the second overlap region (32) of the adjacent chain link (2). (Figure 3)