

A porous rubber mixture based on butadiene styrene or butadiene methyl styrene rubber contains sulphur, naphtam - 2, diaphene FP, zinc white, stearin, carbon P-803, chalk, mineral oil with content of paraffin-naphtene hydrocarbons of 65-85% as plasticizer, glycerin, porophore as blowing agent, 2,2'-dibenzthiazolyldisulphide and phenyl guanidine as vulcanization accelerators, paraffin as technological additive and - wax as antiozonant.