

2291608

hot street - dirt track

Ford LF-VE 160hp duratec vvt

I-4cyl 2.0L 16v DOHC (DTx/DTx)



camshaft data:

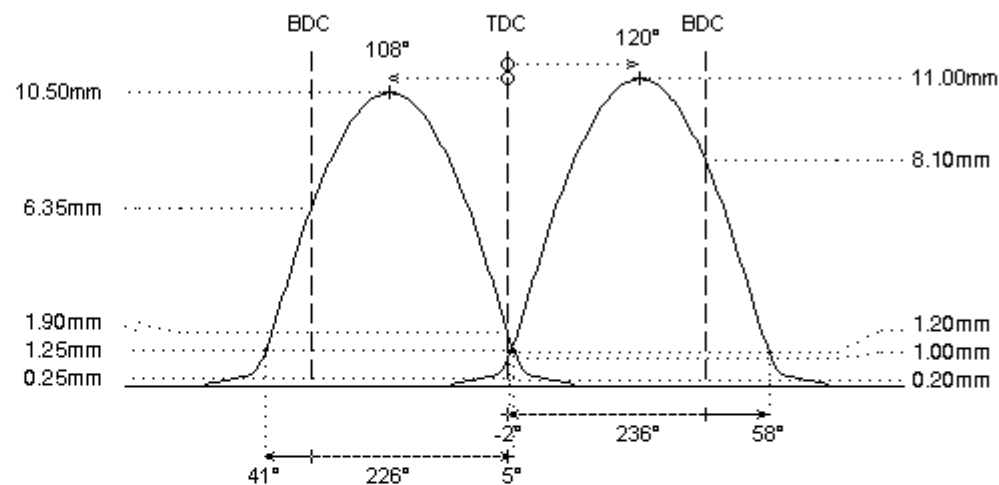
	intake	exhaust
lash ramp	: 0.20mm	0.25mm
duration @ 0.1mm	: 280°	260°
duration @ 1.0mm	: 236°	226°
valve lift	: 11.00mm	10.50mm
cam lift	: 11.00mm	10.50mm
lobe angle	: 120°	108°
timing @ 1.0mm	: -2° / 58°	41° / 5°
valve lift @ TDC	: 1.00mm	1.90mm

parts setup:

cam wheels :	:	:
follower	: O.E.M.	: O.E.M.
valve lash	: O.E.M.	: O.E.M.
valve	: O.E.M.	: O.E.M.
valve locks	: O.E.M.	: O.E.M.
upper retainer	: O.E.M.	: O.E.M.
lower retainer	: O.E.M.	: O.E.M.
exterior spring	: O.E.M.	: O.E.M.
interior spring	:	:

fitted load / length	: 18kg @ 37.6mm	: 18kg @ 37.6mm
max. load / lift	: 58kg @ 11.5mm	: 58kg @ 11.5mm

REMARKS :



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- # ONLY for dirt track applications and pro street use with adjustable engine management or carburetors
 - # Check distance between valves and piston to be 1mm at least with VVT engaged. Wrong installation will cause severe engine damage!
 - # Distance between valve and piston should be 1.0mm at least:
 - check 5-15° after TDC on intake
 - check 5-15° before TDC on exhaust
- Machine pistons if required. Wrong installation can cause severe engine damage!