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sport

Opel CIH

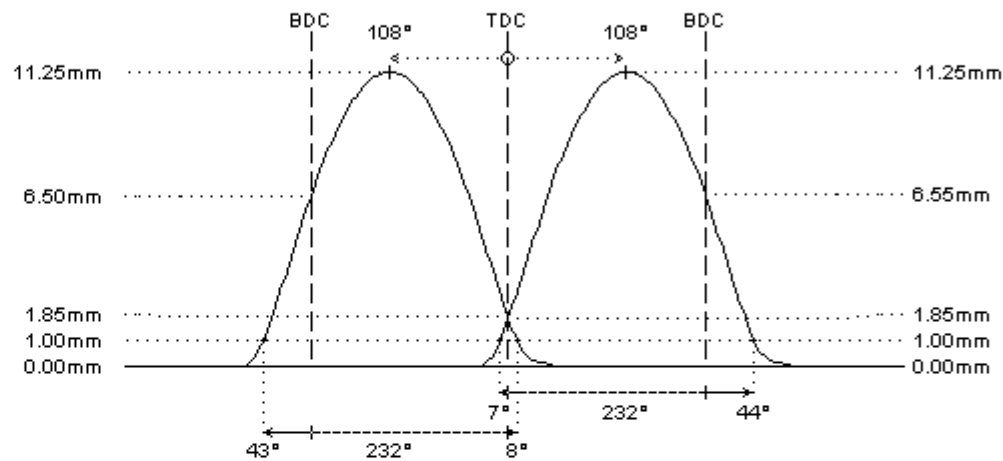
I-6cyl 3.0L 12v SOHC (FTH/FTH)



	intake	exhaust
camshaft data:		
lash ramp	: hydro	hydro
duration @ 0.1mm	: 272°	272°
duration @ 1.0mm	: 231°	231°
valve lift	: 11.25mm	11.25mm
cam lift	: 7.50mm	7.50mm
lobe angle	: 108°	108°
timing @ 1.0mm	: 7° / 44°	43° / 8°
valve lift @ TDC	: 1.85mm	1.85mm
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	: 0kg @ 0.0mm	: 0kg @ 0.0mm
max. load / lift	: 0kg @ 0.0mm	: 0kg @ 0.0mm

REMARKS :

original valve spring info is not available



REMARKS :

- chilled cast iron camshafts

Valve lift and timing specifications assume fixed rocker arm ratio of RR1,500. This can be obtained by replacing the O.E.M. rocker arms by the Catcams Roller rocker arms.