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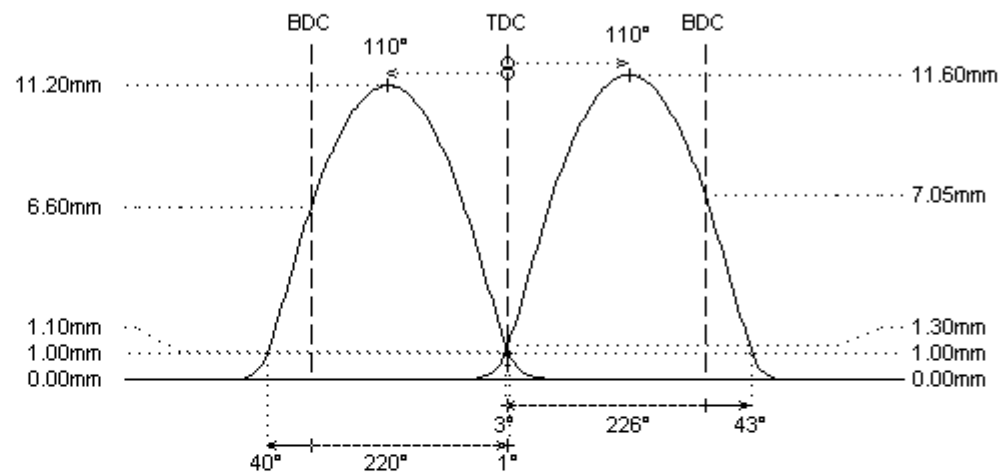
sport

Volkswagen ABF 150hp

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



	intake	exhaust
camshaft data:		
lash ramp	: hydro	hydro
duration @ 0.1mm	: 262°	261°
duration @ 1.0mm	: 226°	221°
valve lift	: 11.60mm	11.20mm
cam lift	:	
lobe angle	: 110°	110°
timing @ 1.0mm	: 3° / 43°	40° / 1°
valve lift @ TDC	: 1.30mm	1.10mm
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 :	O.E.M.	O.E.M.
fitted load / length :	25kg @ 0.0mm	25kg @ 0.0mm
max. load / lift :	82kg @ 11.0mm	82kg @ 11.0mm



REMARKS :

- cast iron camshafts

REMARKS :

ONLY for 7mm valves with tripple groove (MK-7H valve keepers)