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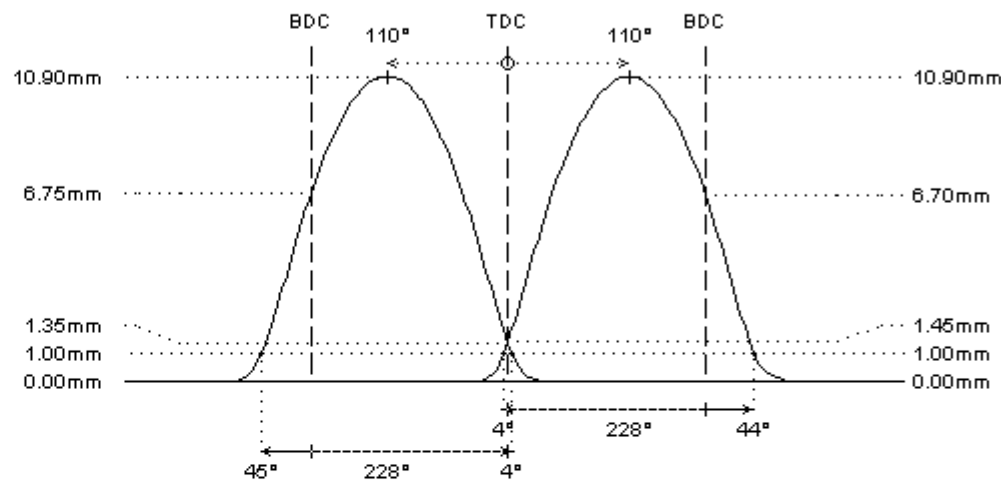
sport

Volkswagen ABF 150hp

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



	intake	exhaust
camshaft data:		
lash ramp	: hydro	hydro
duration @ 0.1mm	: 266°	263°
duration @ 1.0mm	: 228°	229°
valve lift	: 10.90mm	10.90mm
cam lift	:	
lobe angle	: 110°	110°
timing @ 1.0mm	: 4° / 44°	45° / 4°
valve lift @ TDC	: 1.45mm	1.35mm
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)