

# 2280300

sport

Ford TL20H Pinto

I-4cyl 2.0L 8v SOHC (RP/RP)



### intake

### exhaust

#### camshaft data:

lash ramp	: 0.25mm	0.25mm
duration @ 0.1mm	: 263°	276°
duration @ 1.0mm	: 225°	236°
valve lift	: 10.00mm	10.60mm
cam lift	: 6.40mm	6.75mm
lobe angle	: 110°	110°
timing @ 1.0mm	: 3° / 42°	48° / 8°
valve lift @ TDC	: 1.45mm	1.95mm

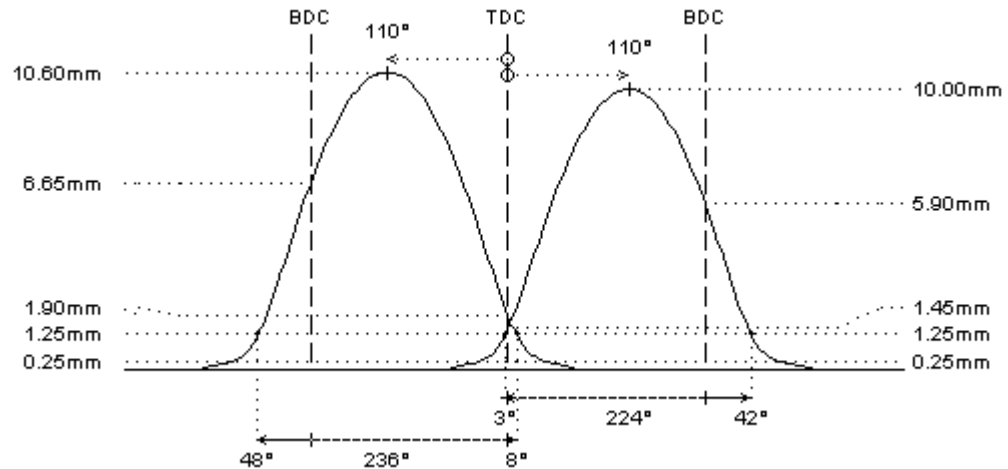
#### parts setup:

cam wheels :	:	:
follower	:  CAT004/C	:  CAT004/C
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 @ 11.5mm	: 0kg @ 11.5mm

#### REMARKS :

# ALWAYS use CAT004/C race cam followers (low friction coating)



#### REMARKS :

- # steel billet camshafts
- # Valve clearance is indicated at valve tip. For measurements between cam and follower, the indicated valve clearance should be divided by the rocker ratio