Engine: Ford 2.3

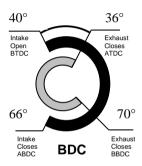
Grind: 286

Rocker Ratio: 1.65

TDC 76° 40° OVERLAP 36° Intake Exhaust Open Closes BTDC ATDC 66° 70° Intake Exhaust Closes Closes **BDC** ABDC BBDC

Intake Valve Lift: 0.430 Intake Duration: 286 Exhaust Valve Lift: 0.430 Exhaust Duration: 286 Lobe Separation: 105 Degree Intake to: 103

TDC



Intake Cam Lift: 0.260

Intake Duration @ .050: 236

Exhaust Cam Lift: 0.260

Exhaust Duration @ .050: 236

Recommended Spring Pressure

200-220 Open - 100-110 Closed