

TOMEI Camshaft Spec Card

PART NAME **PONCAM / PROCAM** ENGINE **LF-VE**

PART NUMBER **SET 143057 IN 149A250100 EX 149B250092**

GRIND	IN	250° / 10.00mm	SOLID	BACE	IN	Φ 29.8	ROCKER ARM RATIO*	-	VALVE CLEARANCE	IN	0.25
	EX	250° / 9.20mm	SOLID		CIRCLE(Φ)	EX				Φ 29.8	WHEN COLD

LIFT	IN	@CAM 10.00mm	@VALVE 9.75mm	LOBE	IN	120.0
	EX	@CAM 9.20mm	@VALVE 8.90mm		CENTER(°)	EX

* ALL LIFTS ARE BASED ON ZERO LASH AND THORETICAL ROCKER ARM RATIOS

CAM TIMING		OPENS(°)		CLOSES(°)		Actual Duration @ Opening(°)
Actual Duration	IN	BTDC	5.0	ABDC	65.0	250.0
Valve Lift	EX	BBDC	55.0	ATDC	15.0	250.0

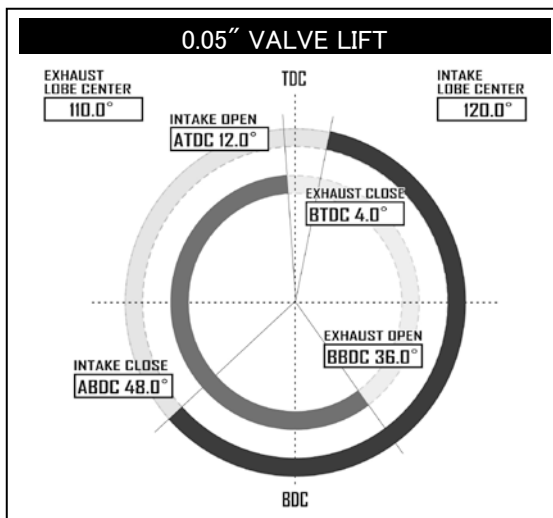
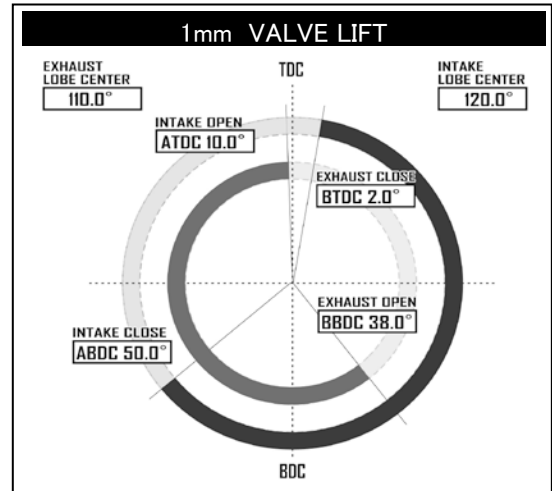
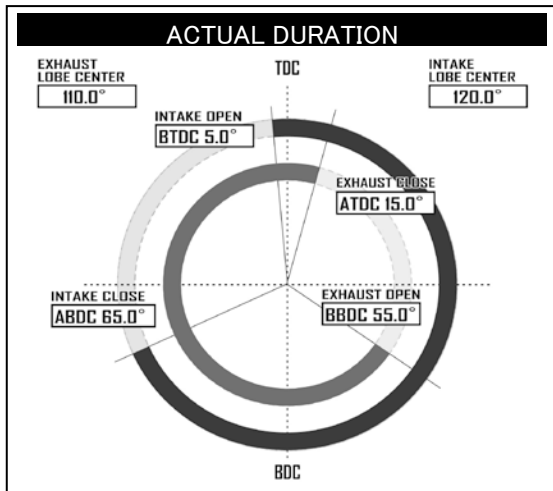
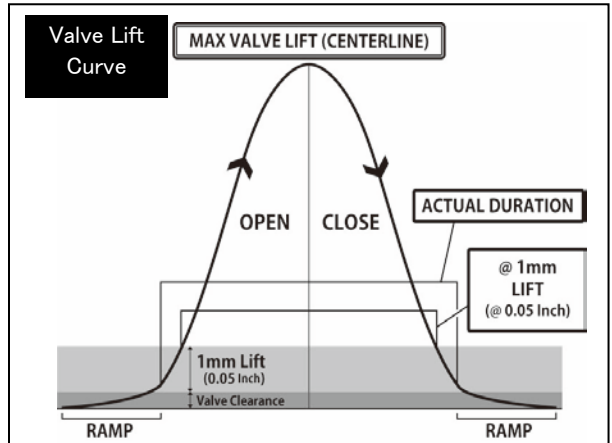
Values shown are, from start to the end of actual duration. (Excluding the ramp values)

CAM TIMING		OPENS(°)		CLOSES(°)		TOTAL DURATION(°)
at 1mm	IN	ATDC	10.0	ABDC	50.0	220.0
Valve Lift	EX	BBDC	38.0	BTDC	2.0	216.0

Values are of actual duration from start to end of 1mm value points. (Excluding ramp values)

CAM TIMING		OPENS(°)		CLOSES(°)		TOTAL DURATION(°)
at 0.05"	IN	ATDC	12.0	ABDC	48.0	216.0
Valve Lift	EX	BBDC	36.0	BTDC	4.0	212.0

Values are of actual duration from start to end of 0.05" value points. (Excluding ramp values)



REQUIRED VALVE SPRING SPEC	
NOMAL HEIGHT	
SET LENGTH	
LIFT LENGTH	
COMPRESSED HEIGHT	
SET LOAD	
LIFT LOAD	
TOMEI PART NUMBER	

REQUIRED PARTS	
PRODUCT NAME	TOMEI PART NUMBER