

TOMEI Camshaft Spec Card

PART NAME **PONCAM / PROCAM** ENGINE **VG30DET(T) for STD Pulley**

PART NUMBER **SET 143045 IN 142001 EX 142002**

GRIND	IN	256° / 8.50mm	LASH	BACE	IN	Φ 32.0	ROCKER ARM RATIO*	VALVE CLEARANCE	IN	-
	EX	256° / 8.50mm	LASH		EX	Φ 32.0			-	WHEN COLD

LIFT	IN	@CAM 8.50mm	@VALVE 8.50mm	LOBE	IN	115.0
	EX	@CAM 8.50mm	@VALVE 8.50mm		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	13.0	ABDC	63.0	256.0
Valve Lift	EX	BBDC	63.0	ATDC	13.0	256.0

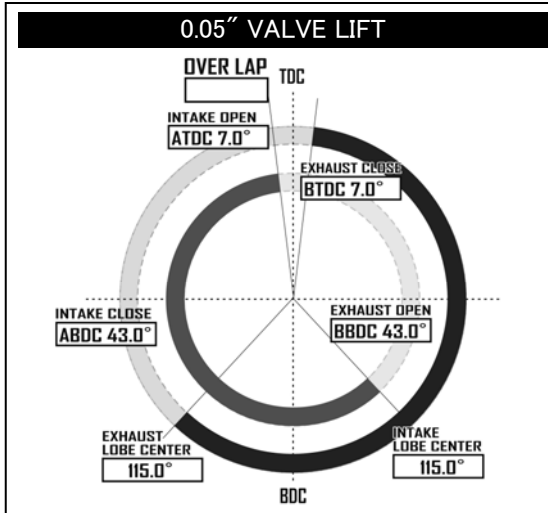
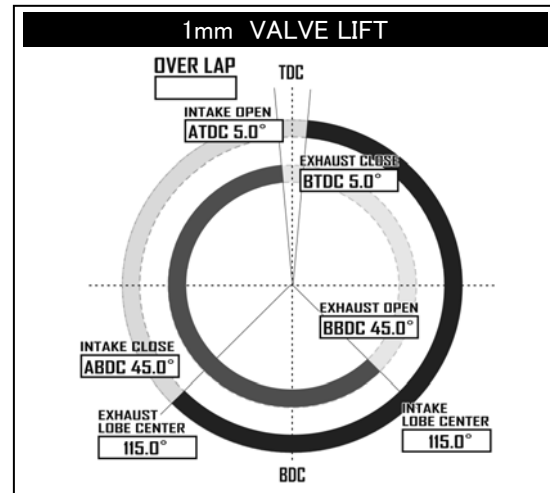
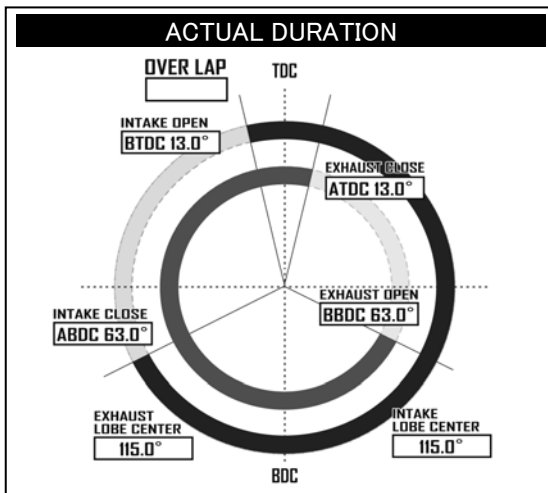
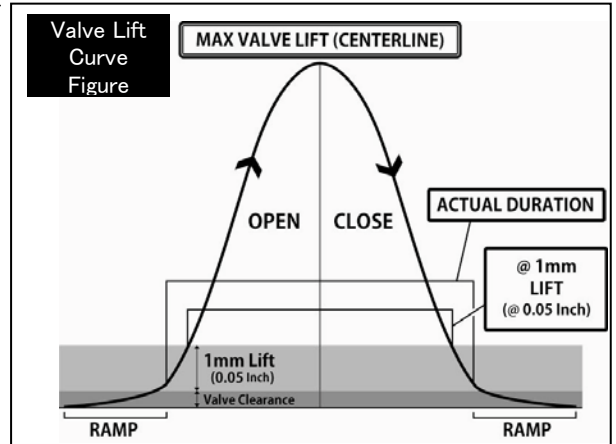
Values shown are, from start to the end of actual duration. (Excluding the ramp values)

CAM TIMING		OPENS(°)		CLOSES(°)		TOTAL DURATION(°)
at 1mm	IN	ATDC	5.0	ABDC	45.0	220.0
Valve Lift	EX	BBDC	45.0	BTDC	5.0	220.0

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	7.0	ABDC	43.0	216.0
Valve Lift	EX	BBDC	43.0	BTDC	7.0	216.0

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



REQUIRED VALVE SPRING SPEC	
NOMAL HEIGHT (mm)	STD or 41.0
SET LENGTH (mm)	STD or 35.0
LIFT LENGTH (mm)	STD or 25.0
COMPRESSED HEIGHT(mm)	STD or 24.0
SET LOAD (kgf)	STD or 24.2 ± 7%
LIFT LOAD (kgf)	STD or 80.6 ± 7%
TOMEI PART NUMBER	13203R800

REQUIRED PARTS	
PRODUCT NAME	TOMEI PART NUMBER