



Honda

Honda Camshaft Data :- 16v VTEC

Rocker Ratio High 1.56 Mid and Low 1.49

Part No	Application	Power		Lift			Timing			Full Lift		Lift @ TDC with clearance		Valve Clear		Price	Material
		Band		Low	Mid	High	Low	Mid	High	IN atdc	Ex btdc	In	Ex	In	Ex	Ex VAT	Type
FORP/270/350 PH1	Road Cam	2000	In	0.193	0.305	0.382	n/a	n/a	n/a	110	110			0.008	0.010	£450.00	Blank
		6800	Ex	0.208	0.320	0.413	n/a	n/a	n/a			0.200	0.250				
Notes Group A Profile Includes Tuftriding Chilled Iron as Original Factory Heat Treatment on Cam Lobes and Journals																	
FORP/280/360 PH1	Fast Road Cam	3000	In	0.185	0.368	0.377	n/a	n/a	n/a	110	110			0.008	0.010	£450.00	Blank
		7000	Ex	0.208	0.314	0.418	n/a	n/a	n/a			0.200	0.250				
Notes Group N Profile Includes Tuftriding Chilled Iron as Original Factory Heat Treatment on Cam Lobes and Journals																	

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