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Engine Make:	Engine Model:	Part Number:
<b>FORD</b>	<b>109E - 116E Pushrod Engine</b>	<b>150-J</b>
Valve Clearance:	Intake: <b>0.016"</b> Set <b>HOT</b> at the <b>VALVE</b>	Exhaust: <b>0.016"</b> Set <b>HOT</b> at the <b>VALVE</b>
Cam Lift:	Intake: <b>0.290"</b>	Exhaust: <b>0.290"</b>
Rocker Ratio:	Intake: <b>1.54</b>	Exhaust: <b>1.54</b>
Nett Valve Lift:	Intake: <b>0.430"</b>	Exhaust: <b>0.430"</b>
Advertised Duration @ <b>0.015"</b>	Intake: <b>310</b>	Exhaust: <b>310</b>
Duration @ <b>.050" CAM LIFT</b>	Intake: <b>253</b>	Exhaust: <b>253</b>
Timing @ <b>.050" CAM LIFT</b>	IVO: <b>23.5 BTDC</b>	EVO <b>49.5 BBDC</b>
	IVC: <b>49.5 ABDC</b>	EVC <b>23.5 ATDC</b>
	Intake: <b>103 ATDC</b>	Exhaust: <b>103 BTDC</b>
	Intake: <b>0.145"</b>	Exhaust: <b>0.145"</b>

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