



Engine Make:	Engine Model:	Part Number:
HONDA	B16A/B18C VTEC	176-T

Valve Clearance:	Intake: 0.30mm	Set HOT	at the VALVE
	Exhaust: 0.30mm	Set HOT	at the VALVE

Cam Lift:	Intake: 7.45mm	Exhaust: 7.29mm
Rocker Ratio:	Intake: 1.55	Exhaust: 1.55
Nett Valve Lift:	Intake: 11.25mm	Exhaust: 11.00mm
Advertised Duration @ 0.10mm	Intake: 284	Exhaust: 274
Duration @ 1.00mm VALVE LIFT	Intake: 254	Exhaust: 246
Timing @ 1.00mm VALVE LIFT	IVO: 19 BTDC	EVO 58 BBDC
	IVC: 55 ABDC	EVC 8 ATDC
	Intake: 108 ATDC	Exhaust: 115 BTDC
	Intake: 3.07mm	Exhaust: 1.84

www.kelfordcams.com

sales@kelfordcams.com