



Engine Make:	Engine Model:	Part Number:
<b>HONDA</b>	<b>K20 i-VTEC</b>	<b>179-C</b>
Valve Clearance:	Intake: <b>0.25mm</b> Set <b>HOT</b> at the <b>VALVE</b>	Exhaust: <b>0.25mm</b> Set <b>HOT</b> at the <b>VALVE</b>
Cam Lift:	Intake: <b>8.79mm</b>	Exhaust: <b>7.79mm</b>
Rocker Ratio:	Intake: <b>1.7</b>	Exhaust: <b>1.7</b>
Nett Valve Lift:	Intake: <b>14.70mm</b>	Exhaust: <b>13.00mm</b>
Advertised Duration @ <b>0.10mm</b>	Intake: <b>322</b>	Exhaust: <b>308</b>
Duration @ <b>1.00mm VALVE LIFT</b>	Intake: <b>272</b>	Exhaust: <b>268</b>
Timing @ <b>1.00mm VALVE LIFT</b>	IVO:	EVO <b>56 BBDC</b>
	IVC:	EVC <b>32 ATDC</b>
	Intake: <b>VARI ATDC</b>	Exhaust: <b>102 BTDC</b>
	Intake:	Exhaust: <b>4.40</b>

[www.kelfordcams.com](http://www.kelfordcams.com)

[sales@kelfordcams.com](mailto:sales@kelfordcams.com)