

## SBD Cam Timing Sheet – INST-00073

Greyed out are Discontinued

<u>Cam type</u>	<u>HYD/MECH</u>	<u>@ Full lift</u>	<u>TDC lift No.4 Cyl</u>	<u>Duration</u>	<u>Max Lift</u>	<u>Suggested C/R (98 RON Only)</u>
STD GM 2.0L Inlet	HYD		0.95mm			
STD GM 2.0L Exhaust	HYD		0.60mm			
STD GM 1.6L Inlet	HYD		0.18mm			
STD GM 1.6L Exhaust	HYD		1.36mm			
CM16V16-H284 IN	HYD	105*	2.75mm	284	11.40mm	11.2 C/R
CM16V16-H278 EX	HYD	105*	2.55mm	278	11.03mm	
CM16V1.6M278-11.78	0.25/MECH	105*	3.46mm	278	11.78mm	12.3 C/R
CM16V1.6M269-11.42	0.25/MECH	105*	2.59mm	269	11.42mm	
CM16V1.6-300 IN	0.25/MECH	105*	4.30mm	300	13.25mm	12.75 C/R
CM16V1.6-290 EX	0.25/MECH	105*	3.60mm	290	12.60mm	
CM16V2-230-IN	HYD		3.80mm	304	11.40mm	
CM16V2-220EX	HYD		3.10mm	298	10.60mm	
CM16V2-H284IN	HYD	105*	2.75mm	284	11.40mm	11.2 C/R
CM16V2-H278EX	HYD	105*	2.55mm	278	11.03mm	
CM16V2-M1195IN	0.20/MECH		4.60mm	310	11.95mm	
CM16V2-M304EX	0.20/MECH		4.60mm	300	11.90mm	
CM16V2-M295IN	0.20/MECH		3.95mm	295	11.60mm	
CM16V2-M295EX	0.20/MECH		3.95mm	295	11.60mm	
CM16V2-MH04IN	0.20/MECH		4.81mm	300	.450"	
CM16V2-M5E-EX	0.20/MECH		3.51mm	290	.450"	

CM16V2-H04IN	HYD		4.81mm	300	.450"	
CM16V2-O5HEX	HYD		3.51mm	290	.450"	
CM16V2-304IN	0.20/MECH		4.40mm	300	11.90mm	
CM16V2-M5E-EX-S	0.20/MECH		3.50mm	290	.450"	
CM16V1.6M441IN-REV	0.20/MECH		5.10mm	306	12.35mm	
CM16V1.6M441EX-REV	0.20/MECH		5.30mm	306	12.35mm	
CM16V2-HT01IN	HYD	115*	0.78mm	260	10.13mm	
CM16V2-HT01EX	HYD	110*	1.20mm	260	10.13mm	
CM16V2-M278-11.78	0.25/MECH	105*	3.46mm	278	11.78mm	12.3 C/R
CM16V2-M269-11.42	0.25/MECH	105*	2.59mm	269	11.42mm	
CM16V2-300 IN	0.25/MECH	105*	4.30mm	300	13.25mm	12.75 C/R
CM16V2-290 EX	0.25/MECH	105*	3.60mm	290	12.60mm	

### **Ford Duratec**

CM-DUR-01 IN	0.25/MECH	105*	1.67mm	262	10.07mm	STD C/R
CM-DUR-01 EX	0.25/MECH	105*	1.35mm	262	10.07mm	
CM-DUR-02 IN	0.25/MECH	105*	3.55mm	282	11.30mm	11.7 C/R
CM-DUR-02 EX	0.25/MECH	105*	3.35mm	282	11.30mm	
CM-DUR-021 IN	0.25/MECH	105*	3.68mm	290	11.63mm	11.7 C/R
CM-DUR-021 EX	0.25/MECH	105*	3.50mm	284	11.31mm	
CM-DUR-03 IN	0.25/MECH	105*	3.75mm	310	11.98mm	12.2 C/R
CM-DUR-03 EX	0.25/MECH	105*	3.30mm	294	11.27mm	
CM-DUR-04 IN	0.25/MECH	105*	4.16mm	300	13.20mm	12.75 C/R
CM-DUR-04 EX	0.25/MECH	105*	3.60mm	290	12.50mm	