



Part Number: 55229

Engine Application: LAND ROVER V8 3.9L
Grind Number: HYDRAULIC FLAT TAPPET

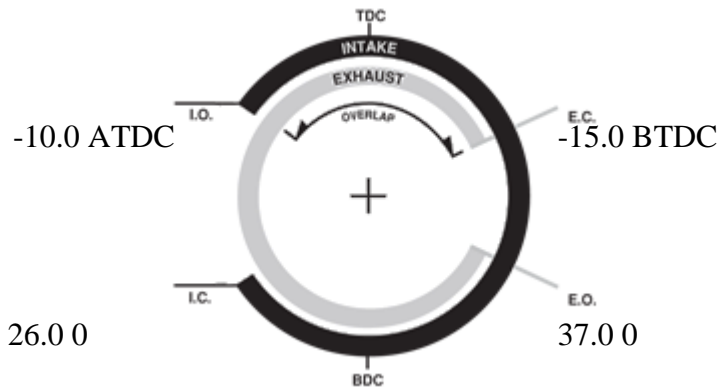
ADVERTISED CAMSHAFT SPECIFICATIONS:

INTAKE: Duration: 258° Lift: .430 Clearance Hot: .000
EXHAUST: Duration: 260° Lift: .446 Clearance Hot: .000

The specifications listed above are based on a rocker arm ratio of 1.60 IN / 1.60 EX

RECOMMENDED VALVE SPRING INFORMATION:

Part Number:
Approximate spring pressure: valve closed: 120# LBS.
valve open: 290# LBS.



Timing Events	
The information below is for degreeing cam only. Correct only at .050" tappet lift.	
INTAKE	Opens: -10.0 0 Closes: 26.0 0
EXHAUST	Opens: 37.0 0 Closes: -15.0 0
LOBE SEPARATION 112°	
Duration at .050"	Intake: 196 Exhaust: 202
LOBE LIFT	Intake: .269 Exhaust: .279

4 degrees of advance have been ground into this Camshaft.
If using "Lobe Center" method of degreeing, cam should be installed on an intake centerline of: 108

NOTES:
LONG NOSE PIC "C" 1.115" BASE CIRCLE

Cams damaged by excessive spring pressure, over shiming, valve train bind or retainers contacting the guides are void from warranty. Refer to the "Important Camshaft and Lift Information" booklet included with each new Crower camshaft to avoid any break-in problems.