

Volvo main camshafts

Name	Lift [mm]	Duration [deg.]	Intake [degrees]		Exhaust [degrees]		LSA	Volvo Part no.	Engines
	in/out	in/out	before top	after bottom	before bottom	after top	in/exh		
*A	10.5	241.2	12.6	48.6	48.6	12.6	108	1219706	B17, B19A, B21A, B23A, B19E (84), B23E (84)
*A	10.5	241.2	12.6	48.6	48.6	12.6	108	1336767	B200E, B230A/E/ET
*B	10.6	244.2	14.1	50.1	50.1	14.1	108/107	-	B21E/F, B23ET
D	11.2	253	15.5	57.5	57.5	15.5		1210932	B19E, B21E
F	9.5/10.5	219.2/237.1	-6.4	45.6	44	13.1		1219350	B21F (77-80 North America)
Gr. A	10.24	267	-	-	-	-		8360220	Group A engine, SAM 95082150
GT6	12.5	312/306	49	83	82	44	107	552497	Racing, KG-Trimming
H	12.0/11.5	258.2/254.2	21.1	57.1	57.1	17.1		1276117	B23E (79-80)
K	11.95	252.8	15	57.8	57.8	15	111	1306167	B23E (81-83), B19 Sport
L	9.8	231.8	4.9	46.9	46.9	4.9	111	1306887	B19A, B21A (84), B21F-MPG (80-82 North America)
L	9.8	231.8	4.9	46.9	46.9	4.9	111	1336777	B200K
M	9.5/10.5	219.2/237.1	-6.4	45.6	44	13.1	108/117	1317745	B21F, B23F
M	9.5/10.5	219.2/237.1	-6.4	45.6	44	13.1	108/117	1336779	B200F/G, B230F/FD
Marin	11.95	252.8	15	57.8	57.8	15		1336775	B230, Penta marine engine
T	9.94	225.6	3.8	41.8	41.8	3.8	109	1276688	B19ET, B21ET/FT, B23ET/FT
T	9.94	225.6	3.8	41.8	41.8	3.8	109	1336773	B230K (87-), B200ET/FT, B230FK/FT/GT
V	11.37	245.4	10.7	54.7	54.7	10.7		1346442	B200E, B230E
VX	11.37/10.65	245.4/236.2	4.7	60.7	47.1	9.1	111	8360272	Sport, combination of V intake and X exhaust
VX3	11.37/10.65	245.4/236.2	7.7	57.7	50.1	6.1	111	-	B230EB/FB/G, VX grind advanced 3 degrees
X	10.65	236.2	10.1	46.1	46.1	10.1		1346440	B230K (-86) „Heron“
Y	10.35	232.2	8.1	44.1	44.1	8.1		1346438	B200K

* last update: April 2, 2010

Part no. 12***** is a old style cam for blockmounted distributor like B19, B21 and B23

Part no. 13***** is a new style cam for headmounted distributor like B200, B230

Sources: VADIS / <http://hjem.get2net.dk/bengaard/newpage21.htm> / <http://www.geocities.com/iadr1/b21.23cam.page.jump.html>
<http://legolas.mdh.se/~mas95jed/volvo/cam.htm> / <http://www.turbobricks.com/resources.php?content=camspec>