

Competition Cams Dyno Charts

With a short duration camshaft, a flat tappet style will make more power.

This is because the advertised duration is longer on a roller cam, (same @ .050" lift spec) so that it can absorb the store energy(inertia) in the heavier hydraulic roller lifter, before it begins lifting it aggressively.

This extra duration reduces cylinder pressure and therefore reduces power.

Once the duration becomes longer the benefits of a fast lifting hydraulic roller out way the lower cylinder pressure by making it back up with increased flow.

The factory engines use hydraulic roller camshaft for warranty reasons, greater reliability, not for making more power.

A roller needs work to do, long duration, high lift, a small cam just doesn't benefit from a roller.

I have custom cams ground by Bullet.

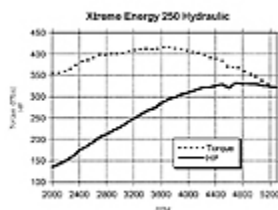
They offer a much wider selection of profiles, more specifically engineering for each application. The cost about \$50 more than a Comp Cams off the shelf cam.

Tested with [Chevrolet 350 Small Block](#)
Bore+4.040" Stroke=3.480" 9.25:1 Compression ratio
Dart S/R Heads [Edelbrock Performer](#) Manifold
Holley #3310 Vac. Sec. Carb 1 5/8" Headers

HYDRAULIC FLAT TAPPET

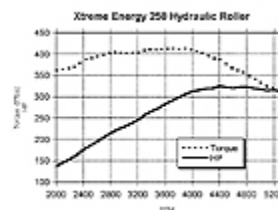
HYDRAULIC ROLLER TAPPET

XE250H
600-4600RPM
DUR 206 / 212
LIFT 432/444



Max Torque **417 ft/lbs @ 3700** RPM
Max Horsepower **333 HP @ 4700** RPM
Vacuum **19.5" Hg @ 800** RPM
21" Hg @ 1000 RPM

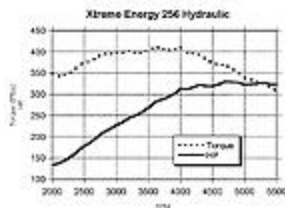
XR258HR
1000-5000RPM
DUR 206 / 212
LIFT 480/487



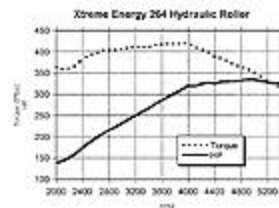
Max Torque **413 ft/lbs @ 3700** RPM
Max Horsepower **325 HP @ 4400** RPM
Vacuum **17" Hg @ 800** RPM
18" Hg @ 1000 RPM

XE256H
1000-5200RPM
DUR 212 / 218
LIFT 462/469

XR264HR
1200-5200RPM
DUR 212 / 218
LIFT 487/495

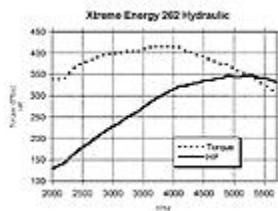


Max Torque **411 ftlbs @ 3600** RPM
 Max Horsepower **330 HP @ 4700** RPM
 Vacuum **18.5" Hg @ 800** RPM
20" Hg @ 1000 RPM

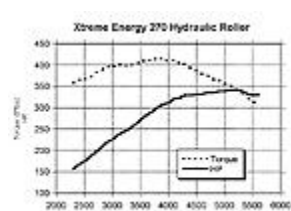


Max Torque **421ftlbs @ 4000** RPM
 Max Horsepower **335 HP @ 4900** RPM
 Vacuum **15.5" Hg @ 800** RPM
17" Hg @ 1000 RPM

XE262H
1300-5600RPM
DUR 218 / 224
LIFT 462/469

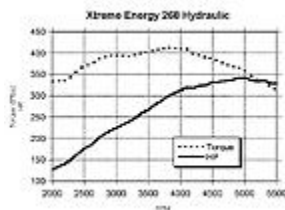


Max Torque **415 ftlbs @ 3700** RPM
 Max Horsepower **348 HP @ 5300** RPM
 Vacuum **17.5" Hg @ 800** RPM
18.5" Hg @ 1000 RPM



Max Torque **415 ftlbs @ 3800** RPM
 Max Horsepower **342 HP @ 5100** RPM
 Vacuum **15" Hg @ 800** RPM
16.5" Hg @ 1000 RPM

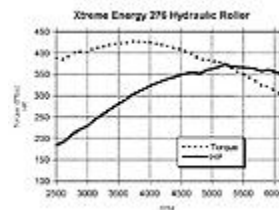
XE268H (S/R Heads)
1600-5800RPM
DUR 224 / 230
LIFT 477/480



Max Torque **413 ftlbs @ 3800** RPM
 Max Horsepower **342 HP @ 5000** RPM
 Vacuum **15.5" Hg @ 800** RPM
17" Hg @ 1000 RPM

XR276HR(Sportman Heads)

1900-5600RPM
DUR 224 / 230
LIFT 502/510

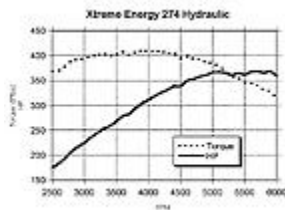


Max Torque **427 ftlbs @ 3700** RPM
 Max Horsepower **373 HP @ 5200** RPM
 Vacuum **12" Hg @ 800** RPM
14" Hg @ 1000 RPM

12Hg vacuum is enough for most power brakes, dropping to 10Hg is probably not enough. Electric Vacuum Pumps offer a solution.

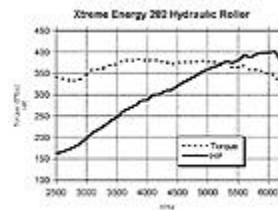


XE274H
1800-6000RPM
 DUR 230 / 236
 LIFT 487/490



Max Torque **410 ftlbs @ 3900** RPM
 Max Horsepower **369 HP @ 5900** RPM
 Vacuum **11" Hg @ 800** RPM
14" Hg @ 1000 RPM

XR282HR
2200-5800RPM
 DUR 230 / 236
 LIFT 510/520

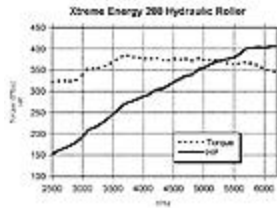


Max Torque **385 ftlbs @ 3900** RPM
 Max Horsepower **402 HP @ 6100** RPM
 Vacuum **9" Hg @ 800** RPM
11.5" Hg @ 1000 RPM

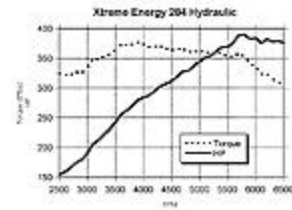
Tested with **Chevrolet 350 Small Block**
 Bore=4.040" Stroke=3.480" 9.25:1 Compression ratio
Sportsman II Heads Edelbrock Victor Jr Manifold
 Holley 750 dbl. pmper Carb 1 3/4" Headers

XR288HR
2500-6000RPM
 DUR 236 / 242
 LIFT 520/540

XE284H
2300-6500RPM
 DUR 240 / 246
 LIFT 507/510



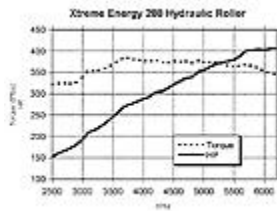
Max Torque **385 ftlbs @ 3700** RPM
 Max Horsepower **406 HP @ 6100** RPM
 Vacuum **9.5" Hg @ 800** RPM
12" Hg @ 1000 RPM



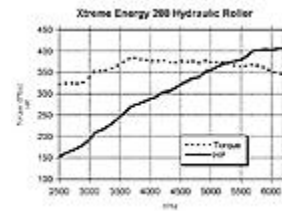
Max Torque **377 ftlbs @ 3900** RPM
 Max Horsepower **390 HP @ 5800** RPM
 Vacuum **8" Hg @ 800** RPM
10.5" Hg @ 1000 RPM

XR294HR
2800-6100RPM
DUR 242 / 248
LIFT 540/562

XR300HR
3200-6200RPM
DUR 248 / 254
LIFT 562/580

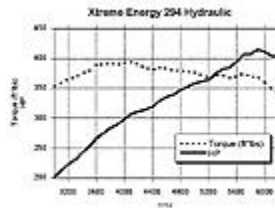


Max Torque **380 ftlbs @ 4100** RPM
 Max Horsepower **420 HP @ 6100** RPM
 Vacuum **8" Hg @ 800** RPM
10.5" Hg @ 1000 RPM



Max Torque **380 ftlbs @ 4000** RPM
 Max Horsepower **426 HP @ 6200** RPM
 Vacuum **6.5" Hg @ 800** RPM
9" Hg @ 1000 RPM

XE294H
2800-7000RPM
DUR 250 / 256
LIFT 519/523



Max Torque **394 ftlbs @ 4100** RPM
 Max Horsepower **415 HP @ 5800** RPM
 Vacuum **9.5" Hg @ 800** RPM
11.5" Hg @ 1000 RPM

