

Ford small block 302, 5.0 or 351w heads - flow comparison

Head Type	Intake Valve	Exhaust Valve	Int 200	Int 300	Int 400	Int 500	Int 600	Exh 100	Exh 200	Exh 300	Exh 400	Exh 500	Exh 600
289 Hi Perf.	1.78	1.45	98.8	139.5	160.5	169.5	177	41.1	71.9	98.2	112.6	121	125.1
289 Standard	1.78	1.45	91.2	132.5	154.5	168	166.5	41	71.6	95.1	110.7	120.1	124.8
351W 4bbl 1969	1.84	1.54	105.6	152	171	181.5	189	51.8	90.4	106.8	112.9	114.8	115.4
351W 4bbl Ported	1.94	1.6	123	178	216	221	224	51.8	110	146	161	171	172
4.6L Police 2V 1999	1.75	1.41	115	148	166	175			103	128	143	156	
AFR 165cc (Windsor)	1.9	1.6	123	186	225	250	250		118	153	178	185	191
AFR 185cc (Windsor)	2.02	1.6	129	189	224	267	282		118	153	178	185	191
AFR 205cc (Windsor)	2.08	1.6	132.6	184.4	237.4	275.7	300.1	43.7	105.9	155.7	184.3	197.9	200.5
Avenger (Windsor)	2.02	1.6	140.2	194.5	226.4	253	265.1	63.4	103.4	139.7	164.2	185.9	193
Brodix Neal 200	2.12	1.625	121.1	188.4	251.2	302.6	329.7		80.5	122.4	156.2	185.1	204.5
Brodix Track 1	2.08	1.6	115	167	211	246	269	57	93	136	160	177	186
Canfield	2.05	1.69	142	202	250	286	312	76	137	185	210	230	243
E7TE-AA Pwrhead	1.9	1.6	123.4	175.8	204.3	217.2		63	110	151.6	170.2	175.5	
E7TE-AA Stock	1.78	1.46	101.3	140.9	150.8	164.6		42	78.9	102.4	110.8	114.2	
Edelbrock Performer 5.0L	1.9	1.6	131	185	214	223	226	57	105	131	156	168	175
Edelbrock Victor	2.125	1.625	135.5	198	248	289.2	310	59.7	107.5	152.7	184.2	199.8	209.3
Edelbrock Victor Jr.	2.05	1.6	127.3	177	229.2	268.8	288	54.1	106.8	151.6	181.5	205	217
GT-40 Cobra stock	1.84	1.54	107	157	183	192	196	47	94	119	128	128	129
GT-40P Data2	1.84	1.45	128	169	195	196		52	90	123	135	139	
GT-40P Explorer	1.84	1.46	128	169	195	196	193	52	90	123	135	139	142
GT-40P MOD VALVE	1.94	1.554	131	176.4	200.3	203.3	203.3		96	126.4	134	137.5	137.7
GT-40X FRP	1.94	1.54	126.7	172.5	202.5	216	214.8	52.7	105.3	145.3	149.4	149.1	149.1
GT-40Y FRP	1.94	1.54	114	167	199	213		52	98	128	137	134	
Holley Systemax	1.94	1.6	119	166	202	219	228	57	95	126	152	166	176
J302 FRP	2.02	1.6	120	165	191	210	210	52	104	119	135	140	143
Kent 1.6L Formula	1.56	1.34	90.8	127.9	138.4	143.6	146.2	39.3	76	103.1	117.3	121.3	122.3
SVO E351	2.02	1.6	126	177	213	232	244		93	115	126	144	149
TFS Twisted Wedge	2.02	1.6	132.7	199	240	252.5	243.3	56.2	106.1	141.9	173.1	191.1	201.2
World Windsor Jr.	1.94	1.6	105	141	170	186	195	47	101	125	140	148	154
World Windsor Sr.	2.02	1.6	125.1	163.1	198	220.1		52	99.1	122	138.1	151	

Obviously, there is Some Discrepancy

There is no way stock GT40p head would out-flow

the modded one as you can see it doing

I used stainless steel, swirl polished, undercut-stem valves from Manley

at .400+ exh lift.

The GT40p Mod Valve data is the data I gathered myself, all others were taken from reliable sources such as Jason Fletchers' 5.0 site

Juan Mendoza of Flow Tech Garden Grove, California

flowed one of my heads for me, but he was the first to say no flow benches are equal

However, if that is true, and my heads do outflow stockers (which I am sure they do) my #'s might be higher across the board.

Juan did does not get #'s for .100 lift.

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