

Metric Mechanic S14 Engine Series

2200 Sport, 2300 Rally, 2400 Rally

M3 (E30) '88-'91

MM Engine	Displacement	HP	Head	Cam Duration & Lift	Piston Weight	Pin & Wrist Pin	CR	Rod Length & Weight	Stroke & Crank
2400 Sport	2380 cc	210	Stock 26mm Port	Intake 240°/10 mm Lift Exhaust 240°/10 mm Lift	95mm Forged Alusil 395 grams	22mm 89 grams	10.5:1	I Beam Rod 144mm long 675 grams	84mm Forged
2500 Rally	2465 cc	255	*ST 26% Flow Increase 31 mm Port	Intake 260°/11.3 mm Lift Exhaust 240°/10 mm Lift	95mm Forged Alusil 395 grams	22mm 89 grams	11.5:1	H Beam 143mm long 505 grams	87mm Forged
2500 Race	2465 cc	285	*ST 26% Flow Increase 31mm Port	Intake 290°/11.7 mm Lift Exhaust 260°/11.3 mm Lift	95mm Forged Alusil 360 grams	23.5mm 100 grams	13.5:1	H Beam 147.5mm long 565 grams	87mm Forged
2500 Forced Induction	2414 CC	12 lbs 375	*ST 26% Flow Increase 31mm Port	Intake 260°/11.3 mm Lift Exhaust 240°/10 mm Lift	94mm Forged Alusil Ceramic Coated Crown 400 grams	23.5mm 110 grams	8.6	H Beam 144.7mm long 565 grams	87mm Forged

* ST means Surface Turbulence: Metric Mechanic Patented Machined Grooves on backside of the Intake Valves, Head of Intake and Exhaust Valves for the purpose of increasing fuel efficiency, minimizes tuning problems, reduces detonation in the motor, allows higher compression, and alleviates head cracking problems.