

Nissan Sentra 1990-1995 Workshop Manual



Checking

Check valve clearance while engine is warm and not running.

1. Remove rocker cover.
2. Remove all spark plugs.
3. Set No. 1 cylinder at T.D.C. on its compression stroke.
4. Align pulley with T.D.C. mark on crankshaft pulley.
5. Check that valve lifters on No. 1 cylinder are loose and valve lifters on No. 4 are tight.

If not, turn crankshaft one revolution (360°) and align as above.

4. Check only those valves shown in the figure.



- Using a feeler gauge, measure clearance between valve lifter and camshaft.
- Record any valve clearance measurements which are outside specification. They will be used later to determine required replacement adjusting shim.

Valve clearance for checking (inlet)

Intake 0.21 - 0.28 mm (0.008 - 0.011 in.)

Exhaust 0.20 - 0.28 mm (0.008 - 0.011 in.)

5. Turn crankshaft one revolution (360°) and align mark on crankshaft pulley with T.D.C. mark.

6. Check those valves shown in the figure.

7. Use the same method as described in step 4.

7. If all valves are within specification, install the shims.

- Reassemble rocker cover.
- Reassemble engine.

8. Turn crankshaft one revolution (360°) and align mark on crankshaft pulley with T.D.C. mark.

9. Check those valves shown in the figure.

10. Use the same method as described in step 4.

11. If all valves are within specification, install the shims.

12. Reassemble rocker cover.
13. Reassemble engine.

14. Turn crankshaft one revolution (360°) and align mark on crankshaft pulley with T.D.C. mark.

15. Check those valves shown in the figure.

16. Use the same method as described in step 4.

17. If all valves are within specification, install the shims.

18. Reassemble rocker cover.
19. Reassemble engine.



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2. Rocker cover
3. Rocker cover gasket
4. Oil seal
5. Chain guide
6. Camshaft bracket
7. Intake camshaft
8. Exhaust camshaft

9. Distributor bracket
10. Cylinder head bolt
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13. Valve lifter
14. Valve lifter
15. Valve spring retainer
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17. Valve oil seal
18. Spring seat
19. Valve
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21. Cylinder head gasket
22. Cam crankshaft cover gasket
23. Cam crankshaft cover
24. Washer

User Manual For Nissan Sentra Hb12 1 6l 1990 Model

Nissan Jidōsha Kabushiki Kaisha



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web die schmerzen können in den arm den hals oder den oberbauch ausstrahlen wie die schmerzen sind flächenhaft und werden als brennend und drückend mit engegefühl in der brust beschrieben weitere symptome und besonderheiten je älter die person mit herzinfarkt desto weniger ausgeprägt kann der typische brustschmerz sein

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web sie treten vielfältig in erscheinung und reichen von bluthochdruck arteriosklerose und herzhrythmusstörungen über herzschwäche bis hin zu einem herzinfarkt erfahren sie die wichtigsten fakten zu herz kreislauf erkrankungen wie sie diese erkennen und wie sie ihr erkrankungsrisiko senken

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web wer kreislaufprobleme verstehen will sollte zunächst die grundsätzlichen abläufe im körper kennen der blutkreislauf besteht aus herz und blutgefäßen die sich durch den ganzen körper ziehen seine aufgabe besteht darin die zellen des körpers mit sauerstoff und nährstoffen zu versorgen