

## 350-400hp safe.

Posted by Touge\_MR2 - 2016/03/29 12:29

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Right I was at Autoheros yesterday and I watching the grip lads out on track. It got me thinking I want a competitive car for track and road. The mods I'm going to need etc:

Charge cooler GT4 setup.  
CT26b or CT20b(steel internals) which ever better  
Adj cams pulleys  
Cams (hks, Brian crower, kelford)  
Brakes (discs,pads,lines,fluid)  
Standalone ecu and boost controller  
Wideband O2 sensor  
Coolants and oils.  
Injectors and fuel system upgraded to match

Any insight and direction would be helpful.

Would this kind of route be capable on stock internals and standard mani as nct every yr

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## Re: 350-400hp safe.

Posted by ricky2 - 2016/03/29 18:47

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Standard internals are good for 300bhp after that you will need to upgrade  
take a look at this one for an idea for 400+ bhp

[://www.gumtree.com/p/toyota/mr2-turbo-550bhp/1160598770](http://www.gumtree.com/p/toyota/mr2-turbo-550bhp/1160598770)

Not me selling it

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## Re: 350-400hp safe.

Posted by Touge\_MR2 - 2016/03/30 02:41

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What are people running here as in BHP-Engine Setups. I keep getting mix info. Cause I read somewhere 350-400 on standard internals and Ricky is saying 300 is Max on standard internals.

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## Re: 350-400hp safe.

Posted by Quandry - 2016/03/30 09:52

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Take a read through this article: <http://www.mrcontrols.com/primers/power.htm>

It will give you a lot of good insight in to gaining big HP from the 3sgte. I've seen dyno charts of 700hp! but on the flip side friends of mine have also suffered a cracked block at 350hp so sometimes even though you do things right you can just be unlucky.

Some guys are in to the Charge cooler setup, they have a lot of positives but also note that the install and complexity is a bit more difficult than just using a good air 2 air intercooler. Take a look at ATS Racing and Berk technology stuff, it seems to work pretty good for the 3sgte.

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**Re: 350-400hp safe.**

Posted by Touge\_MR2 - 2016/03/30 12:17

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Thanks for that I'll have a good read of that tonight on the computer. And hopefully it may set me in the right direction to what I want to achieve.

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