

TORQUE CONVERSION TABLES

Ft lbs Foot Pounds	M.Kgs or M.Kps Meters Kilo Grams	Nm Newton Meters
5	0.69	6.78
10	1.38	13.56
15	2.07	20.34
20	2.76	27.12
25	3.46	33.90
30	4.15	40.68
35	4.84	47.46
40	5.53	54.24
45	6.22	61.02
50	6.91	67.80
55	7.60	74.58
60	8.29	81.36
65	8.98	88.14
70	9.67	94.92
75	10.37	101.70
80	11.06	108.48
85	11.75	115.26
90	12.44	122.04
95	13.13	128.82
100	13.82	135.60
105	14.51	142.38
110	15.20	149.16
115	15.89	155.94
120	16.58	162.72
125	17.28	169.50
130	17.97	176.28
135	18.66	183.06
140	19.35	189.84
145	20.04	196.62
150	20.73	203.40
155	21.42	210.18
160	22.11	216.96
165	22.80	223.74
170	23.49	230.52
175	24.19	237.30
180	24.88	244.08
185	25.57	250.86
190	26.26	257.64
195	26.95	264.42
200	27.64	271.20
205	28.33	277.98
210	29.02	284.76
215	29.71	291.54
220	30.40	298.32
225	31.09	305.10
230	31.78	311.88
235	32.47	318.66
240	33.16	325.44
245	33.85	332.22
250	34.54	339.00
260	35.88	352.56
270	37.26	366.12
280	38.64	379.68
290	40.02	393.24
300	41.40	406.80

Nm Newton Meters	Ft lbs Foot Pounds	M.Kgs or M.Kps Meters Kilo Grams
10	7.38	1.02
20	14.75	2.04
30	22.13	3.06
40	29.50	4.08
50	36.88	5.10
60	44.26	6.12
70	51.63	7.14
80	59.01	8.16
90	66.38	9.18
100	73.76	10.20
110	81.14	11.22
120	88.51	12.24
130	98.89	13.26
140	103.26	14.28
150	110.64	15.30
160	118.02	16.32
170	125.39	17.34
180	132.77	18.36
190	140.14	19.38
200	147.52	20.40
210	154.90	21.42
220	162.27	22.44
230	169.65	23.46
240	177.02	24.48
250	184.40	25.50
260	191.78	26.52
270	199.15	27.54
280	206.53	28.56
290	213.91	29.58
300	221.29	30.60
310	228.67	31.62
320	236.05	32.64
330	243.43	33.66
340	250.81	34.68
350	258.30	35.70
360	265.68	36.72
370	273.06	37.74
380	280.44	38.74
390	287.82	39.78
400	295.20	40.80
410	302.58	41.82

M.Kgs or M.Kps Meters Kilo Grams	Nm Newton Meters	Ft lbs Foot Pounds
1	9.81	7.23
2	19.61	14.47
3	29.42	21.70
4	39.23	28.93
5	49.04	36.17
6	58.84	43.40
7	68.65	50.63
8	78.46	57.87
9	88.26	65.10
10	98.07	72.33
11	107.88	79.57
12	117.68	86.80
13	127.49	94.03
14	137.30	101.27
15	147.11	108.50
16	156.91	115.74
17	166.72	122.97
18	176.53	130.20
19	186.33	137.43
20	196.14	144.67
21	205.95	151.90
22	215.75	159.13
23	225.37	166.37
24	235.37	173.60
25	245.18	180.84
26	254.98	188.08
27	264.79	195.30
28	274.60	202.54
29	284.41	209.77
30	294.22	217.00
31	304.03	224.23
32	313.84	231.46
33	323.65	238.69
34	333.46	245.92
35	343.35	253.05
36	353.16	260.28
37	362.97	267.51
38	372.78	274.74
39	382.59	281.97
40	392.40	289.20
41	402.21	296.43

CONVERSION FORMULAE

$$1 \text{ Cm-Kg} = 13.887 \text{ in-oz}$$

$$1 \text{ Cm-Kg} = 0.8677 \text{ in-lb}$$

$$1 \text{ M.Kg} = 7.233 \text{ ft-lb}$$

$$1 \text{ Kp-Cm} = 1 \text{ Cm-Kg}$$

$$1 \text{ Cm-Kg} = 0.098 \text{ Nm}$$

$$1 \text{ dNm} = 14.161 \text{ in-oz}$$

$$1 \text{ Nm} = 8.8507 \text{ in-oz}$$

$$1 \text{ Nm} = 0.73756 \text{ ft-lb}$$

$$1 \text{ M.Kp} = 1 \text{ M.Kg}$$

$$1 \text{ Mkg} = 9.80665 \text{ Nm}$$

$$1 \text{ ft-lb} = 12 \text{ in-lb}$$