

Conversion Tables

Newton Meters (N-m)	Kilo-gram Meters (kg-m)	Foot Pounds (Ft. Lbs)
1.0	0.10	0.74
1.5	0.15	1.11
2.0	0.20	1.48
2.5	0.25	1.84
3.0	0.31	2.21
3.5	0.36	2.58
4.0	0.41	2.95
4.5	0.46	3.32
5.0	0.51	3.69
6.0	0.61	4.43
7.0	0.71	5.16
8.0	0.82	5.90
9.0	0.92	6.64
10.0	1.02	7.38
20.0	2.04	14.75
30.0	3.06	22.13
40.0	4.08	29.50
50.0	5.10	36.88
60.0	6.12	44.25
70.0	7.14	51.63
80.0	8.16	59.00
90.0	9.18	66.38
100.0	10.20	73.76
110.0	11.22	81.13
120.0	12.24	88.51
130.0	13.26	95.88
140.0	14.28	103.26
150.0	15.30	110.63
160.0	16.32	118.01
170.0	17.34	125.39
180.0	18.35	132.76
190.0	19.37	140.14
200.0	20.39	147.51
210.0	21.41	154.89
220.0	22.43	162.26
230.0	23.45	169.64
240.0	24.47	177.01
250.0	25.49	184.39
260.0	26.51	191.77
270.0	27.53	199.14
280.0	28.55	206.52
290.0	29.57	213.89
300.0	30.59	221.27
310.0	31.61	228.64
320.0	32.63	236.02
330.0	33.65	243.39
340.0	34.67	250.77
350.0	35.69	258.15
360.0	36.71	265.52
370.0	37.73	272.90

Kilo-gram Meters (kg-m)	Newton Meters (N-m)	Foot Pounds (Ft. Lbs)
1.0	9.81	7.23
1.5	14.71	10.85
2.0	19.61	14.47
2.5	24.52	18.08
3.0	29.42	21.70
3.5	34.32	25.32
4.0	39.23	28.93
4.5	44.13	32.55
5.0	49.03	36.17
6.0	58.84	43.40
7.0	68.65	50.63
8.0	78.45	57.86
9.0	88.26	65.10
10.0	98.07	72.33
11.0	107.87	79.56
12.0	117.68	86.80
13.0	127.49	94.03
14.0	137.29	101.26
15.0	147.10	108.50
16.0	156.91	115.73
17.0	166.71	122.96
18.0	176.52	130.19
19.0	186.33	137.43
20.0	196.13	144.66
21.0	205.94	151.89
22.0	215.75	159.13
23.0	225.55	166.36
24.0	235.36	173.59
25.0	245.17	180.83
26.0	254.97	188.06
27.0	264.78	195.29
28.0	274.59	202.52
29.0	284.39	209.76
30.0	294.20	216.99
31.0	304.01	224.22
32.0	313.81	231.46
33.0	323.62	238.69
34.0	333.43	245.92
35.0	343.23	253.16
36.0	353.04	260.39
37.0	362.85	267.62
38.0	372.65	274.85
39.0	382.46	282.09
40.0	392.27	289.32
41.0	402.07	296.55
42.0	411.88	303.79
43.0	421.69	311.02
44.0	431.49	318.25
45.0	441.30	325.49
46.0	451.11	332.72

Foot Pounds (Ft. Lbs)	Newton Meters (N-m)	Kilo-gram Meters (kg-m)
1.0	1.36	0.14
1.5	2.03	0.21
2.0	2.71	0.28
2.5	3.39	0.35
3.0	4.07	0.41
3.5	4.75	0.48
4.0	5.42	0.55
4.5	6.10	0.62
5.0	6.78	0.69
6.0	8.13	0.83
7.0	9.49	0.97
8.0	10.85	1.11
9.0	12.20	1.24
10.0	13.56	1.38
20.0	27.12	2.77
30.0	40.67	4.15
40.0	54.23	5.53
50.0	67.79	6.91
60.0	81.35	8.30
70.0	94.91	9.68
80.0	108.47	11.06
90.0	122.02	12.44
100.0	135.58	13.83
110.0	149.14	15.21
120.0	162.70	16.59
130.0	176.26	17.97
140.0	189.82	19.36
150.0	203.37	20.74
160.0	216.93	22.12
170.0	230.49	23.50
180.0	244.05	24.89
190.0	257.61	26.27
200.0	271.16	27.65
210.0	284.72	29.03
220.0	298.28	30.42
230.0	311.84	31.80
240.0	325.40	33.18
250.0	338.96	34.56
260.0	352.51	35.95
270.0	366.07	37.33
280.0	379.63	38.71
290.0	393.19	40.09
300.0	406.75	41.48
310.0	420.30	42.86
320.0	433.86	44.24
330.0	447.42	45.62
340.0	460.98	47.01
350.0	474.54	48.39
360.0	488.10	49.77
370.0	501.65	51.15

Conversion Formulas	1 CMKG= 13.887 IN-OZ 1 CMKG= 0.867 IN-LB 1 MKG= 7.233 FT-LB 1 KPCM= 1 CMKG	1 CMKG= 0.98 N-M 1 FT-LB= 12 IN-LB 1 dN-m= 14.16 IN-OZ 1 N-m= 8.8507 IN-LB	1 N-m= 0.73756 FT-LB 1 KPM= 1MKG 1 MKG= 9.80665 N-m
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