

# Conversion Tables

foot pounds (ft.lbs)	kilo-gram meters (kgm or mkp)	newton meters (Nm)	newton meters (Nm)	foot pounds (ft.lbs)	kilo-gram meters (kgm or mkp)	kilo-gram meters (kgm or mkp)	newton meters (Nm)	foot pounds (ft.lbs)	
5	0.69	6.78	10	7.38	1.02	1	9.81	7.23	
10	1.38	13.56	20	14.75	2.04	2	19.61	14.47	
15	2.07	20.34	30	22.13	3.06	3	29.42	21.7	
20	2.76	27.12	40	29.5	4.08	4	39.23	28.93	
25	3.46	33.9	50	36.88	5.1	5	49.04	36.17	
30	4.15	40.68	60	44.26	6.12	6	58.84	43.4	
35	4.84	47.46	70	51.63	7.14	7	68.65	47.87	
40	5.53	54.24	80	59.01	8.16	8	78.46	50.63	
45	6.22	61.02	90	66.36	9.18	9	88.26	65.1	
50	6.91	67.8	100	73.74	10.2	10	98.07	72.33	
55	7.6	74.58	110	81.14	11.22	11	107.88	79.57	
60	8.29	81.36	120	88.51	12.24	12	117.68	86.8	
65	8.98	88.14	130	95.89	13.26	13	127.49	94.03	
70	9.67	94.92	140	103.26	14.28	14	137.3	101.27	
75	10.37	101.7	150	110.64	15.3	15	147.11	108.5	
80	11.06	108.48	160	118.02	16.32	16	156.91	115.74	
85	11.75	115.26	170	125.39	17.34	17	166.72	122.97	
90	12.44	122.04	180	132.77	18.36	18	176.53	130.2	
95	13.13	128.82	190	140.14	19.38	19	186.33	137.43	
100	13.82	135.6	200	147.52	20.4	20	196.14	144.67	
105	14.51	142.38	210	154.9	21.42	21	205.95	151.9	
110	15.2	149.16	220	162.27	22.44	22	215.75	159.13	
115	15.89	155.94	230	169.65	23.46	23	225.37	166.37	
120	16.58	162.72	240	177.02	24.48	24	235.37	173.6	
125	17.28	169.5	250	184.4	25.5	25	245.18	180.08	
130	17.97	176.28	260	191.78	26.52	26	254.98	188.08	
135	18.66	183.06	270	199.15	27.54	27	264.79	195.3	
140	19.35	189.84	280	206.53	28.56	28	274.6	202.54	
145	20.04	196.62	290	213.91	29.58	29	284.41	209.77	
150	20.73	203.4	300	221.29	30.6	30	294.22	217	
155	21.42	210.18	310	228.67	31.62	31	304.03	224.23	
160	21.11	216.96	320	236.05	32.64	32	313.84	231.46	
165	22.8	223.74	330	243.43	33.65	33	323.65	238.69	
170	23.49	230.52	340	250.81	34.68	34	333.46	245.92	
175	24.19	237.7	350	258.3	35.7	35	343.35	253.05	
180	24.88	244.08	360	265.68	36.72	36	353.16	260.28	
185	25.57	250.86	370	273.06	37.74	37	362.97	267.51	
190	26.26	257.64	380	280.44	38.76	38	372.78	274.74	
195	26.95	264.42	390	287.82	39.78	39	382.59	281.97	
200	27.64	271.2	400	292.2	40.8	40	392.4	289.2	
205	28.33	277.98	410	302.58	41.82	41	402.21	296.43	
210	29.02	284.76	<h2 style="margin: 0;">Conversion Formulas</h2> <p>1 CMKG = 13.887IN-OZ                      1 CMKG = 0.867 IN-LB                      1 MKG = 7.233 FT-LB                      1 KPCM = 1 CMKG                      1 CMKG = 0.98 Nm                      1 FT-LB = 12IN-LB</p> <p>1 dNm = 14.16IN-OZ                      1 Nm = 8.8507 IN-LB                      1 Nm = 0.73756 FT-LB                      1 KPM = 1 MKG                      1 MKG = 9.80665 Nm</p>						
215	29.71	291.54							
220	30.4	298.32							
225	31.09	305.1							
230	31.78	311.88							
235	32.47	318.66							
240	33.16	325.44							
245	33.85	332.22							
250	34.54	339							
260	35.88	352.56							
270	37.26	366.12							
280	38.64	379.68							
290	40.02	393.24							
300	41.4	406.8							