

Conversion Tables



Newton Meters (N-M)	Kilo-gram Meters (KG-M)	Foot Pounds (Ft. Lbs)	Kilo-gram Meters (KG-M)	Newton Meters (N-M)	Foot Pounds (Ft. Lbs)	Foot Pounds (Ft. Lbs)	Newton Meters (N-M)	Kilo-gram Meters (KG-M)
1.0	0.10	0.74	1.0	9.81	7.23	1.0	1.36	0.14
1.5	0.15	1.11	1.5	14.71	10.85	1.5	2.03	0.21
2.0	0.20	1.48	2.0	19.61	14.47	2.0	2.71	0.28
2.5	0.25	1.84	2.5	24.52	18.08	2.5	3.39	0.35
3.0	0.31	2.21	3.0	29.42	21.70	3.0	4.07	0.41
3.5	0.36	2.58	3.5	34.32	25.32	3.5	4.75	0.48
4.0	0.41	2.95	4.0	39.23	28.93	4.0	5.42	0.55
4.5	0.46	3.32	4.5	44.13	32.55	4.5	6.10	0.62
5.0	0.51	3.69	5.0	49.03	36.17	5.0	6.78	0.69
6.0	0.61	4.43	6.0	58.84	43.40	6.0	8.13	0.83
7.0	0.71	5.16	7.0	68.65	50.63	7.0	9.49	0.97
8.0	0.82	5.90	8.0	78.45	57.86	8.0	10.85	1.11
9.0	0.92	6.64	9.0	88.26	65.10	9.0	12.20	1.24
10.0	1.02	7.38	10.0	98.07	72.33	10.0	13.56	1.38
20.0	2.04	14.75	11.0	107.87	79.56	20.0	27.12	2.77
30.0	3.06	22.13	12.0	117.68	86.80	30.0	40.67	4.15
40.0	4.08	29.50	13.0	127.49	94.03	40.0	54.23	5.53
50.0	5.10	36.88	14.0	137.29	101.26	50.0	67.79	6.91
60.0	6.12	44.25	15.0	147.10	108.50	60.0	81.35	8.30
70.0	7.14	51.63	16.0	156.91	115.73	70.0	94.91	9.68
80.0	8.16	59.00	17.0	166.71	122.96	80.0	108.47	11.06
90.0	9.18	66.38	18.0	176.52	130.19	90.0	122.02	12.44
100.0	10.20	73.76	19.0	186.33	137.43	100.0	135.58	13.83
110.0	11.22	81.13	20.0	196.13	144.66	110.0	149.14	15.21
120.0	12.24	88.51	21.0	205.94	151.89	120.0	162.70	16.59
130.0	13.26	95.88	22.0	215.75	159.13	130.0	176.26	17.97
140.0	14.28	103.26	23.0	225.55	166.36	140.0	189.82	19.36
150.0	15.30	110.63	24.0	235.36	173.59	150.0	203.37	20.74
160.0	16.32	118.01	25.0	245.17	180.83	160.0	216.93	22.12
170.0	17.34	125.39	26.0	254.97	188.06	170.0	230.49	23.50
180.0	18.35	132.76	27.0	264.78	195.29	180.0	244.05	24.89
190.0	19.37	140.14	28.0	274.59	202.52	190.0	257.61	26.27
200.0	20.39	147.51	29.0	284.39	209.76	200.0	271.16	27.65
210.0	21.41	154.89	30.0	294.20	216.99	210.0	284.72	29.03
220.0	22.43	162.26	31.0	304.01	224.22	220.0	298.28	30.42
230.0	23.45	169.64	32.0	313.81	231.46	230.0	311.84	31.80
240.0	24.47	177.01	33.0	323.62	238.69	240.0	325.40	33.18
250.0	25.49	184.39	34.0	333.43	245.92	250.0	338.96	34.56
260.0	26.51	191.77	35.0	343.23	253.16	260.0	352.51	35.95
270.0	27.53	199.14	36.0	353.04	260.39	270.0	366.07	37.33
280.0	28.55	206.52	37.0	362.85	267.62	280.0	379.63	38.71
290.0	29.57	213.89	38.0	372.65	274.85	290.0	393.19	40.09
300.0	30.59	221.27	39.0	382.46	282.09	300.0	406.75	41.48
310.0	31.61	228.64	40.0	392.27	289.32	310.0	420.30	42.86
320.0	32.63	236.02	41.0	402.07	296.55	320.0	433.86	44.24
330.0	33.65	243.39	42.0	411.88	303.79	330.0	447.42	45.62
340.0	34.67	250.77	43.0	421.69	311.02	340.0	460.98	47.01
350.0	35.69	258.15	44.0	431.49	318.25	350.0	474.54	48.39
360.0	36.71	265.52	45.0	441.30	325.49	360.0	488.10	49.77
370.0	37.73	272.90	46.0	451.11	332.72	370.0	501.65	51.15

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

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