

# TORQUE VALUE CONVERSIONS

From ft lb to Nm

ft lb	Nm									
	0	1	2	3	4	5	6	7	8	9
0	0	1.36	2.71	4.07	5.42	6.78	8.13	9.49	10.84	12.20
10	13.56	14.91	16.27	17.62	18.98	20.33	21.69	23.05	24.40	25.76
20	27.11	28.47	29.83	31.18	32.54	33.89	35.25	36.61	37.97	39.32
30	40.67	42.02	43.38	44.73	46.09	47.45	48.80	50.16	51.51	52.87
40	54.22	55.58	56.94	58.29	59.65	61.00	62.36	63.71	65.07	66.42
50	67.78	69.14	70.49	71.85	73.20	74.56	75.91	77.27	78.62	79.98
60	81.33	82.69	84.05	85.40	86.76	88.11	89.47	90.83	92.18	93.54
70	94.89	96.25	97.60	98.96	100.31	101.67	103.03	104.38	105.74	107.09
80	108.45	109.80	111.16	112.51	113.87	115.23	116.58	117.94	119.29	120.65
90	122.00	123.36	124.72	126.07	127.43	128.78	130.14	131.49	132.85	134.20
100	135.66									

ft lb x 1.3556 = Nm

From Nm to ft lb

Nm	ft lb									
	0	1	2	3	4	5	6	7	8	9
0	0	0.74	1.48	2.21	2.95	3.69	4.43	5.16	5.90	6.64
10	7.38	8.11	8.85	9.59	10.33	11.06	11.80	12.54	13.28	14.01
20	14.75	15.49	16.23	16.96	17.70	18.44	19.18	19.91	20.65	21.39
30	22.13	22.86	23.60	24.34	25.08	25.81	26.55	27.29	28.03	28.76
40	29.50	30.24	30.98	31.72	32.45	33.19	33.93	34.67	35.40	36.14
50	36.88	37.62	38.35	39.09	39.83	40.57	41.30	42.04	42.78	43.52
60	44.25	44.99	45.73	46.47	47.20	47.94	48.68	49.42	50.15	50.89
70	51.63	52.37	53.10	53.84	54.58	55.32	56.05	56.79	57.53	58.27
80	59.00	59.74	60.48	61.22	61.96	62.69	63.43	64.17	64.91	65.64
90	66.38	67.12	67.86	68.59	69.33	70.07	70.81	71.54	72.28	73.02
100	73.76									

1 Nm = 0.73756 ft lb

From in lb to Nm

in lb	Nm									
	0	1	2	3	4	5	6	7	8	9
0	0	0.113	0.226	0.339	0.452	0.565	0.678	0.791	0.904	1.02
10	1.13	1.24	1.36	1.47	1.58	1.70	1.81	1.92	2.03	2.15
20	2.26	2.37	2.49	2.60	2.71	2.83	2.94	3.05	3.16	3.28
30	3.39	3.50	3.62	3.73	3.84	3.96	4.07	4.18	4.29	4.41
40	4.52	4.63	4.75	4.86	4.97	5.09	5.20	5.31	5.42	5.54
50	5.65	5.76	5.88	5.99	6.10	6.22	6.33	6.44	6.55	6.67
60	6.78	6.89	7.01	7.12	7.23	7.35	7.46	7.57	7.68	7.80
70	7.91	8.02	8.14	8.25	8.36	8.48	8.59	8.70	8.81	8.93
80	9.04	9.15	9.27	9.38	9.49	9.61	9.72	9.83	9.94	10.06
90	10.17	10.28	10.40	10.51	10.62	10.74	10.85	10.96	11.07	11.19
100	11.30									

in lb x 0.1130 = Nm

From Nm to in lb

Nm	in lb									
	0	1	2	3	4	5	6	7	8	9
0	0	8.85	17.70	26.55	35.40	44.25	53.10	61.95	70.81	79.66
10	88.51	97.36	106.21	115.06	123.91	132.76	141.61	150.46	159.31	168.16
20	177.01	185.86	194.72	203.57	212.42	221.27	230.12	238.98	247.82	256.67
30	265.52	274.38	283.22	292.07	300.92	309.77	318.62	327.48	336.33	345.18
40	354.03	362.88	371.73	380.58	389.43	398.28	407.13	415.98	424.83	433.68
50	442.53	451.38	460.24	469.09	477.94	486.79	495.64	504.49	513.34	522.19
60	531.04	539.89	548.74	557.59	566.44	575.30	584.15	592.99	601.85	610.70
70	619.55	628.40	637.25	646.10	654.95	663.80	672.65	681.50	690.35	699.20
80	708.06	716.91	725.76	734.61	743.46	752.31	761.16	770.01	778.86	787.71
90	796.56	805.41	814.26	823.12	831.97	840.82	849.67	858.52	867.37	876.22
100	885.07									

Nm x 8.8507 = in lb

From in oz to Nm

in oz	Nm									
	0	1	2	3	4	5	6	7	8	9
0	0	0.007	0.014	0.021	0.028	0.035	0.042	0.049	0.056	0.064
10	0.071	0.078	0.085	0.092	0.098	0.106	0.113	0.120	0.127	0.134
20	0.141	0.148	0.155	0.162	0.169	0.177	0.184	0.191	0.198	0.205
30	0.212	0.219	0.226	0.232	0.240	0.247	0.254	0.261	0.268	0.275
40	0.282	0.289	0.297	0.304	0.312	0.318	0.324	0.332	0.339	0.346
50	0.353	0.360	0.367	0.374	0.381	0.388	0.395	0.402	0.409	0.417
60	0.424	0.431	0.438	0.445	0.452	0.459	0.466	0.473	0.480	0.487
70	0.494	0.501	0.508	0.515	0.522	0.530	0.537	0.544	0.551	0.558
80	0.565	0.572	0.579	0.586	0.593	0.600	0.607	0.614	0.621	0.628
90	0.635	0.642	0.650	0.657	0.664	0.671	0.678	0.685	0.692	0.699
100	0.706									

in oz x 0.00706 = Nm

From Nm to in oz

Nm	in oz									
	0	1	2	3	4	5	6	7	8	9
0.0	0	1.42	2.83	4.25	5.66	7.08	8.50	9.91	11.33	12.74
0.1	14.16	15.58	16.99	18.41	19.83	21.24	22.66	24.07	25.49	26.91
0.2	28.32	29.74	31.15	32.57	33.99	35.40	36.82	38.23	39.65	41.07
0.3	42.48	43.90	45.32	46.73	48.15	49.56	50.98	52.40	53.81	55.23
0.4	56.64	58.06	59.48	60.89	62.31	63.72	65.14	66.56	67.97	69.39
0.5	70.81	72.22	73.64	75.05	76.47	77.89	79.30	80.72	82.13	83.55
0.6	84.97	86.41	87.80	89.21	90.63	92.05	93.46	94.88	96.30	97.71
0.7	99.13	100.54	101.96	103.38	104.79	106.21	107.62	109.04	110.46	111.87
0.8	113.29	114.70	116.12	117.54	118.95	120.37	121.79	123.20	124.62	126.03
0.9	127.45	128.87	130.28	131.70	133.11	134.53	135.95	137.36	138.78	140.19
1.0	141.61									

0.01 Nm x 141.6112 = 0.01 in oz

From mkg to Nm

mkg	Nm									
	0	1	2	3	4	5	6	7	8	9
0	0	9.81	19.61	29.42	39.23	49.03	58.84	68.65	78.45	88.26
10	98.07	107.87	117.68	127.49	137.30	147.10	156.90	166.71	176.52	186.33
20	196.13	205.94	215.75	225.55	235.36	245.17	254.98	264.78	274.59	284.40
30	294.20	304.00	313.81	323.62	333.43	343.23	353.04	362.85	372.65	382.46
40	392.27	402.07	411.88	421.69	431.49	441.30	451.11	460.91	470.72	480.53
50	490.33	500.14	509.95	519.75	529.56	539.37	549.17	558.98	568.79	578.60
60	588.40	598.21	608.01	617.82	627.63	637.43	647.24	657.05	666.86	676.66
70	686.47	696.27	706.08	715.89	725.70	735.50	745.30	755.11	764.92	774.73
80	784.53	794.34	804.15	813.95	823.76	833.57	843.37	853.18	862.99	872.79
90	882.60	892.41	902.21	912.02	921.83	931.63	941.44	951.25	961.05	970.86
100	980.67									

mkg (or kpm) = 9.80665 Nm

From Nm to mkg

Nm	mkg									
	0	1	2	3	4	5	6	7	8	9
0	0	0.102	0.204	0.306	0.408	0.510	0.611	0.714	0.816	0.918
10	1.020	1.122	1.224	1.326	1.428	1.530	1.632	1.733	1.835	1.937
20	2.039	2.141	2.243	2.345	2.447	2.549	2.651	2.753	2.855	2.957
30	3.059	3.161	3.263	3.365	3.467	3.569	3.671	3.773	3.875	3.977
40	4.079	4.181	4.283	4.385	4.487	4.589	4.691	4.793	4.895	4.997
50	5.099	5.201	5.302	5.404	5.506	5.608	5.710	5.812	5.914	6.016
60	6.118	6.220	6.322	6.424	6.526	6.628	6.730	6.832	6.934	7.036
70	7.138	7.240	7.342	7.444	7.546	7.648	7.750	7.852	7.954	8.056
80	8.158	8.260	8.362	8.464	8.565	8.667	8.769	8.871	8.973	9.075
90	9.177	9.279	9.381	9.483	9.585	9.687	9.789	9.891	9.993	10.095
100	10.197									

Nm x 0.10197 = mkg (or kpm)