Height Conversion Chart

Feet and inches to centimetres from 4′0″ to 7′2″, and 120 cm to 220 cm in feet and inches

For: Everyone: forms, passports, medical and fitness records, dating profiles, classrooms

allunitconversions.com/height-conversion-chart
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9 November 2026

EXACT DEFINITION	FORMULA	REVERSE	WORKED EXAMPLE
1 inch = 2.54 cm exactly; 1 foot = 12 inches = 30.48 cm	cm = (feet × 12 + inches) × 2.54	inches = cm ÷ 2.54; feet = whole part of inches ÷ 12	5′9″ = 69 in × 2.54 = 175.26 cm; 170 cm = 66.93 in = 5′ 6.9″

Centimetres to 1 decimal place, inches to 0.1 in. Heights are usually rounded to the nearest whole centimetre or half inch.

Feet and inches to centimetres

Height	Inches	Centimetres (cm)	Metres (m)	Height	Inches	Centimetres (cm)	Metres (m)	Height	Inches	Centimetres (cm)	Metres (m)
4′ 0″	48	121.9	1.22	5′ 1″	61	154.9	1.55	6′ 2″	74	188.0	1.88
4′ 1″	49	124.5	1.24	5′ 2″	62	157.5	1.57	6′ 3″	75	190.5	1.91
4′ 2″	50	127.0	1.27	5′ 3″	63	160.0	1.60	6′ 4″	76	193.0	1.93
4′ 3″	51	129.5	1.30	5′ 4″	64	162.6	1.63	6′ 5″	77	195.6	1.96
4′ 4″	52	132.1	1.32	5′ 5″	65	165.1	1.65	6′ 6″	78	198.1	1.98
4′ 5″	53	134.6	1.35	5′ 6″	66	167.6	1.68	6′ 7″	79	200.7	2.01
4′ 6″	54	137.2	1.37	5′ 7″	67	170.2	1.70	6′ 8″	80	203.2	2.03
4′ 7″	55	139.7	1.40	5′ 8″	68	172.7	1.73	6′ 9″	81	205.7	2.06
4′ 8″	56	142.2	1.42	5′ 9″	69	175.3	1.75	6′ 10″	82	208.3	2.08
4′ 9″	57	144.8	1.45	5′ 10″	70	177.8	1.78	6′ 11″	83	210.8	2.11
4′ 10″	58	147.3	1.47	5′ 11″	71	180.3	1.80	7′ 0″	84	213.4	2.13
4′ 11″	59	149.9	1.50	6′ 0″	72	182.9	1.83	7′ 1″	85	215.9	2.16
5′ 0″	60	152.4	1.52	6′ 1″	73	185.4	1.85	7′ 2″	86	218.4	2.18

Centimetres to feet and inches

Centimetres (cm)	Feet and inches	Inches (in)	Centimetres (cm)	Feet and inches	Inches (in)	Centimetres (cm)	Feet and inches	Inches (in)	Centimetres (cm)	Feet and inches	Inches (in)
120	3 ft 11.2 in	47.2	**146**	4 ft 9.5 in	57.5	**172**	5 ft 7.7 in	67.7	**198**	6 ft 6.0 in	78.0
121	3 ft 11.6 in	47.6	**147**	4 ft 9.9 in	57.9	**173**	5 ft 8.1 in	68.1	**199**	6 ft 6.3 in	78.3
122	4 ft 0.0 in	48.0	**148**	4 ft 10.3 in	58.3	**174**	5 ft 8.5 in	68.5	**200**	6 ft 6.7 in	78.7
123	4 ft 0.4 in	48.4	**149**	4 ft 10.7 in	58.7	**175**	5 ft 8.9 in	68.9	**201**	6 ft 7.1 in	79.1
124	4 ft 0.8 in	48.8	**150**	4 ft 11.1 in	59.1	**176**	5 ft 9.3 in	69.3	**202**	6 ft 7.5 in	79.5
125	4 ft 1.2 in	49.2	**151**	4 ft 11.4 in	59.4	**177**	5 ft 9.7 in	69.7	**203**	6 ft 7.9 in	79.9
126	4 ft 1.6 in	49.6	**152**	4 ft 11.8 in	59.8	**178**	5 ft 10.1 in	70.1	**204**	6 ft 8.3 in	80.3
127	4 ft 2.0 in	50.0	**153**	5 ft 0.2 in	60.2	**179**	5 ft 10.5 in	70.5	**205**	6 ft 8.7 in	80.7
128	4 ft 2.4 in	50.4	**154**	5 ft 0.6 in	60.6	**180**	5 ft 10.9 in	70.9	**206**	6 ft 9.1 in	81.1
129	4 ft 2.8 in	50.8	**155**	5 ft 1.0 in	61.0	**181**	5 ft 11.3 in	71.3	**207**	6 ft 9.5 in	81.5
130	4 ft 3.2 in	51.2	**156**	5 ft 1.4 in	61.4	**182**	5 ft 11.7 in	71.7	**208**	6 ft 9.9 in	81.9
131	4 ft 3.6 in	51.6	**157**	5 ft 1.8 in	61.8	**183**	6 ft 0.0 in	72.0	**209**	6 ft 10.3 in	82.3
132	4 ft 4.0 in	52.0	**158**	5 ft 2.2 in	62.2	**184**	6 ft 0.4 in	72.4	**210**	6 ft 10.7 in	82.7
133	4 ft 4.4 in	52.4	**159**	5 ft 2.6 in	62.6	**185**	6 ft 0.8 in	72.8	**211**	6 ft 11.1 in	83.1
134	4 ft 4.8 in	52.8	**160**	5 ft 3.0 in	63.0	**186**	6 ft 1.2 in	73.2	**212**	6 ft 11.5 in	83.5
135	4 ft 5.1 in	53.1	**161**	5 ft 3.4 in	63.4	**187**	6 ft 1.6 in	73.6	**213**	6 ft 11.9 in	83.9
136	4 ft 5.5 in	53.5	**162**	5 ft 3.8 in	63.8	**188**	6 ft 2.0 in	74.0	**214**	7 ft 0.3 in	84.3
137	4 ft 5.9 in	53.9	**163**	5 ft 4.2 in	64.2	**189**	6 ft 2.4 in	74.4	**215**	7 ft 0.6 in	84.6

Centimetres (cm)	Feet and inches	Inches (in)
138	4 ft 6.3 in	54.3
139	4 ft 6.7 in	54.7
140	4 ft 7.1 in	55.1
141	4 ft 7.5 in	55.5
142	4 ft 7.9 in	55.9
143	4 ft 8.3 in	56.3
144	4 ft 8.7 in	56.7
145	4 ft 9.1 in	57.1

Centimetres (cm)	Feet and inches	Inches (in)
164	5 ft 4.6 in	64.6
165	5 ft 5.0 in	65.0
166	5 ft 5.4 in	65.4
167	5 ft 5.7 in	65.7
168	5 ft 6.1 in	66.1
169	5 ft 6.5 in	66.5
170	5 ft 6.9 in	66.9
171	5 ft 7.3 in	67.3

Centimetres (cm)	Feet and inches	Inches (in)
190	6 ft 2.8 in	74.8
191	6 ft 3.2 in	75.2
192	6 ft 3.6 in	75.6
193	6 ft 4.0 in	76.0
194	6 ft 4.4 in	76.4
195	6 ft 4.8 in	76.8
196	6 ft 5.2 in	77.2
197	6 ft 5.6 in	77.6

Centimetres (cm)	Feet and inches	Inches (in)
216	7 ft 1.0 in	85.0
217	7 ft 1.4 in	85.4
218	7 ft 1.8 in	85.8
219	7 ft 2.2 in	86.2
220	7 ft 2.6 in	86.6

Metres to feet and inches

Metres (m)	Feet and inches	Feet (ft)
1.00	3 ft 3.4 in	3.281
1.05	3 ft 5.3 in	3.445
1.10	3 ft 7.3 in	3.609
1.15	3 ft 9.3 in	3.773
1.20	3 ft 11.2 in	3.937
1.25	4 ft 1.2 in	4.101
1.30	4 ft 3.2 in	4.265
1.35	4 ft 5.1 in	4.429
1.40	4 ft 7.1 in	4.593
1.45	4 ft 9.1 in	4.757
1.50	4 ft 11.1 in	4.921
1.55	5 ft 1.0 in	5.085
1.60	5 ft 3.0 in	5.249

Metres (m)	Feet and inches	Feet (ft)
1.65	5 ft 5.0 in	5.413
1.70	5 ft 6.9 in	5.577
1.75	5 ft 8.9 in	5.741
1.80	5 ft 10.9 in	5.906
1.85	6 ft 0.8 in	6.070
1.90	6 ft 2.8 in	6.234
1.95	6 ft 4.8 in	6.398
2.00	6 ft 6.7 in	6.562
2.05	6 ft 8.7 in	6.726
2.10	6 ft 10.7 in	6.890
2.15	7 ft 0.6 in	7.054
2.20	7 ft 2.6 in	7.218

Sources and method

- **International Yard and Pound Agreement (1959)** — 1 in = 25.4 mm, 1 ft = 0.3048 m, 1 lb = 0.453 592 37 kg exactly
- **NIST Special Publication 811** — Guide for the Use of the International System of Units (www.nist.gov/pml/special-publication-811)

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