Pounds to Kilograms Conversion Chart

Pounds and stones to kilograms

For: Fitness, medical, travel and shipping

allunitconversions.com/lb-to-kg-conversion-chart
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EXACT DEFINITION	FORMULA	REVERSE	WORKED EXAMPLE
1 lb = 0.453 592 37 kg exactly; 1 st = 14 lb	kg = lb × 0.453 592 37	lb = kg ÷ 0.453 592 37	150 lb × 0.45359237 = 68.04 kg

Kilograms are rounded to 2 decimal places.

1 to 100 pounds

Pounds (lb)	Kilograms (kg)	Pounds (lb)	Kilograms (kg)	Pounds (lb)	Kilograms (kg)	Pounds (lb)	Kilograms (kg)
1	0.45	**26**	11.79	**51**	23.13	**76**	34.47
2	0.91	**27**	12.25	**52**	23.59	**77**	34.93
3	1.36	**28**	12.70	**53**	24.04	**78**	35.38
4	1.81	**29**	13.15	**54**	24.49	**79**	35.83
5	2.27	**30**	13.61	**55**	24.95	**80**	36.29
6	2.72	**31**	14.06	**56**	25.40	**81**	36.74
7	3.18	**32**	14.51	**57**	25.85	**82**	37.19
8	3.63	**33**	14.97	**58**	26.31	**83**	37.65
9	4.08	**34**	15.42	**59**	26.76	**84**	38.10
10	4.54	**35**	15.88	**60**	27.22	**85**	38.56
11	4.99	**36**	16.33	**61**	27.67	**86**	39.01
12	5.44	**37**	16.78	**62**	28.12	**87**	39.46
13	5.90	**38**	17.24	**63**	28.58	**88**	39.92
14	6.35	**39**	17.69	**64**	29.03	**89**	40.37
15	6.80	**40**	18.14	**65**	29.48	**90**	40.82
16	7.26	**41**	18.60	**66**	29.94	**91**	41.28
17	7.71	**42**	19.05	**67**	30.39	**92**	41.73
18	8.16	**43**	19.50	**68**	30.84	**93**	42.18
19	8.62	**44**	19.96	**69**	31.30	**94**	42.64
20	9.07	**45**	20.41	**70**	31.75	**95**	43.09
21	9.53	**46**	20.87	**71**	32.21	**96**	43.54
22	9.98	**47**	21.32	**72**	32.66	**97**	44.00
23	10.43	**48**	21.77	**73**	33.11	**98**	44.45
24	10.89	**49**	22.23	**74**	33.57	**99**	44.91
25	11.34	**50**	22.68	**75**	34.02	**100**	45.36

105 to 400 pounds

Pounds (lb)	Kilograms (kg)	Pounds (lb)	Kilograms (kg)	Pounds (lb)	Kilograms (kg)	Pounds (lb)	Kilograms (kg)
105	47.63	**180**	81.65	**255**	115.67	**330**	149.69
110	49.90	**185**	83.91	**260**	117.93	**335**	151.95
115	52.16	**190**	86.18	**265**	120.20	**340**	154.22
120	54.43	**195**	88.45	**270**	122.47	**345**	156.49
125	56.70	**200**	90.72	**275**	124.74	**350**	158.76
130	58.97	**205**	92.99	**280**	127.01	**355**	161.03

Pounds (lb)	Kilograms (kg)	Pounds (lb)	Kilograms (kg)	Pounds (lb)	Kilograms (kg)	Pounds (lb)	Kilograms (kg)
135	61.23	**210**	95.25	**285**	129.27	**360**	163.29
140	63.50	**215**	97.52	**290**	131.54	**365**	165.56
145	65.77	**220**	99.79	**295**	133.81	**370**	167.83
150	68.04	**225**	102.06	**300**	136.08	**375**	170.10
155	70.31	**230**	104.33	**305**	138.35	**380**	172.37
160	72.57	**235**	106.59	**310**	140.61	**385**	174.63
165	74.84	**240**	108.86	**315**	142.88	**390**	176.90
170	77.11	**245**	111.13	**320**	145.15	**395**	179.17
175	79.38	**250**	113.40	**325**	147.42	**400**	181.44

Stones to kilograms and pounds

Stones (st)	Kilograms (kg)	Pounds (lb)	Stones (st)	Kilograms (kg)	Pounds (lb)	Stones (st)	Kilograms (kg)	Pounds (lb)
5.0	31.75	70	**13.5**	85.73	189	**22.0**	139.71	308
5.5	34.93	77	**14.0**	88.90	196	**22.5**	142.88	315
6.0	38.10	84	**14.5**	92.08	203	**23.0**	146.06	322
6.5	41.28	91	**15.0**	95.25	210	**23.5**	149.23	329
7.0	44.45	98	**15.5**	98.43	217	**24.0**	152.41	336
7.5	47.63	105	**16.0**	101.60	224	**24.5**	155.58	343
8.0	50.80	112	**16.5**	104.78	231	**25.0**	158.76	350
8.5	53.98	119	**17.0**	107.95	238	**25.5**	161.93	357
9.0	57.15	126	**17.5**	111.13	245	**26.0**	165.11	364
9.5	60.33	133	**18.0**	114.31	252	**26.5**	168.28	371
10.0	63.50	140	**18.5**	117.48	259	**27.0**	171.46	378
10.5	66.68	147	**19.0**	120.66	266	**27.5**	174.63	385
11.0	69.85	154	**19.5**	123.83	273	**28.0**	177.81	392
11.5	73.03	161	**20.0**	127.01	280	**28.5**	180.98	399
12.0	76.20	168	**20.5**	130.18	287	**29.0**	184.16	406
12.5	79.38	175	**21.0**	133.36	294	**29.5**	187.33	413
13.0	82.55	182	**21.5**	136.53	301	**30.0**	190.51	420

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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