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Weight Conversion Chart

Kilograms, pounds, stones, grams and ounces

For: Fitness, cooking, shipping and everyday use

allunitconversions.com/weight-conversion-chart
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EXACT DEFINITION	FORMULA	REVERSE	WORKED EXAMPLE
1 lb = 0.453 592 37 kg exactly; 1 st = 14 lb; 1 lb = 16 oz	lb = kg ÷ 0.453 592 37	kg = lb × 0.453 592 37	70 kg ÷ 0.45359237 = 154.32 lb = 11 st 0.3 lb

Pounds are rounded to 2 decimal places, grams and ounces as shown.

Kilograms to pounds and stones

Kilograms (kg)	Pounds (lb)	Stones + lb	Kilograms (kg)	Pounds (lb)	Stones + lb	Kilograms (kg)	Pounds (lb)	Stones + lb
1	2.20	2.2 lb	**38**	83.78	5 st 13.8 lb	**75**	165.35	11 st 11.3 lb
2	4.41	4.4 lb	**39**	85.98	6 st 2.0 lb	**76**	167.55	11 st 13.6 lb
3	6.61	6.6 lb	**40**	88.18	6 st 4.2 lb	**77**	169.76	12 st 1.8 lb
4	8.82	8.8 lb	**41**	90.39	6 st 6.4 lb	**78**	171.96	12 st 4.0 lb
5	11.02	11.0 lb	**42**	92.59	6 st 8.6 lb	**79**	174.17	12 st 6.2 lb
6	13.23	13.2 lb	**43**	94.80	6 st 10.8 lb	**80**	176.37	12 st 8.4 lb
7	15.43	1 st 1.4 lb	**44**	97.00	6 st 13.0 lb	**81**	178.57	12 st 10.6 lb
8	17.64	1 st 3.6 lb	**45**	99.21	7 st 1.2 lb	**82**	180.78	12 st 12.8 lb
9	19.84	1 st 5.8 lb	**46**	101.41	7 st 3.4 lb	**83**	182.98	13 st 1.0 lb
10	22.05	1 st 8.0 lb	**47**	103.62	7 st 5.6 lb	**84**	185.19	13 st 3.2 lb
11	24.25	1 st 10.3 lb	**48**	105.82	7 st 7.8 lb	**85**	187.39	13 st 5.4 lb
12	26.46	1 st 12.5 lb	**49**	108.03	7 st 10.0 lb	**86**	189.60	13 st 7.6 lb
13	28.66	2 st 0.7 lb	**50**	110.23	7 st 12.2 lb	**87**	191.80	13 st 9.8 lb
14	30.86	2 st 2.9 lb	**51**	112.44	8 st 0.4 lb	**88**	194.01	13 st 12.0 lb
15	33.07	2 st 5.1 lb	**52**	114.64	8 st 2.6 lb	**89**	196.21	14 st 0.2 lb
16	35.27	2 st 7.3 lb	**53**	116.84	8 st 4.8 lb	**90**	198.42	14 st 2.4 lb
17	37.48	2 st 9.5 lb	**54**	119.05	8 st 7.0 lb	**91**	200.62	14 st 4.6 lb
18	39.68	2 st 11.7 lb	**55**	121.25	8 st 9.3 lb	**92**	202.83	14 st 6.8 lb
19	41.89	2 st 13.9 lb	**56**	123.46	8 st 11.5 lb	**93**	205.03	14 st 9.0 lb
20	44.09	3 st 2.1 lb	**57**	125.66	8 st 13.7 lb	**94**	207.23	14 st 11.2 lb
21	46.30	3 st 4.3 lb	**58**	127.87	9 st 1.9 lb	**95**	209.44	14 st 13.4 lb
22	48.50	3 st 6.5 lb	**59**	130.07	9 st 4.1 lb	**96**	211.64	15 st 1.6 lb
23	50.71	3 st 8.7 lb	**60**	132.28	9 st 6.3 lb	**97**	213.85	15 st 3.8 lb
24	52.91	3 st 10.9 lb	**61**	134.48	9 st 8.5 lb	**98**	216.05	15 st 6.1 lb
25	55.12	3 st 13.1 lb	**62**	136.69	9 st 10.7 lb	**99**	218.26	15 st 8.3 lb
26	57.32	4 st 1.3 lb	**63**	138.89	9 st 12.9 lb	**100**	220.46	15 st 10.5 lb
27	59.52	4 st 3.5 lb	**64**	141.10	10 st 1.1 lb	**105**	231.49	16 st 7.5 lb
28	61.73	4 st 5.7 lb	**65**	143.30	10 st 3.3 lb	**110**	242.51	17 st 4.5 lb
29	63.93	4 st 7.9 lb	**66**	145.51	10 st 5.5 lb	**115**	253.53	18 st 1.5 lb
30	66.14	4 st 10.1 lb	**67**	147.71	10 st 7.7 lb	**120**	264.55	18 st 12.6 lb
31	68.34	4 st 12.3 lb	**68**	149.91	10 st 9.9 lb	**125**	275.58	19 st 9.6 lb
32	70.55	5 st 0.5 lb	**69**	152.12	10 st 12.1 lb	**130**	286.60	20 st 6.6 lb
33	72.75	5 st 2.8 lb	**70**	154.32	11 st 0.3 lb	**135**	297.62	21 st 3.6 lb

Kilograms (kg)	Pounds (lb)	Stones + lb
34	74.96	5 st 5.0 lb
35	77.16	5 st 7.2 lb
36	79.37	5 st 9.4 lb
37	81.57	5 st 11.6 lb

Kilograms (kg)	Pounds (lb)	Stones + lb
71	156.53	11 st 2.5 lb
72	158.73	11 st 4.7 lb
73	160.94	11 st 6.9 lb
74	163.14	11 st 9.1 lb

Kilograms (kg)	Pounds (lb)	Stones + lb
140	308.65	22 st 0.6 lb
145	319.67	22 st 11.7 lb
150	330.69	23 st 8.7 lb

Pounds to kilograms

Pounds (lb)	Kilograms (kg)
5	2.27
10	4.54
15	6.80
20	9.07
25	11.34
30	13.61
35	15.88
40	18.14
45	20.41
50	22.68
55	24.95
60	27.22
65	29.48
70	31.75
75	34.02

Pounds (lb)	Kilograms (kg)
80	36.29
85	38.56
90	40.82
95	43.09
100	45.36
105	47.63
110	49.90
115	52.16
120	54.43
125	56.70
130	58.97
135	61.23
140	63.50
145	65.77
150	68.04

Pounds (lb)	Kilograms (kg)
155	70.31
160	72.57
165	74.84
170	77.11
175	79.38
180	81.65
185	83.91
190	86.18
195	88.45
200	90.72
205	92.99
210	95.25
215	97.52
220	99.79
225	102.06

Pounds (lb)	Kilograms (kg)
230	104.33
235	106.59
240	108.86
245	111.13
250	113.40
255	115.67
260	117.93
265	120.20
270	122.47
275	124.74
280	127.01
285	129.27
290	131.54
295	133.81
300	136.08

Kitchen: ounces to grams

Ounces (oz)	Grams (g)
0.5	14.2
1.0	28.3
1.5	42.5
2.0	56.7
2.5	70.9
3.0	85.0
3.5	99.2
4.0	113.4

Ounces (oz)	Grams (g)
4.5	127.6
5.0	141.7
5.5	155.9
6.0	170.1
6.5	184.3
7.0	198.4
7.5	212.6
8.0	226.8

Ounces (oz)	Grams (g)
8.5	241.0
9.0	255.1
9.5	269.3
10.0	283.5
10.5	297.7
11.0	311.8
11.5	326.0
12.0	340.2

Ounces (oz)	Grams (g)
12.5	354.4
13.0	368.5
13.5	382.7
14.0	396.9
14.5	411.1
15.0	425.2
15.5	439.4
16.0	453.6

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)

Conversion values on this sheet are generated by the AllUnitConversions conversion library and automatically checked against the exact definitions above before the PDF is produced; reference tables are taken from the sources listed. Interactive version, corrections and more charts: **allunitconversions.com/weight-conversion-chart**