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## Torque Conversion Chart English to Metric

Foot Pounds (ft. lbs.)	Meter Kilograms (m-kgs)	Foot Pounds (ft. lbs.)	Meter Kilograms (m-kgs)	Foot Pounds (ft. lbs.)	Meter Kilograms (m-kgs)	Foot Pounds (ft. lbs.)	Meter Kilograms (m-kgs)	Foot Pounds (ft. lbs.)	Meter Kilograms (m-kgs)
1 =	0.14	32 =	4.43	63 =	8.71	94 =	13	125 =	17.29
2 =	0.28	33 =	4.56	64 =	8.85	95 =	13.14	126 =	17.43
3 =	0.42	34 =	4.7	65 =	8.9	96 =	13.28	127 =	17.56
4 =	0.55	35 =	4.84	66 =	9.13	97 =	13.42	128 =	17.7
5 =	0.69	36 =	4.98	67 =	9.27	98 =	13.55	129 =	17.84
6 =	0.83	37 =	5.12	68 =	9.4	99 =	13.69	130 =	17.98
7 =	0.97	38 =	5.26	69 =	9.54	100 =	13.83	131 =	18.12
8 =	1.11	39 =	5.39	70 =	9.68	101 =	13.97	132 =	18.26
9 =	1.25	40 =	5.53	71 =	9.82	102 =	14.11	133 =	18.39
10 =	1.38	41 =	5.67	72 =	9.96	103 =	14.25	134 =	18.53
11 =	1.52	42 =	5.81	73 =	10.09	104 =	14.38	135 =	18.67
12 =	1.66	43 =	5.95	74 =	10.23	105 =	14.52	136 =	18.81
13 =	1.8	44 =	6.09	75 =	10.37	106 =	14.66	137 =	18.95
14 =	1.94	45 =	6.22	76 =	10.51	107 =	14.8	138 =	19.09
15 =	2.07	46 =	6.36	77 =	10.65	108 =	14.94	139 =	19.22
16 =	2.21	47 =	6.5	78 =	10.79	109 =	15.08	140 =	19.36
17 =	2.35	48 =	6.64	79 =	10.92	110 =	15.21	141 =	19.5
18 =	2.49	49 =	6.78	80 =	11.01	111 =	15.35	142 =	19.64
19 =	2.63	50 =	6.92	81 =	11.2	112 =	15.49	143 =	19.78
20 =	2.77	51 =	7.05	82 =	11.34	113 =	15.63	144 =	19.92
21 =	2.9	52 =	7.19	83 =	11.48	114 =	15.76	145 =	20.05
22 =	3.04	53 =	7.33	84 =	11.62	115 =	15.9	146 =	20.19
23 =	3.18	54 =	7.47	85 =	11.75	116 =	16.04	147 =	20.33
24 =	3.32	55 =	7.61	86 =	11.89	117 =	16.18	148 =	20.47
25 =	3.46	56 =	7.75	87 =	12.03	118 =	16.32	149 =	20.61
26 =	3.6	57 =	7.88	88 =	12.17	119 =	16.46	150 =	20.75
27 =	3.73	58 =	8.02	89 =	12.31	120 =	16.6	151 =	20.88
28 =	3.87	59 =	8.16	90 =	12.45	121 =	16.73	152 =	21.02
29 =	4.01	60 =	8.3	91 =	12.59	122 =	16.87	153 =	21.16
30 =	4.15	61 =	8.44	92 =	12.73	123 =	17.01	154 =	21.3
31 =	4.29	62 =	8.57	93 =	12.86	124 =	17.15	155 =	21.44
<b>Conversion Formula: Foot Pounds x .1383 = m-kgs</b>									