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Torque Conversion Chart Metric to English

Newton Meters (N-m)	Foot Pounds (ft. lbs.)	Newton Meters (N-m)	Foot Pounds (ft. lbs.)	Newton Meters (N-m)	Foot Pounds (ft. lbs.)	Newton Meters (N-m)	Foot Pounds (ft. lbs.)	Newton Meters (N-m)	Foot Pounds (ft. lbs.)
1 =	0.7	32 =	23.6	63 =	46.5	94 =	69.3	125 =	92.2
2 =	1.5	33 =	24.3	64 =	47.2	95 =	70.1	126 =	92.9
3 =	2.2	34 =	25.1	65 =	47.9	96 =	70.8	127 =	93.7
4 =	3	35 =	25.8	66 =	48.7	97 =	71.5	128 =	94.4
5 =	3.7	36 =	26.6	67 =	49.4	98 =	72.3	129 =	95.1
6 =	4.4	37 =	27.3	68 =	50.2	99 =	73	130 =	95.9
7 =	5.2	38 =	28	69 =	50.9	100 =	73.8	131 =	96.6
8 =	5.9	39 =	28.8	70 =	51.6	101 =	74.5	132 =	97.4
9 =	6.6	40 =	29.5	71 =	52.4	102 =	75.2	133 =	98.1
10 =	7.4	41 =	30.2	72 =	53.1	103 =	76	134 =	98.8
11 =	8.1	42 =	31	73 =	53.8	104 =	76.7	135 =	99.6
12 =	8.9	43 =	31.7	74 =	54.6	105 =	77.4	136 =	100.3
13 =	9.6	44 =	32.5	75 =	55.3	106 =	78.2	137 =	101
14 =	10.3	45 =	33.2	76 =	56.1	107 =	78.9	138 =	101.8
15 =	11.1	46 =	33.9	77 =	56.8	108 =	79.7	139 =	102.5
16 =	11.8	47 =	34.7	78 =	57.5	109 =	80.4	140 =	103.3
17 =	12.5	48 =	35.4	79 =	58.3	110 =	81.1	141 =	104
18 =	13.3	49 =	36.1	80 =	59	111 =	81.9	142 =	104.7
19 =	14	50 =	36.9	81 =	59.7	112 =	82.6	143 =	105.5
20 =	14.8	51 =	37.6	82 =	60.5	113 =	83.3	144 =	106.2
21 =	15.5	52 =	38.4	83 =	61.2	114 =	84.1	145 =	106.9
22 =	16.2	53 =	39.1	84 =	62	115 =	84.8	146 =	107.7
23 =	17	54 =	39.8	85 =	62.7	116 =	85.6	147 =	108.4
24 =	17.7	55 =	40.6	86 =	63.4	117 =	86.3	148 =	109.2
25 =	18.4	56 =	41.3	87 =	64.2	118 =	87	149 =	109.9
26 =	19.2	57 =	42	88 =	64.9	119 =	87.8	150 =	110.6
27 =	19.9	58 =	42.8	89 =	65.6	120 =	88.5	151 =	111.4
28 =	20.7	59 =	43.5	90 =	66.4	121 =	89.2	152 =	112.1
29 =	21.4	60 =	44.3	91 =	67.1	122 =	90	153 =	112.8
30 =	22.1	61 =	45	92 =	67.9	123 =	90.7	154 =	113.6
31 =	22.9	62 =	45.7	93 =	68.6	124 =	91.5	155 =	114.3

Conversion Formula: Newton Meters x .73756 = Foot Pounds.