



Torque Conversion Chart English to Metric

800-871-5022

More information can be found at
www.HQ-Drill.com.

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.)	Newton Meters (N-m)
1 =	1.3	32 =	43.4	63 =	85.4	94 =	127.4	125 =	169.5
2 =	2.7	33 =	44.7	64 =	86.8	95 =	128.8	126 =	170.8
3 =	4.1	34 =	46.1	65 =	88.1	96 =	130.2	127 =	172.2
4 =	5.4	35 =	47.4	66 =	89.5	97 =	131.5	128 =	173.5
5 =	6.8	36 =	48.8	67 =	90.8	98 =	132.9	129 =	174.9
6 =	8.1	37 =	50.7	68 =	92.2	99 =	134.2	130 =	176.2
7 =	9.5	38 =	51.5	69 =	93.6	100 =	135.6	131 =	177.6
8 =	10.8	39 =	52.9	70 =	94.9	101 =	136.9	132 =	179
9 =	12.2	40 =	54.2	71 =	96.3	102 =	138.3	133 =	180.3
10 =	13.6	41 =	55.6	72 =	97.6	103 =	139.6	134 =	181.7
11 =	14.9	42 =	56.9	73 =	99	104 =	141	135 =	183
12 =	16.3	43 =	58.3	74 =	100.3	105 =	142.4	136 =	184.4
13 =	17.6	44 =	59.7	75 =	101.7	106 =	143.7	137 =	185.7
14 =	18.9	45 =	61	76 =	103	107 =	145.1	138 =	187.1
15 =	20.3	46 =	62.4	77 =	104.4	108 =	146.4	139 =	188.5
16 =	21.7	47 =	63.7	78 =	105.8	109 =	147.8	140 =	189.8
17 =	23	48 =	65.1	79 =	107.1	110 =	149.1	141 =	191.2
18 =	24.4	49 =	66.4	80 =	108.5	111 =	150.5	142 =	192.5
19 =	25.8	50 =	67.8	81 =	109.8	112 =	151.8	143 =	193.9
20 =	27.1	51 =	69.2	82 =	111.2	113 =	153.2	144 =	195.2
21 =	28.5	52 =	70.5	83 =	112.5	114 =	154.6	145 =	196.6
22 =	29.8	53 =	71.9	84 =	113.9	115 =	155.9	146 =	198
23 =	31.2	54 =	73.2	85 =	115.2	116 =	157.3	147 =	199.3
24 =	32.5	55 =	74.6	86 =	116.6	117 =	158.6	148 =	200.7
25 =	33.9	56 =	75.9	87 =	118	118 =	160	149 =	202
26 =	35.2	57 =	77.3	88 =	119.3	119 =	161.3	150 =	203.4
27 =	36.6	58 =	78.6	89 =	120.7	120 =	162.7	151 =	204.7
28 =	38	59 =	80	90 =	122	121 =	164	152 =	206.1
29 =	39.3	60 =	81.4	91 =	123.4	122 =	165.4	153 =	207.4
30 =	40.7	61 =	82.7	92 =	124.7	123 =	166.8	154 =	208.8
31 =	42	62 =	84.1	93 =	126.1	124 =	168.1	155 =	210.2