

# WEIGHT CONVERSIONS

st	lb	kg	st	lb	kg	st	lb	kg	st	lb	kg	st	lb	kg	st	lb	kg	st	lb	kg	st	lb	kg	st	lb	kg	st	lb	kg			
7	0	44.5	10	0	63.6	13	0	82.7	16	0	101.8	19	0	120.9	22	0	140.0	25	0	159.1	28	0	178.2	31	0	197.3	34	0	216.4	37	0	235.5
7	1	45.0	10	1	64.1	13	1	83.2	16	1	102.3	19	1	121.4	22	1	140.5	25	1	159.5	28	1	178.7	31	1	197.8	34	1	216.9	37	1	236.0
7	2	45.5	10	2	64.5	13	2	83.6	16	2	102.7	19	2	121.8	22	2	140.9	25	2	160.0	28	2	179.1	31	2	198.2	34	2	217.3	37	2	236.4
7	3	45.9	10	3	65.0	13	3	84.1	16	3	103.2	19	3	122.3	22	3	141.4	25	3	160.5	28	3	179.6	31	3	198.7	34	3	217.8	37	3	236.9
7	4	46.4	10	4	65.4	13	4	84.5	16	4	103.6	19	4	122.7	22	4	141.8	25	4	160.9	28	4	180.0	31	4	199.1	34	4	218.2	37	4	237.3
7	5	46.8	10	5	65.9	13	5	85.0	16	5	104.1	19	5	123.2	22	5	142.3	25	5	161.4	28	5	180.5	31	5	199.6	34	5	218.7	37	5	237.8
7	6	47.3	10	6	66.3	13	6	85.4	16	6	104.5	19	6	123.6	22	6	142.7	25	6	161.8	28	6	180.9	31	6	200.0	34	6	219.1	37	6	238.2
7	7	47.7	10	7	66.8	13	7	85.9	16	7	105.0	19	7	124.1	22	7	143.2	25	7	162.3	28	7	181.4	31	7	200.5	34	7	219.6	37	7	238.7
7	8	48.2	10	8	67.2	13	8	86.3	16	8	105.4	19	8	124.5	22	8	143.6	25	8	162.7	28	8	181.8	31	8	200.9	34	8	220.0	37	8	239.1
7	9	48.6	10	9	67.7	13	9	86.8	16	9	105.9	19	9	125.0	22	9	144.1	25	9	163.2	28	9	182.3	31	9	201.4	34	9	220.5	37	9	239.6
7	10	49.1	10	10	68.1	13	10	87.2	16	10	106.3	19	10	125.4	22	10	144.5	25	10	163.6	28	10	182.7	31	10	201.8	34	10	220.9	37	10	240.0
7	11	49.5	10	11	68.6	13	11	87.7	16	11	106.8	19	11	125.9	22	11	145.0	25	11	164.1	28	11	183.2	31	11	202.3	34	11	221.4	37	11	240.5
7	12	50.0	10	12	69.0	13	12	88.1	16	12	107.2	19	12	126.3	22	12	145.4	25	12	164.5	28	12	183.6	31	12	202.7	34	12	221.8	37	12	240.9
7	13	50.5	10	13	69.5	13	13	88.6	16	13	107.7	19	13	126.8	22	13	145.9	25	13	165.0	28	13	184.1	31	13	203.2	34	13	222.3	37	13	241.4
8	0	50.9	11	0	70.0	14	0	89.1	17	0	108.2	20	0	127.3	23	0	146.4	26	0	165.5	29	0	184.6	32	0	203.7	35	0	222.8	38	0	241.9
8	1	51.4	11	1	70.4	14	1	89.5	17	1	108.6	20	1	127.7	23	1	146.8	26	1	165.9	29	1	185.0	32	1	204.1	35	1	223.2	38	1	242.3
8	2	51.8	11	2	70.9	14	2	90.0	17	2	109.1	20	2	128.2	23	2	147.3	26	2	166.4	29	2	185.5	32	2	204.6	35	2	223.7	38	2	242.8
8	3	52.3	11	3	71.3	14	3	90.4	17	3	109.5	20	3	128.6	23	3	147.7	26	3	166.8	29	3	185.9	32	3	205.0	35	3	224.1	38	3	243.2
8	4	52.7	11	4	71.8	14	4	90.9	17	4	110.0	20	4	129.1	23	4	148.2	26	4	167.3	29	4	186.4	32	4	205.5	35	4	224.6	38	4	243.7
8	5	53.2	11	5	72.2	14	5	91.3	17	5	110.4	20	5	129.5	23	5	148.6	26	5	167.7	29	5	186.8	32	5	205.9	35	5	225.0	38	5	244.1
8	6	53.6	11	6	72.7	14	6	91.8	17	6	110.9	20	6	130.0	23	6	149.1	26	6	168.2	29	6	187.3	32	6	206.4	35	6	225.5	38	6	244.6
8	7	54.1	11	7	73.1	14	7	92.2	17	7	111.3	20	7	130.4	23	7	149.5	26	7	168.6	29	7	187.7	32	7	206.8	35	7	225.9	38	7	245.0
8	8	54.5	11	8	73.6	14	8	92.7	17	8	111.8	20	8	130.9	23	8	150.0	26	8	169.1	29	8	188.2	32	8	207.3	35	8	226.4	38	8	245.5
8	9	55.0	11	9	74.0	14	9	93.1	17	9	112.2	20	9	131.3	23	9	150.4	26	9	169.5	29	9	188.6	32	9	207.7	35	9	226.8	38	9	245.9
8	10	55.5	11	10	74.5	14	10	93.6	17	10	112.7	20	10	131.8	23	10	150.9	26	10	170.0	29	10	189.1	32	10	208.2	35	10	227.3	38	10	246.4
8	11	55.9	11	11	74.9	14	11	94.0	17	11	113.2	20	11	132.3	23	11	151.4	26	11	170.5	29	11	189.6	32	11	208.7	35	11	227.8	38	11	246.9
8	12	56.4	11	12	75.4	14	12	94.5	17	12	113.6	20	12	132.7	23	12	151.8	26	12	170.9	29	12	190.0	32	12	209.1	35	12	228.2	38	12	247.3
8	13	56.8	11	13	75.9	14	13	95.0	17	13	114.1	20	13	133.2	23	13	152.3	26	13	171.4	29	13	190.5	32	13	209.6	35	13	228.7	38	13	247.8
9	0	57.3	12	0	76.3	15	0	95.4	18	0	114.5	21	0	133.6	24	0	152.7	27	0	171.8	30	0	190.9	33	0	210.0	36	0	229.1	39	0	248.2
9	1	57.7	12	1	76.8	15	1	95.9	18	1	115.0	21	1	134.1	24	1	153.2	27	1	172.3	30	1	191.4	33	1	210.5	36	1	229.6	39	1	248.7
9	2	58.2	12	2	77.2	15	2	96.3	18	2	115.4	21	2	134.5	24	2	153.6	27	2	172.7	30	2	191.8	33	2	210.9	36	2	230.0	39	2	249.1
9	3	58.6	12	3	77.7	15	3	96.8	18	3	115.9	21	3	135.0	24	3	154.1	27	3	173.2	30	3	192.3	33	3	211.4	36	3	230.5	39	3	249.6
9	4	59.1	12	4	78.1	15	4	97.2	18	4	116.3	21	4	135.4	24	4	154.5	27	4	173.6	30	4	192.7	33	4	211.8	36	4	230.9	39	4	250.0
9	5	59.5	12	5	78.6	15	5	97.7	18	5	116.8	21	5	135.9	24	5	155.0	27	5	174.1	30	5	193.2	33	5	212.3	36	5	231.4	39	5	250.5
9	6	60.0	12	6	79.0	15	6	98.1	18	6	117.2	21	6	136.3	24	6	155.4	27	6	174.5	30	6	193.6	33	6	212.7	36	6	231.8	39	6	250.9
9	7	60.5	12	7	79.5	15	7	98.6	18	7	117.7	21	7	136.8	24	7	155.9	27	7	175.0	30	7	194.1	33	7	213.2	36	7	232.3	39	7	251.4
9	8	60.9	12	8	79.9	15	8	99.0	18	8	118.1	21	8	137.2	24	8	156.3	27	8	175.5	30	8	194.5	33	8	213.6	36	8	232.7	39	8	251.8
9	9	61.4	12	9	80.4	15	9	99.5	18	9	118.6	21	9	137.7	24	9	156.8	27	9	175.9	30	9	195.0	33	9	214.1	36	9	233.2	39	9	252.3
9	10	61.8	12	10	80.9	15	10	100.0	18	10	119.1	21	10	138.2	24	10	157.3	27	10	176.4	30	10	195.5	33	10	214.6	36	10	233.7	39	10	252.8
9	11	62.3	12	11	81.3	15	11	100.4	18	11	119.5	21	11	138.6	24	11	157.7	27	11	176.8	30	11	195.9	33	11	215.0	36	11	234.1	39	11	253.2
9	12	62.7	12	12	81.8	15	12	100.9	18	12	120.0	21	12	139.1	24	12	158.2	27	12	177.3	30	12	196.4	33	12	215.5	36	12	234.6	39	12	253.7
9	13	63.2	12	13	82.2	15	13	101.3	18	13	120.4	21	13	139.5	24	13	158.6	27	13	177.7	30	13	196.8	33	13	215.9	36	13	235.0	39	13	254.1

## HEIGHT CONVERSIONS

ft	inches	metres	ft	inches	metres	ft	inches	metres
4	0	1.22	5	0	1.52	6	0	1.82
4	1	1.25	5	1	1.55	6	1	1.85
4	2	1.27	5	2	1.57	6	2	1.87
4	3	1.30	5	3	1.60	6	3	1.90
4	4	1.32	5	4	1.62	6	4	1.92
4	5	1.35	5	5	1.65	6	5	1.95
4	6	1.37	5	6	1.67	6	6	1.97
4	7	1.40	5	7	1.70	6	7	2.00
4	8	1.42	5	8	1.72	6	8	2.02
4	9	1.45	5	9	1.75	6	9	2.05
4	10	1.47	5	10	1.77	6	10	2.07
4	11	1.50	5	11	1.80	6	11	2.10

## KG TO LBS CONVERSIONS

kgs	lbs
1	2.2
2	4.4
3	6.6
4	8.8
5	11
6	13.2
7	15.4
8	17.6
9	19.8
10	22.0

## ADDITIONAL CONVERSIONS

1 oz	28.3g
1 lb	454g
1 stone	14lbs
1 stone	6.35kg
1 inch	2.54cm
39.4 inches	1 m
1 pint	568ml