

Torque Conversion Charts

In the International Metric System, there is a term for "force" called the "Newton," which is defined as "the force necessary to move one kilogram one meter per second." Therefore, with torque being "Force X Length," the International Metric System measure torque in "Newton metres" (N m).

From ft lb to N m											
ft lb	0	1	2	3	4	5	6	7	8	9	
0	0	1.36	2.71	4.07	5.42	6.78	8.13	9.49	10.84	12.20	
10	13.56	14.91	16.27	17.62	18.98	20.33	21.69	23.05	24.40	25.76	
20	27.11	28.47	29.83	31.18	32.54	33.89	35.25	36.61	37.97	39.32	
30	40.67	42.02	43.38	44.73	46.09	47.45	48.80	50.16	51.51	52.87	
40	54.22	55.58	56.94	58.29	59.65	61.00	62.36	63.71	65.07	66.42	
50	67.78	69.14	70.49	71.85	73.20	74.56	75.91	77.27	78.62	79.98	
60	81.33	82.69	84.05	85.40	86.76	88.11	89.47	90.83	92.18	93.54	
70	94.89	96.25	97.60	98.96	100.31	101.67	103.03	104.38	105.74	107.09	
80	108.45	109.80	111.16	112.51	113.87	115.23	116.58	117.94	119.29	120.65	
90	122.00	123.36	124.72	126.07	127.43	128.78	130.14	131.49	132.85	134.20	
100	135.56										

ft lb X 1.3558 = N m

From N m to ft lb											
N m	0	1	2	3	4	5	6	7	8	9	
0	0	.74	1.48	2.21	2.95	3.69	4.43	5.16	5.90	6.64	
10	7.38	8.11	8.85	9.59	10.33	11.06	11.80	12.54	13.28	14.01	
20	14.75	15.49	16.23	16.96	17.70	18.44	19.18	19.91	20.65	21.39	
30	22.13	22.86	23.60	24.34	25.08	25.81	26.55	27.29	28.03	28.76	
40	29.50	30.24	30.98	31.72	32.45	33.19	33.93	34.67	35.40	36.14	
50	36.88	37.62	38.35	39.09	39.83	40.57	41.30	42.04	42.78	43.52	
60	44.25	44.99	45.73	46.47	47.20	47.94	48.68	49.42	50.15	50.89	
70	51.63	52.37	53.10	53.84	54.58	55.32	56.05	56.79	57.53	58.27	
80	59.00	59.74	60.48	61.22	61.96	62.69	63.43	64.17	64.91	65.64	
90	66.38	67.12	67.86	68.59	69.33	70.07	70.81	71.54	72.28	73.02	
100						73.76					

1 N m = 0.73756 ft lb

From in lb to N m											
in lb	0	1	2	3	4	5	6	7	8	9	
0	0	.113	.226	.339	.452	.565	.678	.791	.904	1.02	
10	1.13	1.24	1.36	1.47	1.58	1.70	1.81	1.92	2.03	2.15	
20	2.26	2.37	2.49	2.60	2.71	2.83	2.94	3.05	3.16	3.28	
30	3.39	3.50	3.62	3.73	3.84	3.96	4.07	4.18	4.29	4.41	
40	4.52	4.63	4.75	4.86	4.97	5.09	5.20	5.31	5.42	5.54	
50	5.65	5.76	5.88	5.99	6.10	6.22	6.33	6.44	6.55	6.67	
60	6.78	6.89	7.01	7.12	7.23	7.35	7.46	7.57	7.68	7.80	
70	7.91	8.02	8.14	8.25	8.36	8.48	8.59	8.70	8.81	8.93	
80	9.04	9.15	9.27	9.38	9.49	9.61	9.72	9.83	9.94	10.06	
90	10.17	10.28	10.40	10.51	10.62	10.74	10.85	10.96	11.07	11.19	
100						11.30					

in lb X .1130 = N m

From N m to in lb											
N m	0	1	2	3	4	5	6	7	8	9	
0	0	8.85	17.70	26.55	35.40	44.25	53.10	61.95	70.81	79.66	
10	88.51	97.36	106.21	115.06	123.91	132.76	141.61	150.46	159.31	168.16	
20	177.01	185.86	194.72	203.57	212.42	221.27	230.12	238.98	247.82	256.67	
30	265.52	274.38	283.22	292.07	300.92	309.77	318.62	327.48	336.33	345.18	
40	354.03	362.88	371.73	380.58	389.43	398.28	407.13	415.98	424.83	433.68	
50	442.53	451.38	460.24	469.09	477.94	486.79	495.64	504.49	513.34	522.19	
60	531.04	539.89	548.74	557.59	566.44	575.30	584.15	593.00	601.85	610.70	
70	619.55	628.40	637.25	646.10	654.95	663.80	672.65	681.50	690.35	699.20	
80	708.06	716.91	725.76	734.61	743.46	752.31	761.16	770.01	778.86	787.71	
90	796.56	805.41	814.26	823.12	831.97	840.82	849.67	858.52	867.37	876.22	
100						885.07					

N m X 8.8507 = in lb

From in oz to N m											
in oz	0	1	2	3	4	5	6	7	8	9	
0	0	.007	.014	.021	.028	.035	.042	.049	.056	.064	
10	.071	.078	.085	.092	.098	.106	.113	.120	.127	.134	
20	.141	.148	.155	.162	.169	.177	.184	.191	.198	.205	
30	.212	.219	.226	.232	.240	.247	.254	.261	.268	.275	
40	.282	.289	.297	.304	.312	.318	.325	.332	.339	.346	
50	.353	.360	.367	.374	.381	.388	.395	.402	.409	.417	
60	.424	.431	.438	.445	.452	.459	.466	.473	.480	.487	
70	.494	.501	.508	.515	.522	.530	.537	.544	.551	.558	
80	.565	.572	.579	.586	.593	.600	.607	.614	.621	.628	
90	.635	.642	.650	.657	.664	.671	.678	.685	.692	.699	
100						.706					

in oz X .00706 = N m

From N m to in oz											
N m	0	1	2	3	4	5	6	7	8	9	
0	0	1.42	2.83	4.25	5.66	7.08	8.50	9.91	11.33	12.74	
.1	14.16	15.58	16.99	18.41	19.83	21.24	22.66	24.07	25.49	26.91	
.2	28.32	29.74	31.15	32.57	33.99	35.40	36.82	38.23	39.65	41.07	
.3	42.48	43.90	45.32	46.73	48.15	49.56	50.98	52.40	53.81	55.23	
.4	56.64	58.06	59.48	60.89	62.31	63.72	65.14	66.56	67.97	69.39	
.5	70.81	72.22	73.64	75.05	76.47	77.89	79.30	80.72	82.13	83.55	
.6	84.97	86.41	87.80	89.21	90.63	92.05	93.46	94.88	96.30	97.71	
.7	99.13	100.54	101.96	103.38	104.79	106.21	107.62	109.04	110.46	111.87	
.8	113.29	114.70	116.12	117.54	118.95	120.37	121.79	123.20	124.62	126.03	
.9	127.45	128.87	130.28	131.70	133.11	134.53	135.95	137.36	138.78	140.19	
1.0						141.61					

.01 N m X 141.6112 = .01 in oz

From m kg to N m											
m kg	0	1	2	3	4	5	6	7	8	9	
0	0	9.81	19.61	29.42	39.23	49.03	58.84	68.65	78.45	88.26	
10	98.07	107.87	117.68	127.49	137.30	147.10	156.90	166.71	176.52	186.33	
20	196.13	205.94	215.75	225.55	235.36	245.17	254.98	264.78	274.59	284.40	
30	294.20	304.00	313.81	323.62	333.43	343.23	353.04	362.85	372.65	382.46	
40	392.27	402.07	411.88	421.69	431.49	441.30	451.11	460.91	470.72	480.53	
50	490.33	500.14	509.95	519.75	529.56	539.37	549.17	558.98	568.79	578.60	
60	588.40	598.21	608.01	617.82	627.63	637.43	647.24	657.05	666.86	676.66	
70	686.47	696.27	706.08	715.89	725.70	735.50	745.30	755.11	764.92	774.73	
80	784.53	794.34	804.15	813.95	823.76	833.57	843.37	853.18	862.99	872.79	
90	882.60	892.41	902.21	912.02	921.83	931.63	941.44	951.25	961.05	970.86	
100						980.67					

m kg (or m kp) = 9.80665 N m

From N m to m kg											
N m	0	1	2	3	4	5	6	7	8	9	
0	0	.102	.204	.306	.408	.510	.611	.714	.816	.918	
10	1.020	1.122	1.224	1.326	1.428	1.530	1.632	1.733	1.835	1.937	
20	2.039	2.141	2.243	2.345	2.447	2.549	2.651	2.753	2.855	2.957	
30	3.059	3.161	3.263	3.365	3.467	3.569	3.671	3.773	3.875	3.977	
40	4.079	4.181	4.283	4.385	4.487	4.589	4.691	4.793	4.895	4.997	
50	5.099	5.200	5.302	5.404	5.506	5.608	5.710	5.812	5.914	6.016	
60	6.118	6.220	6.322	6.424	6.526	6.628	6.730	6.832	6.934	7.036	
70	7.138	7.240	7.342	7.444	7.546	7.648	7.750	7.852	7.954	8.056	
80	8.158	8.260	8.362	8.464	8.566	8.667	8.769	8.871	8.973	9.075	
90	9.177	9.279	9.381	9.483	9.585	9.687	9.789	9.891	9.993	10.095	