

Foot Pounds (ft.lbs)	Kilogram Meters (Kgm or mkp)	Newton Meters (Nm)	Newton Meters (Nm)	Foot Pounds (ft.lbs)	Kilogram Meters (Kgm or mkp)	Kilogram Meters (Kgm or mkp)	Newton Meters (Nm)	Foot Pounds
5	0.69	6.78	10	7.38	1.02	1	9.81	7.23
10	1.38	13.56	20	14.75	2.04	2	19.61	14.47
15	2.07	20.34	30	22.13	3.06	3	29.42	21.70
20	2.76	27.12	40	29.50	4.08	4	39.23	28.93
25	3.46	33.90	50	36.88	5.10	5	49.04	36.17
30	4.15	40.68	60	44.26	6.12	6	58.84	43.40
35	4.84	47.46	70	51.63	7.14	7	68.65	50.63
40	5.53	54.24	80	59.01	8.16	8	78.46	47.87
45	6.22	61.02	90	66.38	9.18	9	88.26	65.10
50	6.91	67.80	100	73.76	10.20	10	98.07	72.33
55	7.60	74.58	110	81.14	11.22	11	107.88	79.57
60	8.29	81.36	120	88.51	12.24	12	117.68	86.80
65	8.98	88.14	130	95.89	13.26	13	127.49	94.03
70	9.67	94.92	140	103.26	14.28	14	137.30	101.27
75	10.37	101.70	150	110.64	15.30	15	147.11	108.50
80	11.06	108.48	160	118.02	16.32	16	156.91	115.74
85	11.75	115.26	170	125.39	17.34	17	166.72	122.97
90	12.44	122.04	180	132.77	18.36	18	176.53	130.20
95	13.13	128.82	190	140.14	19.38	19	186.33	137.43
100	13.82	135.60	200	147.52	20.40	20	196.14	144.67
105	14.51	142.38	210	154.90	21.42	21	205.95	151.90
110	15.20	149.16	220	162.27	22.44	22	215.75	159.13
115	15.89	155.94	230	169.65	23.46	23	225.37	166.37
120	16.58	162.72	240	177.02	24.48	24	235.37	173.60
125	17.28	169.50	250	184.40	25.50	25	245.18	180.84
130	17.97	176.28	260	191.78	26.52	26	254.98	188.08
135	18.66	183.06	270	199.15	27.54	27	264.79	195.30
140	19.35	189.84	280	206.53	28.56	28	274.60	202.54
145	20.04	196.62	290	213.91	29.58	29	284.41	209.77
150	20.73	203.40	300	221.29	30.60	30	294.22	217.00
155	21.42	210.18	310	228.67	31.62	31	304.03	224.23
160	22.11	216.96	320	236.05	32.64	32	313.84	231.46
165	22.80	223.74	330	243.43	33.66	33	323.65	238.69
170	23.49	230.52	340	250.81	34.68	34	333.46	245.92
175	24.19	237.70	350	258.30	35.70	35	343.35	253.05
180	24.88	244.08	360	265.68	36.72	36	353.16	260.28
185	25.57	250.86	370	273.06	37.74	37	362.97	267.51
190	26.26	257.64	380	280.44	38.76	38	372.78	274.74
195	26.95	264.42	390	287.82	39.78	39	382.59	281.97
200	27.64	271.20	400	295.20	40.80	40	392.40	289.20
205	28.33	277.98	410	302.58	41.82	41	402.21	296.43
210	29.02	284.76	feet	x 0,3048	= Meter	[m]	x 3,281	= feet
215	29.71	291.54	feet/sec.	x 0,3048	= Meter/s	[m/s]	x 3,281	= feet/sec.
220	30.40	298.32	ft.lbs	x 1.3558	= Newton-Meter	[Nm]	x 0,7376	= ft.lbs
225	31.09	305.10	inches	x 25,4	= Millimeter	[mm]	x 0,03937	= Inches
230	31.78	311.88	in.lbs	x 0,11298	= Newton-Meter	[Nm]	x 8,851	= in.lbs
235	32.47	318.66	km/h	x 0,27778	= Meter/s	[m/s]	x 3,600	= km/h
240	33.16	325.44	miles	x 1,6093	= Kilometer	[Km]	x 0,6214	= miles
245	33.85	332.22	mph	x 0,4470	= Meter/s	[m/s]	x 2,237	= mph
250	34.54	339.00	mph	x 1,6093	= Km/h	[Km/h]	x 0,6214	= mph
260	35.88	352.56	yards	x 0,9144	= Meter	[m]	x 1,0936	= yards
270	37.26	366.12						
280	38.64	379.68						
290	40.02	393.24						
300	41.40	406.80						