

Inch pound (in-lb) – newton metres (N-m)										
	0	10	20	30	40	50	60	70	80	90
in-lb	N-m									
0	0.0	1.1	2.3	3.4	4.5	5.7	6.8	7.9	9.0	10.2
100	11.3	12.4	13.6	14.7	15.8	17.0	18.1	19.2	20.3	21.5
200	22.6	23.7	24.9	26.0	27.1	28.3	29.4	30.5	31.6	32.8
300	33.9	35.0	36.2	37.3	38.4	39.6	40.7	41.8	42.9	44.1
400	45.2	46.3	47.5	48.6	49.7	50.9	52.0	53.1	54.2	55.4
500	56.5	57.6	58.8	59.9	61.0	62.2	63.3	64.4	65.5	66.7
600	67.8	68.9	70.1	71.2	72.3	73.5	74.6	75.7	76.8	78.0
700	79.1	80.2	81.4	82.5	83.6	84.8	85.9	87.0	88.1	89.3
800	90.4	91.5	92.7	93.8	94.9	96.1	97.2	98.3	99.4	100.6
900	101.7	102.8	104.0	105.1	106.2	107.4	108.5	109.6	110.7	111.9
1000	113.0	114.1	115.3	116.4	117.5	118.7	119.8	120.9	122.0	123.2
1100	124.3	125.4	126.6	127.7	128.8	130.0	131.1	132.2	133.3	134.5
1200	135.6	136.7	137.9	139.0	140.1	141.3	142.4	143.5	144.6	145.8
1300	146.9	148.0	149.2	150.3	151.4	152.6	153.7	154.8	155.9	157.1
1400	158.2	159.3	160.5	161.6	162.7	163.9	165.0	166.1	167.2	168.4
1500	169.5	170.6	171.8	172.9	174.0	175.2	176.3	177.4	178.5	179.7
1600	180.8	181.9	183.1	184.2	185.3	186.5	187.6	188.7	189.8	191.0
1700	192.1	193.2	194.4	195.5	196.6	197.8	198.9	200.0	201.1	202.3
1800	203.4	204.5	205.7	206.8	207.9	209.1	210.2	211.3	212.4	213.6
1900	214.7	215.8	217.0	218.1	219.2	220.4	221.5	222.6	223.7	224.9
2000	226.0	227.1	228.3	229.4	230.5	231.7	232.8	233.9	235.0	236.2
2100	237.3	238.4	239.6	240.7	241.8	243.0	244.1	245.2	246.3	247.5
2200	248.6	249.7	250.9	252.0	253.1	254.3	255.4	256.5	257.6	258.8
2300	259.9	261.0	262.2	263.3	264.4	265.6	266.7	267.8	268.9	270.1
2400	271.2	272.3	273.5	274.6	275.7	276.9	278.0	279.1	280.2	281.4
2500	282.5	283.6	284.8	285.9	287.0	288.2	289.3	290.4	291.5	292.7
2600	293.8	294.9	296.1	297.2	298.3	299.5	300.6	301.7	302.8	304.0
2700	305.1	306.2	307.4	308.5	309.6	310.8	311.9	313.0	314.1	315.3
2800	316.4	317.5	318.7	319.8	320.9	322.1	323.2	324.3	325.4	326.6
2900	327.7	328.8	330.0	331.1	332.2	333.4	334.5	335.6	336.7	337.9
3000	339.0	340.1	341.3	342.4	343.5	344.7	345.8	346.9	348.0	349.2
3100	350.3	351.4	352.6	353.7	354.8	356.0	357.1	358.2	359.3	360.5
3200	361.6	362.7	363.9	365.0	366.1	367.3	368.4	369.5	370.6	371.8
3300	372.9	374.0	375.2	376.3	377.4	378.6	379.7	380.8	381.9	383.1
3400	384.2	385.3	386.5	387.6	388.7	389.9	391.0	392.1	393.2	394.4
3500	395.5	396.6	397.8	398.9	400.0	401.2	402.3	403.4	404.5	405.7
3600	406.8	407.9	409.1	410.2	411.3	412.5	413.6	414.7	415.8	417.0

Foot pound (ft-lb) – newton metres (N-m)										
	0	1	2	3	4	5	6	7	8	9
ft-lb	N-m									
0	0.0	1.4	2.7	4.1	5.4	6.8	8.1	9.5	10.9	12.2
10	13.6	14.9	16.3	17.6	19.0	20.3	21.7	23.1	24.4	25.8
20	27.1	28.5	29.8	31.2	32.5	33.9	35.3	36.6	38.0	39.3
30	40.7	42.0	43.4	44.7	46.1	47.5	48.8	50.2	51.5	52.9
40	54.2	55.6	56.9	58.3	59.7	61.0	62.4	63.7	65.1	66.4
50	67.8	69.2	70.5	71.9	73.2	74.6	75.9	77.3	78.6	80.0
60	81.4	82.7	84.1	85.4	86.8	88.1	89.5	90.8	92.2	93.6
70	94.9	96.3	97.6	99.0	100.3	101.7	103.0	104.4	105.8	107.1
80	108.5	109.8	111.2	112.5	113.9	115.3	116.6	118.0	119.3	120.7
90	122.0	123.4	124.7	126.1	127.5	128.8	130.2	131.5	132.9	134.2
100	135.6	136.9	138.3	139.7	141.0	142.4	143.7	145.1	146.4	147.8
110	149.1	150.5	151.9	153.2	154.6	155.9	157.3	158.6	160.0	161.3
120	162.7	164.1	165.4	166.8	168.1	169.5	170.8	172.2	173.6	174.9
130	176.3	177.6	179.0	180.3	181.7	183.0	184.4	185.8	187.1	188.5
140	189.8	191.2	192.5	193.9	195.2	196.6	198.0	199.3	200.7	202.0
150	203.4	204.7	206.1	207.4	208.8	210.2	211.5	212.9	214.2	215.6
160	216.9	218.3	219.6	221.0	222.4	223.7	225.1	226.4	227.8	229.1
170	230.5	231.9	233.2	234.6	235.9	237.3	238.6	240.0	241.3	242.7
180	244.1	245.4	246.8	248.1	249.5	250.8	252.2	253.5	254.9	256.3
190	257.6	259.0	260.3	261.7	263.0	264.4	265.7	267.1	268.5	269.8
200	271.2	272.5	273.9	275.2	276.6	277.9	279.3	280.7	282.0	283.4
210	284.7	286.1	287.4	288.8	290.2	291.5	292.9	294.2	295.6	296.9
220	298.3	299.6	301.0	302.4	303.7	305.1	306.4	307.8	309.1	310.5
230	311.8	313.2	314.6	315.9	317.3	318.6	320.0	321.3	322.7	324.0
240	325.4	326.8	328.1	329.5	330.8	332.2	333.5	334.9	336.2	337.6
250	339.0	340.3	341.7	343.0	344.4	345.7	347.1	348.5	349.8	351.2
260	352.5	353.9	355.2	356.6	357.9	359.3	360.7	362.0	363.4	364.7
270	366.1	367.4	368.8	370.1	371.5	372.9	374.2	375.6	376.9	378.3
280	379.6	381.0	382.3	383.7	385.1	386.4	387.8	389.1	390.5	391.8
290	393.2	394.5	395.9	397.3	398.6	400.0	401.3	402.7	404.0	405.4
300	406.8									