

Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms
1	0.45	51	23.13	101	45.81	151	68.49	201	91.17	251	113.85	301	136.53	351	159.21	401	181.89	451	204.57		
2	0.91	52	23.59	102	46.27	152	68.95	202	91.63	252	114.31	302	136.99	352	159.66	402	182.34	452	205.02		
3	1.36	53	24.04	103	46.72	153	69.40	203	92.08	253	114.76	303	137.44	353	160.12	403	182.80	453	205.48		
4	1.81	54	24.49	104	47.17	154	69.85	204	92.53	254	115.21	304	137.89	354	160.57	404	183.25	454	205.93		
5	2.27	55	24.95	105	47.63	155	70.31	205	92.99	255	115.67	305	138.35	355	161.03	405	183.71	455	206.38		
6	2.72	56	25.40	106	48.08	156	70.76	206	93.44	256	116.12	306	138.80	356	161.48	406	184.16	456	206.84		
7	3.18	57	25.85	107	48.53	157	71.21	207	93.89	257	116.57	307	139.25	357	161.93	407	184.61	457	207.29		
8	3.63	58	26.31	108	48.99	158	71.67	208	94.35	258	117.03	308	139.71	358	162.39	408	185.07	458	207.75		
9	4.08	59	26.76	109	49.44	159	72.12	209	94.80	259	117.48	309	140.16	359	162.84	409	185.52	459	208.20		
10	4.54	60	27.22	110	49.90	160	72.57	210	95.25	260	117.93	310	140.61	360	163.29	410	185.97	460	208.65		
11	4.99	61	27.67	111	50.35	161	73.03	211	95.71	261	118.39	311	141.07	361	163.75	411	186.43	461	209.11		
12	5.44	62	28.12	112	50.80	162	73.48	212	96.16	262	118.84	312	141.52	362	164.20	412	186.88	462	209.56		
13	5.90	63	28.58	113	51.26	163	73.94	213	96.62	263	119.29	313	141.97	363	164.65	413	187.33	463	210.01		
14	6.35	64	29.03	114	51.71	164	74.39	214	97.07	264	119.75	314	142.43	364	165.11	414	187.79	464	210.47		
15	6.80	65	29.48	115	52.16	165	74.84	215	97.52	265	120.20	315	142.88	365	165.56	415	188.24	465	210.92		
16	7.26	66	29.94	116	52.62	166	75.30	216	97.98	266	120.66	316	143.34	366	166.02	416	188.69	466	211.37		
17	7.71	67	30.39	117	53.07	167	75.75	217	98.43	267	121.11	317	143.79	367	166.47	417	189.15	467	211.83		
18	8.16	68	30.84	118	53.52	168	76.20	218	98.88	268	121.56	318	144.24	368	166.92	418	189.60	468	212.28		
19	8.62	69	31.30	119	53.98	169	76.66	219	99.34	269	122.02	319	144.70	369	167.38	419	190.06	469	212.74		
20	9.07	70	31.75	120	54.43	170	77.11	220	99.79	270	122.47	320	145.15	370	167.83	420	190.51	470	213.19		
21	9.53	71	32.21	121	54.88	171	77.56	221	100.24	271	122.92	321	145.60	371	168.28	421	190.96	471	213.64		
22	9.98	72	32.66	122	55.34	172	78.02	222	100.70	272	123.38	322	146.06	372	168.74	422	191.42	472	214.10		
23	10.43	73	33.11	123	55.79	173	78.47	223	101.15	273	123.83	323	146.51	373	169.19	423	191.87	473	214.55		
24	10.89	74	33.57	124	56.25	174	78.93	224	101.60	274	124.28	324	146.96	374	169.64	424	192.32	474	215.00		
25	11.34	75	34.02	125	56.70	175	79.38	225	102.06	275	124.74	325	147.42	375	170.10	425	192.78	475	215.46		
26	11.79	76	34.47	126	57.15	176	79.83	226	102.51	276	125.19	326	147.87	376	170.55	426	193.23	476	215.91		
27	12.25	77	34.93	127	57.61	177	80.29	227	102.97	277	125.65	327	148.32	377	171.00	427	193.68	477	216.36		
28	12.70	78	35.38	128	58.06	178	80.74	228	103.42	278	126.10	328	148.78	378	171.46	428	194.14	478	216.82		
29	13.15	79	35.83	129	58.51	179	81.19	229	103.87	279	126.55	329	149.23	379	171.91	429	194.59	479	217.27		
30	13.61	80	36.29	130	58.97	180	81.65	230	104.33	280	127.01	330	149.69	380	172.37	430	195.04	480	217.72		
31	14.06	81	36.74	131	59.42	181	82.10	231	104.78	281	127.46	331	150.14	381	172.82	431	195.50	481	218.18		
32	14.51	82	37.19	132	59.87	182	82.55	232	105.23	282	127.91	332	150.59	382	173.27	432	195.95	482	218.63		
33	14.97	83	37.65	133	60.33	183	83.01	233	105.69	283	128.37	333	151.05	383	173.73	433	196.41	483	219.09		
34	15.42	84	38.10	134	60.78	184	83.46	234	106.14	284	128.82	334	151.50	384	174.18	434	196.86	484	219.54		
35	15.88	85	38.56	135	61.24	185	83.91	235	106.59	285	129.27	335	151.95	385	174.63	435	197.31	485	219.99		
36	16.33	86	39.01	136	61.69	186	84.37	236	107.05	286	129.73	336	152.41	386	175.09	436	197.77	486	220.45		
37	16.78	87	39.46	137	62.14	187	84.82	237	107.50	287	130.18	337	152.86	387	175.54	437	198.22	487	220.90		
38	17.24	88	39.92	138	62.60	188	85.28	238	107.96	288	130.63	338	153.31	388	175.99	438	198.67	488	221.35		
39	17.69	89	40.37	139	63.05	189	85.73	239	108.41	289	131.09	339	153.77	389	176.45	439	199.13	489	221.81		
40	18.14	90	40.82	140	63.50	190	86.18	240	108.86	290	131.54	340	154.22	390	176.90	440	199.58	490	222.26		
41	18.60	91	41.28	141	63.96	191	86.64	241	109.32	291	132.00	341	154.68	391	177.35	441	200.03	491	222.71		
42	19.05	92	41.73	142	64.41	192	87.09	242	109.77	292	132.45	342	155.13	392	177.81	442	200.49	492	223.17		
43	19.50	93	42.18	143	64.86	193	87.54	243	110.22	293	132.90	343	155.58	393	178.26	443	200.94	493	223.62		
44	19.96	94	42.64	144	65.32	194	88.00	244	110.68	294	133.36	344	156.04	394	178.72	444	201.40	494	224.07		
45	20.41	95	43.09	145	65.77	195	88.45	245	111.13	295	133.81	345	156.49	395	179.17	445	201.85	495	224.53		
46	20.87	96	43.54	146	66.22	196	88.90	246	111.58	296	134.26	346	156.94	396	179.62	446	202.30	496	224.98		
47	21.32	97	44.00	147	66.68	197	89.36	247	112.04	297	134.72	347	157.40	397	180.08	447	202.76	497	225.44		
48	21.77	98	44.45	148	67.13	198	89.81	248	112.49	298	135.17	348	157.85	398	180.53	448	203.21	498	225.89		
49	22.23	99	44.91	149	67.59	199	90.26	249	112.94	299	135.62	349	158.30	399	180.98	449	203.66	499	226.34		
50	22.68	100	45.36	150	68.04	200	90.72	250	113.40	300	136.08	350	158.76	400	181.44	450	204.12	500	226.80		



Pounds/Kilograms Conversion Chart