

Weight Conversion Chart

Kilograms to pounds, 1 to 150 kg

kg	lbs	lb & oz	kg	lbs	lb & oz	kg	lbs	lb & oz
1 kg	2.2	2 lb 3 oz	51 kg	112.4	112 lb 7 oz	101 kg	222.7	222 lb 11 oz
2 kg	4.4	4 lb 7 oz	52 kg	114.6	114 lb 10 oz	102 kg	224.9	224 lb 14 oz
3 kg	6.6	6 lb 10 oz	53 kg	116.8	116 lb 14 oz	103 kg	227.1	227 lb 1 oz
4 kg	8.8	8 lb 13 oz	54 kg	119.0	119 lb 1 oz	104 kg	229.3	229 lb 4 oz
5 kg	11.0	11 lb 0 oz	55 kg	121.3	121 lb 4 oz	105 kg	231.5	231 lb 8 oz
6 kg	13.2	13 lb 4 oz	56 kg	123.5	123 lb 7 oz	106 kg	233.7	233 lb 11 oz
7 kg	15.4	15 lb 7 oz	57 kg	125.7	125 lb 11 oz	107 kg	235.9	235 lb 14 oz
8 kg	17.6	17 lb 10 oz	58 kg	127.9	127 lb 14 oz	108 kg	238.1	238 lb 2 oz
9 kg	19.8	19 lb 13 oz	59 kg	130.1	130 lb 1 oz	109 kg	240.3	240 lb 5 oz
10 kg	22.0	22 lb 1 oz	60 kg	132.3	132 lb 4 oz	110 kg	242.5	242 lb 8 oz
11 kg	24.3	24 lb 4 oz	61 kg	134.5	134 lb 8 oz	111 kg	244.7	244 lb 11 oz
12 kg	26.5	26 lb 7 oz	62 kg	136.7	136 lb 11 oz	112 kg	246.9	246 lb 15 oz
13 kg	28.7	28 lb 11 oz	63 kg	138.9	138 lb 14 oz	113 kg	249.1	249 lb 2 oz
14 kg	30.9	30 lb 14 oz	64 kg	141.1	141 lb 2 oz	114 kg	251.3	251 lb 5 oz
15 kg	33.1	33 lb 1 oz	65 kg	143.3	143 lb 5 oz	115 kg	253.5	253 lb 9 oz
16 kg	35.3	35 lb 4 oz	66 kg	145.5	145 lb 8 oz	116 kg	255.7	255 lb 12 oz
17 kg	37.5	37 lb 8 oz	67 kg	147.7	147 lb 11 oz	117 kg	257.9	257 lb 15 oz
18 kg	39.7	39 lb 11 oz	68 kg	149.9	149 lb 15 oz	118 kg	260.1	260 lb 2 oz
19 kg	41.9	41 lb 14 oz	69 kg	152.1	152 lb 2 oz	119 kg	262.4	262 lb 6 oz
20 kg	44.1	44 lb 1 oz	70 kg	154.3	154 lb 5 oz	120 kg	264.6	264 lb 9 oz
21 kg	46.3	46 lb 5 oz	71 kg	156.5	156 lb 8 oz	121 kg	266.8	266 lb 12 oz
22 kg	48.5	48 lb 8 oz	72 kg	158.7	158 lb 12 oz	122 kg	269.0	268 lb 15 oz
23 kg	50.7	50 lb 11 oz	73 kg	160.9	160 lb 15 oz	123 kg	271.2	271 lb 3 oz
24 kg	52.9	52 lb 15 oz	74 kg	163.1	163 lb 2 oz	124 kg	273.4	273 lb 6 oz
25 kg	55.1	55 lb 2 oz	75 kg	165.3	165 lb 6 oz	125 kg	275.6	275 lb 9 oz
26 kg	57.3	57 lb 5 oz	76 kg	167.6	167 lb 9 oz	126 kg	277.8	277 lb 13 oz
27 kg	59.5	59 lb 8 oz	77 kg	169.8	169 lb 12 oz	127 kg	280.0	280 lb 0 oz
28 kg	61.7	61 lb 12 oz	78 kg	172.0	171 lb 15 oz	128 kg	282.2	282 lb 3 oz
29 kg	63.9	63 lb 15 oz	79 kg	174.2	174 lb 3 oz	129 kg	284.4	284 lb 6 oz
30 kg	66.1	66 lb 2 oz	80 kg	176.4	176 lb 6 oz	130 kg	286.6	286 lb 10 oz
31 kg	68.3	68 lb 5 oz	81 kg	178.6	178 lb 9 oz	131 kg	288.8	288 lb 13 oz
32 kg	70.5	70 lb 9 oz	82 kg	180.8	180 lb 12 oz	132 kg	291.0	291 lb 0 oz
33 kg	72.8	72 lb 12 oz	83 kg	183.0	183 lb 0 oz	133 kg	293.2	293 lb 3 oz
34 kg	75.0	74 lb 15 oz	84 kg	185.2	185 lb 3 oz	134 kg	295.4	295 lb 7 oz
35 kg	77.2	77 lb 3 oz	85 kg	187.4	187 lb 6 oz	135 kg	297.6	297 lb 10 oz
36 kg	79.4	79 lb 6 oz	86 kg	189.6	189 lb 10 oz	136 kg	299.8	299 lb 13 oz
37 kg	81.6	81 lb 9 oz	87 kg	191.8	191 lb 13 oz	137 kg	302.0	302 lb 1 oz
38 kg	83.8	83 lb 12 oz	88 kg	194.0	194 lb 0 oz	138 kg	304.2	304 lb 4 oz
39 kg	86.0	86 lb 0 oz	89 kg	196.2	196 lb 3 oz	139 kg	306.4	306 lb 7 oz
40 kg	88.2	88 lb 3 oz	90 kg	198.4	198 lb 7 oz	140 kg	308.6	308 lb 10 oz
41 kg	90.4	90 lb 6 oz	91 kg	200.6	200 lb 10 oz	141 kg	310.9	310 lb 14 oz
42 kg	92.6	92 lb 10 oz	92 kg	202.8	202 lb 13 oz	142 kg	313.1	313 lb 1 oz
43 kg	94.8	94 lb 13 oz	93 kg	205.0	205 lb 0 oz	143 kg	315.3	315 lb 4 oz
44 kg	97.0	97 lb 0 oz	94 kg	207.2	207 lb 4 oz	144 kg	317.5	317 lb 7 oz
45 kg	99.2	99 lb 3 oz	95 kg	209.4	209 lb 7 oz	145 kg	319.7	319 lb 11 oz
46 kg	101.4	101 lb 7 oz	96 kg	211.6	211 lb 10 oz	146 kg	321.9	321 lb 14 oz
47 kg	103.6	103 lb 10 oz	97 kg	213.8	213 lb 14 oz	147 kg	324.1	324 lb 1 oz
48 kg	105.8	105 lb 13 oz	98 kg	216.1	216 lb 1 oz	148 kg	326.3	326 lb 5 oz
49 kg	108.0	108 lb 0 oz	99 kg	218.3	218 lb 4 oz	149 kg	328.5	328 lb 8 oz
50 kg	110.2	110 lb 4 oz	100 kg	220.5	220 lb 7 oz	150 kg	330.7	330 lb 11 oz

1 lb = 0.45359237 kg exactly. 1 kg = 2.20462 lb. 1 lb = 16 oz.

33science.com/printables/weight-conversion-chart

Weight Conversion Chart

Pounds to kilograms, 5 to 300 lbs

lbs	kg	lbs	kg	lbs	kg	lbs	kg	lbs	kg
5 lb	2.27	125 lb	56.70	169 lb	76.66	213 lb	96.62	257 lb	116.57
10 lb	4.54	126 lb	57.15	170 lb	77.11	214 lb	97.07	258 lb	117.03
15 lb	6.80	127 lb	57.61	171 lb	77.56	215 lb	97.52	259 lb	117.48
20 lb	9.07	128 lb	58.06	172 lb	78.02	216 lb	97.98	260 lb	117.93
25 lb	11.34	129 lb	58.51	173 lb	78.47	217 lb	98.43	261 lb	118.39
30 lb	13.61	130 lb	58.97	174 lb	78.93	218 lb	98.88	262 lb	118.84
35 lb	15.88	131 lb	59.42	175 lb	79.38	219 lb	99.34	263 lb	119.29
40 lb	18.14	132 lb	59.87	176 lb	79.83	220 lb	99.79	264 lb	119.75
45 lb	20.41	133 lb	60.33	177 lb	80.29	221 lb	100.24	265 lb	120.20
50 lb	22.68	134 lb	60.78	178 lb	80.74	222 lb	100.70	266 lb	120.66
55 lb	24.95	135 lb	61.23	179 lb	81.19	223 lb	101.15	267 lb	121.11
60 lb	27.22	136 lb	61.69	180 lb	81.65	224 lb	101.60	268 lb	121.56
65 lb	29.48	137 lb	62.14	181 lb	82.10	225 lb	102.06	269 lb	122.02
70 lb	31.75	138 lb	62.60	182 lb	82.55	226 lb	102.51	270 lb	122.47
75 lb	34.02	139 lb	63.05	183 lb	83.01	227 lb	102.97	271 lb	122.92
80 lb	36.29	140 lb	63.50	184 lb	83.46	228 lb	103.42	272 lb	123.38
85 lb	38.56	141 lb	63.96	185 lb	83.91	229 lb	103.87	273 lb	123.83
90 lb	40.82	142 lb	64.41	186 lb	84.37	230 lb	104.33	274 lb	124.28
95 lb	43.09	143 lb	64.86	187 lb	84.82	231 lb	104.78	275 lb	124.74
100 lb	45.36	144 lb	65.32	188 lb	85.28	232 lb	105.23	276 lb	125.19
101 lb	45.81	145 lb	65.77	189 lb	85.73	233 lb	105.69	277 lb	125.65
102 lb	46.27	146 lb	66.22	190 lb	86.18	234 lb	106.14	278 lb	126.10
103 lb	46.72	147 lb	66.68	191 lb	86.64	235 lb	106.59	279 lb	126.55
104 lb	47.17	148 lb	67.13	192 lb	87.09	236 lb	107.05	280 lb	127.01
105 lb	47.63	149 lb	67.59	193 lb	87.54	237 lb	107.50	281 lb	127.46
106 lb	48.08	150 lb	68.04	194 lb	88.00	238 lb	107.95	282 lb	127.91
107 lb	48.53	151 lb	68.49	195 lb	88.45	239 lb	108.41	283 lb	128.37
108 lb	48.99	152 lb	68.95	196 lb	88.90	240 lb	108.86	284 lb	128.82
109 lb	49.44	153 lb	69.40	197 lb	89.36	241 lb	109.32	285 lb	129.27
110 lb	49.90	154 lb	69.85	198 lb	89.81	242 lb	109.77	286 lb	129.73
111 lb	50.35	155 lb	70.31	199 lb	90.26	243 lb	110.22	287 lb	130.18
112 lb	50.80	156 lb	70.76	200 lb	90.72	244 lb	110.68	288 lb	130.63
113 lb	51.26	157 lb	71.21	201 lb	91.17	245 lb	111.13	289 lb	131.09
114 lb	51.71	158 lb	71.67	202 lb	91.63	246 lb	111.58	290 lb	131.54
115 lb	52.16	159 lb	72.12	203 lb	92.08	247 lb	112.04	291 lb	132.00
116 lb	52.62	160 lb	72.57	204 lb	92.53	248 lb	112.49	292 lb	132.45
117 lb	53.07	161 lb	73.03	205 lb	92.99	249 lb	112.94	293 lb	132.90
118 lb	53.52	162 lb	73.48	206 lb	93.44	250 lb	113.40	294 lb	133.36
119 lb	53.98	163 lb	73.94	207 lb	93.89	251 lb	113.85	295 lb	133.81
120 lb	54.43	164 lb	74.39	208 lb	94.35	252 lb	114.31	296 lb	134.26
121 lb	54.88	165 lb	74.84	209 lb	94.80	253 lb	114.76	297 lb	134.72
122 lb	55.34	166 lb	75.30	210 lb	95.25	254 lb	115.21	298 lb	135.17
123 lb	55.79	167 lb	75.75	211 lb	95.71	255 lb	115.67	299 lb	135.62
124 lb	56.25	168 lb	76.20	212 lb	96.16	256 lb	116.12	300 lb	136.08

Weight Conversion Chart

Ounces, grams and other weight units

Ounces to grams

Ounces	Grams	Pounds
0.5 oz	14.2 g	0.031 lb
1 oz	28.3 g	0.063 lb
2 oz	56.7 g	0.125 lb
3 oz	85.0 g	0.188 lb
4 oz	113.4 g	0.250 lb
5 oz	141.7 g	0.313 lb
6 oz	170.1 g	0.375 lb
7 oz	198.4 g	0.438 lb
8 oz	226.8 g	0.500 lb
9 oz	255.1 g	0.563 lb
10 oz	283.5 g	0.625 lb
11 oz	311.8 g	0.688 lb
12 oz	340.2 g	0.750 lb
13 oz	368.5 g	0.813 lb
14 oz	396.9 g	0.875 lb
15 oz	425.2 g	0.938 lb
16 oz	453.6 g	1.000 lb
20 oz	567.0 g	1.250 lb
24 oz	680.4 g	1.500 lb
32 oz	907.2 g	2.000 lb
48 oz	1,360.8 g	3.000 lb
64 oz	1,814.4 g	4.000 lb

Grams to ounces

Grams	Ounces	Pounds
1 g	0.04 oz	0.002 lb
5 g	0.18 oz	0.011 lb
10 g	0.35 oz	0.022 lb
25 g	0.88 oz	0.055 lb
50 g	1.76 oz	0.110 lb
75 g	2.65 oz	0.165 lb
100 g	3.53 oz	0.220 lb
125 g	4.41 oz	0.276 lb
150 g	5.29 oz	0.331 lb
200 g	7.05 oz	0.441 lb
250 g	8.82 oz	0.551 lb
300 g	10.58 oz	0.661 lb
400 g	14.11 oz	0.882 lb
454 g	16.01 oz	1.001 lb
500 g	17.64 oz	1.102 lb
600 g	21.16 oz	1.323 lb
750 g	26.46 oz	1.653 lb
1,000 g	35.27 oz	2.205 lb
1,500 g	52.91 oz	3.307 lb
2,000 g	70.55 oz	4.409 lb

Weight units at a glance

Unit	Equals	Conversion
1 pound (lb)	16 ounces	453.59237 g (exact)
1 ounce (oz)	1/16 pound	28.349523125 g (exact)
1 kilogram (kg)	1,000 grams	2.20462 lb
1 gram (g)	1,000 milligrams	0.03527 oz
1 milligram (mg)	1/1,000 gram	0.0000353 oz
1 stone (st)	14 pounds	6.35029 kg
1 short ton (US ton)	2,000 pounds	907.18474 kg
1 metric ton (tonne)	1,000 kilograms	2,204.62 lb
1 long ton (UK ton)	2,240 pounds	1,016.05 kg