

Weight Conversion Table

Stones	Pounds	Kg	Stones	Pounds	Kg	Stones	Pounds	Kg
4	0	25.4	6	0	38.1	8	0	50.8
4	1	25.9	6	1	38.6	8	1	51.3
4	2	26.3	6	2	39.0	8	2	51.7
4	3	26.8	6	3	39.5	8	3	52.2
4	4	27.2	6	4	39.9	8	4	52.6
4	5	27.7	6	5	40.4	8	5	53.1
4	6	28.1	6	6	40.8	8	6	53.5
4	7	28.6	6	7	41.3	8	7	54.0
4	8	29.0	6	8	41.7	8	8	54.4
4	9	29.5	6	9	42.2	8	9	54.9
4	10	29.9	6	10	42.6	8	10	55.3
4	11	30.4	6	11	43.1	8	11	55.8
4	12	30.8	6	12	43.5	8	12	56.2
4	13	31.3	6	13	44.0	8	13	56.7
5	0	31.8	7	0	44.5	9	0	57.2
5	1	32.2	7	1	44.9	9	1	57.6
5	2	32.7	7	2	45.4	9	2	58.1
5	3	33.1	7	3	45.8	9	3	58.5
5	4	33.6	7	4	46.3	9	4	59.0
5	5	34.0	7	5	46.7	9	5	59.4
5	6	34.5	7	6	47.2	9	6	59.9
5	7	34.9	7	7	47.6	9	7	60.3
5	8	35.4	7	8	48.1	9	8	60.8
5	9	35.8	7	9	48.5	9	9	61.2
5	10	36.3	7	10	49.0	9	10	61.7
5	11	36.7	7	11	49.4	9	11	62.1
5	12	37.2	7	12	49.9	9	12	62.6
5	13	37.6	7	13	50.3	9	13	63.0

Stones	Pounds	Kg	Stones	Pounds	Kg	Stones	Pounds	Kg
10	0	63.5	12	0	76.2	14	0	88.9
10	1	64.0	12	1	76.7	14	1	89.4
10	2	64.4	12	2	77.1	14	2	89.8
10	3	64.9	12	3	77.6	14	3	90.3
10	4	65.3	12	4	78.0	14	4	90.7
10	5	65.8	12	5	78.5	14	5	91.2
10	6	66.2	12	6	78.9	14	6	91.6
10	7	66.7	12	7	79.4	14	7	92.1
10	8	67.1	12	8	79.8	14	8	92.5
10	9	67.6	12	9	80.3	14	9	93.0
10	10	68.0	12	10	80.7	14	10	93.4
10	11	68.5	12	11	81.2	14	11	93.9
10	12	68.9	12	12	81.6	14	12	94.3
10	13	69.4	12	13	82.1	14	13	94.8
11	0	69.9	13	0	82.6	15	0	95.3
11	1	70.3	13	1	83.0	15	1	95.7
11	2	70.8	13	2	83.5	15	2	96.2
11	3	71.2	13	3	83.9	15	3	96.6
11	4	71.7	13	4	84.4	15	4	97.1
11	5	72.1	13	5	84.8	15	5	97.5
11	6	72.6	13	6	85.3	15	6	98.0
11	7	73.0	13	7	85.7	15	7	98.4
11	8	73.5	13	8	86.2	15	8	98.9
11	9	73.9	13	9	86.6	15	9	99.3
11	10	74.4	13	10	87.1	15	10	99.8
11	11	74.8	13	11	87.5	15	11	100.2
11	12	75.3	13	12	88.0	15	12	100.7
11	13	75.7	13	13	88.5	15	13	101.2

Stones	Pounds	Kg	Stones	Pounds	Kg	Stones	Pounds	Kg
16	0	101.6	18	0	114.3	20	0	127.0
16	1	102.1	18	1	114.8	20	1	127.5
16	2	102.5	18	2	115.2	20	2	127.9
16	3	103.0	18	3	115.7	20	3	128.4
16	4	103.4	18	4	116.1	20	4	128.8
16	5	103.9	18	5	116.6	20	5	129.3
16	6	104.3	18	6	117.0	20	6	129.7
16	7	104.8	18	7	117.5	20	7	130.2
16	8	105.2	18	8	117.9	20	8	130.6
16	9	105.7	18	9	118.4	20	9	131.1
16	10	106.1	18	10	118.8	20	10	131.5
16	11	106.6	18	11	119.3	20	11	132.0
16	12	107.0	18	12	119.7	20	12	132.4
16	13	107.5	18	13	120.2	20	13	132.9
17	0	108.0	19	0	120.7	21	0	133.4
17	1	108.4	19	1	121.1	21	1	133.8
17	2	108.9	19	2	121.6	21	2	134.3
17	3	109.3	19	3	122.0	21	3	134.7
17	4	109.8	19	4	122.5	21	4	135.2
17	5	110.2	19	5	122.9	21	5	135.6
17	6	110.7	19	6	123.4	21	6	136.1
17	7	111.1	19	7	123.8	21	7	136.5
17	8	111.6	19	8	124.3	21	8	137.0
17	9	112.0	19	9	124.7	21	9	137.4
17	10	112.5	19	10	125.2	21	10	137.9
17	11	112.9	19	11	125.6	21	11	138.3
17	12	113.4	19	12	126.1	21	12	138.8
17	13	113.9	19	13	126.6	21	13	139.3

Stones	Pounds	Kg	Stones	Pounds	Kg	Stones	Pounds	Kg
22	0	139.7	24	0	152.4	26	0	165.1
22	1	140.2	24	1	152.9	26	1	165.6
22	2	140.6	24	2	153.3	26	2	166.0
22	3	141.1	24	3	153.8	26	3	166.5
22	4	141.5	24	4	154.2	26	4	166.9
22	5	142.0	24	5	154.7	26	5	167.4
22	6	142.4	24	6	155.1	26	6	167.8
22	7	142.9	24	7	155.6	26	7	168.3
22	8	143.3	24	8	156.0	26	8	168.7
22	9	143.8	24	9	156.5	26	9	169.2
22	10	144.2	24	10	156.9	26	10	169.6
22	11	144.7	24	11	157.4	26	11	170.1
22	12	145.1	24	12	157.9	26	12	170.6
22	13	145.6	24	13	158.3	26	13	171.0
23	0	146.1	25	0	158.8	27	0	171.5
23	1	146.5	25	1	159.2	27	1	171.9
23	2	147.0	25	2	159.7	27	2	172.4
23	3	147.4	25	3	160.1	27	3	172.8
23	4	147.9	25	4	160.6	27	4	173.3
23	5	148.3	25	5	161.0	27	5	173.7
23	6	148.8	25	6	161.5	27	6	174.2
23	7	149.2	25	7	161.9	27	7	174.6
23	8	149.7	25	8	162.4	27	8	175.1
23	9	150.1	25	9	162.8	27	9	175.5
23	10	150.6	25	10	163.3	27	10	176.0
23	11	151.0	25	11	163.7	27	11	176.4
23	12	151.5	25	12	164.2	27	12	176.9
23	13	152.0	25	13	164.7	27	13	177.4

Stones	Pounds	Kg	Stones	Pounds	Kg	Stones	Pounds	Kg
28	0	177.8	30	0	190.5	32	0	203.2
28	1	178.3	30	1	191.0	32	1	203.7
28	2	178.7	30	2	191.4	32	2	204.1
28	3	179.2	30	3	191.9	32	3	204.6
28	4	179.6	30	4	192.3	32	4	205.0
28	5	180.1	30	5	192.8	32	5	205.5
28	6	180.5	30	6	193.2	32	6	205.9
28	7	181.0	30	7	193.7	32	7	206.4
28	8	181.4	30	8	194.1	32	8	206.8
28	9	181.9	30	9	194.6	32	9	207.3
28	10	182.3	30	10	195.0	32	10	207.7
28	11	182.8	30	11	195.5	32	11	208.2
28	12	183.3	30	12	196.0	32	12	208.7
28	13	183.7	30	13	196.4	32	13	209.1
29	0	184.2	31	0	196.9	33	0	209.6
29	1	184.6	31	1	197.3	33	1	210.0
29	2	185.1	31	2	197.8	33	2	210.5
29	3	185.5	31	3	198.2	33	3	210.9
29	4	186.0	31	4	198.7	33	4	211.4
29	5	186.4	31	5	199.1	33	5	211.8
29	6	186.9	31	6	199.6	33	6	212.3
29	7	187.3	31	7	200.0	33	7	212.7
29	8	187.8	31	8	200.5	33	8	213.2
29	9	188.2	31	9	200.9	33	9	213.6
29	10	188.7	31	10	201.4	33	10	214.1
29	11	189.1	31	11	201.8	33	11	214.5
29	12	189.6	31	12	202.3	33	12	215.0
29	13	190.1	31	13	202.8	33	13	215.5

Stones	Pounds	Kg	Stones	Pounds	Kg	Stones	Pounds	Kg
34	0	215.9	36	0	228.6	38	0	241.3
34	1	216.4	36	1	229.1	38	1	241.8
34	2	216.8	36	2	229.5	38	2	242.2
34	3	217.3	36	3	230.0	38	3	242.7
34	4	217.7	36	4	230.4	38	4	243.1
34	5	218.2	36	5	230.9	38	5	243.6
34	6	218.6	36	6	231.3	38	6	244.0
34	7	219.1	36	7	231.8	38	7	244.5
34	8	219.5	36	8	232.2	38	8	244.9
34	9	220.0	36	9	232.7	38	9	245.4
34	10	220.4	36	10	233.1	38	10	245.8
34	11	220.9	36	11	233.6	38	11	246.3
34	12	221.4	36	12	234.1	38	12	246.8
34	13	221.8	36	13	234.5	38	13	247.2
35	0	222.3	37	0	235.0	39	0	247.7
35	1	222.7	37	1	235.4	39	1	248.1
35	2	223.2	37	2	235.9	39	2	248.6
35	3	223.6	37	3	236.3	39	3	249.0
35	4	224.1	37	4	236.8	39	4	249.5
35	5	224.5	37	5	237.2	39	5	249.9
35	6	225.0	37	6	237.7	39	6	250.4
35	7	225.4	37	7	238.1	39	7	250.8
35	8	225.9	37	8	238.6	39	8	251.3
35	9	226.3	37	9	239.0	39	9	251.7
35	10	226.8	37	10	239.5	39	10	252.2
35	11	227.2	37	11	240.0	39	11	252.7
35	12	227.7	37	12	240.4	39	12	253.1
35	13	228.2	37	13	240.9	39	13	253.6

Stones	Pounds	Kg	Stones	Pounds	Kg	Stones	Pounds	Kg
40	0	254.0	42	0	266.7	44	0	279.4
40	1	254.5	42	1	267.2	44	1	279.9
40	2	254.9	42	2	267.6	44	2	280.3
40	3	255.4	42	3	268.1	44	3	280.8
40	4	255.8	42	4	268.5	44	4	281.2
40	5	256.3	42	5	269.0	44	5	281.7
40	6	256.7	42	6	269.4	44	6	282.1
40	7	257.2	42	7	269.9	44	7	282.6
40	8	257.6	42	8	270.3	44	8	283.0
40	9	258.1	42	9	270.8	44	9	283.5
40	10	258.5	42	10	271.2	44	10	283.9
40	11	259.0	42	11	271.7	44	11	284.4
40	12	259.5	42	12	272.2	44	12	284.9
40	13	259.9	42	13	272.6	44	13	285.3
41	0	260.4	43	0	273.1	45	0	285.8
41	1	260.8	43	1	273.5	45	1	286.2
41	2	261.3	43	2	274.0	45	2	286.7
41	3	261.7	43	3	274.4	45	3	287.1
41	4	262.2	43	4	274.9	45	4	287.6
41	5	262.6	43	5	275.3	45	5	288.0
41	6	263.1	43	6	275.8	45	6	288.5
41	7	263.5	43	7	276.2	45	7	288.9
41	8	264.0	43	8	276.7	45	8	289.4
41	9	264.4	43	9	277.1	45	9	289.8
41	10	264.9	43	10	277.6	45	10	290.3
41	11	265.4	43	11	278.1	45	11	290.8
41	12	265.8	43	12	278.5	45	12	291.2
41	13	266.3	43	13	279.0	45	13	291.7

Stones	Pounds	Kg
46	0	292.1
46	1	292.6
46	2	293.0
46	3	293.5
46	4	293.9
46	5	294.4
46	6	294.8
46	7	295.3
46	8	295.7
46	9	296.2
46	10	296.6
46	11	297.1
46	12	297.6
46	13	298.0
47	0	298.5
47	1	298.9
47	2	299.4
47	3	299.8
47	4	300.3
47	5	300.7
47	6	301.2
47	7	301.6
47	8	302.1
47	9	302.5
47	10	303.0
47	11	303.5
47	12	303.9
47	13	304.4