

Torque Conversion Chart and Calculator

N·m · ft·lb · in·lb · kgf·cm · kgf·m

Exact factors (NIST SP 811): 1 ft·lb = 1.355818 N·m; 1 in·lb = 0.1129848 N·m; 1 kgf·cm = 0.0980665 N·m; 1 ft·lb = 12 in·lb. Values rounded to 4 significant figures.

N·m	ft·lb	in·lb	kgf·cm	kgf·m
1.000	0.7376	8.851	10.20	0.1020
2.000	1.475	17.70	20.39	0.2039
3.000	2.213	26.55	30.59	0.3059
4.000	2.950	35.40	40.79	0.4079
5.000	3.688	44.25	50.99	0.5099
6.000	4.425	53.10	61.18	0.6118
8.000	5.900	70.81	81.58	0.8158
10.00	7.376	88.51	102.0	1.020
12.00	8.851	106.2	122.4	1.224
15.00	11.06	132.8	153.0	1.530
20.00	14.75	177.0	203.9	2.039
25.00	18.44	221.3	254.9	2.549
30.00	22.13	265.5	305.9	3.059
40.00	29.50	354.0	407.9	4.079
50.00	36.88	442.5	509.9	5.099
60.00	44.25	531.0	611.8	6.118
80.00	59.00	708.1	815.8	8.158
100.0	73.76	885.1	1020	10.20
120.0	88.51	1062	1224	12.24
150.0	110.6	1328	1530	15.30
200.0	147.5	1770	2039	20.39
250.0	184.4	2213	2549	25.49
300.0	221.3	2655	3059	30.59
400.0	295.0	3540	4079	40.79
500.0	368.8	4425	5099	50.99
6.779	5.000	60.00	69.13	0.6913
13.56	10.00	120.0	138.3	1.383
20.34	15.00	180.0	207.4	2.074
27.12	20.00	240.0	276.5	2.765
33.90	25.00	300.0	345.6	3.456
40.67	30.00	360.0	414.8	4.148
47.45	35.00	420.0	483.9	4.839
54.23	40.00	480.0	553.0	5.530
67.79	50.00	600.0	691.3	6.913
81.35	60.00	720.0	829.5	8.295
101.7	75.00	900.0	1037	10.37
108.5	80.00	960.0	1106	11.06
135.6	100.0	1200	1383	13.83
162.7	120.0	1440	1659	16.59
203.4	150.0	1800	2074	20.74
271.2	200.0	2400	2765	27.65
339.0	250.0	3000	3456	34.56
406.7	300.0	3600	4148	41.48