

Metrics

TORQUE CONVERSION

NEWTON METRES (N·m)	POUND-FEET (LB-FT)
1	0.7376
2	1.5
3	2.2
4	3.0
5	3.7
6	4.4
7	5.2
8	5.9
9	6.6
10	7.4
15	11.1
20	14.8
25	18.4
30	22.1
35	25.8
40	29.5
50	36.9
60	44.3
70	51.6
80	59.0
90	66.4
100	73.8
110	81.1
120	88.5
130	95.9
140	103.3
150	110.6
160	118.0
170	125.4
180	132.8
190	140.1
200	147.5
225	166.0
250	184.4

POUND-FEET (LB-FT)	NEWTON METRES (N·m)
1	1.356
2	2.7
3	4.0
4	5.4
5	6.8
6	8.1
7	9.5
8	10.8
9	12.2
10	13.6
15	20.3
20	27.1
25	33.9
30	40.7
35	47.5
40	54.2
45	61.0
50	67.8
55	74.6
60	81.4
65	88.1
70	94.9
75	101.7
80	108.5
90	122.0
100	135.6
110	149.1
120	162.7
130	176.3
140	189.8
150	203.4
160	216.9
170	230.5
180	244.0