

Torque Conversion Chart

in. lb	lb. Ft	Nm	in. lb	lb. Ft	Nm	in. lb	lb. Ft	Nm
1	0.08	0.11	12	1	1.36	8.8	0.74	1
2	0.17	0.23	24	2	2.71	17.7	1.47	2
3	0.25	0.34	36	3	4.07	26.5	2.21	3
4	0.33	0.45	48	4	5.43	35.4	2.95	4
5	0.42	0.57	60	5	6.78	44.2	3.68	5
6	0.5	0.68	72	6	8.14	53.1	4.42	6
7	0.58	0.79	84	7	9.5	61.9	5.16	7
8	0.67	0.9	96	8	10.86	70.7	5.9	8
9	0.75	1.02	108	9	12.21	79.6	6.63	9
10	0.83	1.13	120	10	13.57	88.4	7.37	10
11	0.92	1.24	132	11	14.93	97.3	8.11	11
12	1	1.36	144	12	16.28	106.1	8.84	12
13	1.08	1.47	156	13	17.64	115	9.58	13
14	1.17	1.58	168	14	19	123.8	10.32	14
15	1.25	1.7	180	15	20.35	132.6	11.05	15
16	1.33	1.81	192	16	21.71	141.5	11.79	16
17	1.42	1.92	204	17	23.07	150.3	12.53	17
18	1.5	2.04	216	18	24.43	159.2	13.26	18
19	1.58	2.15	228	19	25.78	168	14	19
20	1.67	2.26	240	20	27.14	176.9	14.74	20
25	2.08	2.83	300	25	33.92	221.1	18.42	25
30	2.5	3.39	360	30	40.71	265.3	22.11	30
35	2.92	3.96	420	35	47.49	309.5	25.79	35
40	3.33	4.52	480	40	54.28	353.7	29.48	40
45	3.75	5.09	540	45	61.06	397.9	33.16	45
50	4.17	5.65	600	50	67.85	442.2	36.85	50
55	4.58	6.22	660	55	74.63	486.4	40.53	55
60	5	6.78	720	60	81.42	530.6	44.22	60
65	5.42	7.35	780	65	88.2	574.8	47.9	65
70	5.83	7.92	840	70	94.99	619	51.58	70
75	6.25	8.48	900	75	101.8	663.2	55.27	75
80	6.67	9.05	960	80	108.6	707.4	58.95	80
85	7.08	9.61	1020	85	115.3	751.7	62.64	85
90	7.5	10.18	1080	90	122.1	795.9	66.32	90
95	7.92	10.74	1140	95	128.9	840.1	70	95
100	8.33	11.31	1200	100	135.7	884.3	73.7	100