ENGLISH TO METRIC CONVERSION: TORQUE

Torque is now expressed as either foot-pounds (ft./lbs.) or inch-pounds (in./lbs.). The metric measurement unit for torque is the Newton-meter (Nm). This unit—the Nm—will be used for all SI metric torque references, both the present ft./lbs. and in./lbs.

ft lbs	N-m	ft lbs	N-m	ft lbs	N-m	ft lbs	N-m
0.1	0.1	33	44.7	74	100.3	115	155.9
0.2	0.3	34	46.1	75	101.7	116	157.3
0.3	0.4	35	47.4	76	103.0	117	158.6
0.4	0.5	36	48.8	77	104.4	118	160.0
0.5	0.7	37	50.7	78	105.8	119	161.3
0.6	0.8	38	51.5	79	107.1	120	162.7
0.7	1.0	39	52.9	80	108.5	121	164.0
0.8	1.1	40	54.2	81	109.8	122	165.4
0.9	1.2	41	55.6	82	111.2	123	166.8
1	1.3	42	56.9	83	112.5	124	168.1
2	2.7	43	58.3	84	113.9	125	169.5
3	4.1	44	59.7	85	115.2	126	170.8
4	5.4	45	61.0	86	116.6	127	172.2
5	6.8	46	62.4	87	118.0	128	173.5
6	8.1	47	63.7	88	119.3	129	174.9
7	9.5	48	65.1	89	120.7	130	176.2
8	10.8	49	66.4	90	122.0	131	177.6
9	12.2	50	67.8	91	123.4	132	179.0
10	13.6	51	69.2	92	124.7	133	180.3
11	14.9	52	70.5	93	126.1	134	181.7
12	16.3	53	71.9	94	127.4	135	183.0
13	17.6	54	73.2	95	128.8	136	184.4
14	18.9	55	74.6	96	130.2	137	185.7
15	20.3	56	75.9	97	131.5	138	187.1
16	21.7	57	77.3	98	132.9	139	188.5
17	23.0	58	78.6	99	134.2	140	189.8
18	24.4	59	80.0	100	135.6	141	191.2
19	25.8	60	81.4	101	136.9	142	192.5
20	27.1	61	82.7	102	138.3	143	193.9
21	28.5	62	84.1	103	139.6	144	195.2
22	29.8	63	85.4	104	141.0	145	196.6
23	31.2	64	86.8	105	142.4	146	198.0
24	32.5	65	88.1	106	143.7	147	199.3
25	33.9	66	89.5	107	145.1	148	200.7
26	35.2	67	90.8	108	146.4	149	202.0
27	36.6	68	92.2	109	147.8	150	203.4
28	38.0	69	93.6	110	149.1	151	204.7
29	39.3	70	94.9	111	150.5	152	206.1
30	40.7	71	96.3	112	151.8	153	207.4
31	42.0	72	97.6	113	153.2	154	208.8
32	43.4	73	99.0	114	154.6	155	210.2