

# Conversion Charts

## Newton Meter Torque Value Conversions From ft/lb to Nm

ft/lb	0	1	2	3	4	5	6	7	8	9
	Nm	Nm	Nm	Nm	Nm	Nm	Nm	Nm	Nm	Nm
0	0	1.36	2.71	4.07	5.42	6.78	8.13	9.49	10.84	12.20
10	13.56	14.91	16.27	17.62	18.98	20.33	21.69	23.05	24.40	25.76
20	27.11	28.47	29.83	31.18	32.54	33.89	35.25	36.61	37.97	39.32
30	40.67	42.02	43.38	44.73	46.09	47.45	48.80	50.16	51.51	52.87
40	54.22	55.58	56.94	58.29	59.65	61.00	62.36	63.71	65.07	66.42
50	67.78	69.14	70.49	71.85	73.20	74.56	75.91	77.27	78.62	79.98
60	81.33	82.69	84.05	85.40	86.76	88.11	89.47	90.83	92.18	93.54
70	94.89	96.25	97.60	98.96	100.31	101.67	103.03	104.38	105.74	107.09
80	108.45	109.80	111.16	112.51	113.87	115.23	116.58	117.94	119.29	120.65
90	122.00	123.36	124.72	126.07	127.43	128.78	130.14	131.49	132.85	134.20
100	135.66									
ft/lb x 1.3556 = Nm										

## From Nm to ft/lb

Nm	0	1	2	3	4	5	6	7	8	9
	ft/lb	ft/lb	ft/lb	ft/lb	ft/lb	ft/lb	ft/lb	ft/lb	ft/lb	ft/lb
0	0	.74	1.48	2.21	2.95	3.69	4.43	5.16	5.90	6.64
10	7.38	8.11	8.85	9.59	10.33	11.06	11.80	12.54	13.28	14.01
20	14.75	15.49	16.23	16.96	17.70	18.44	19.18	19.91	20.65	21.39
30	22.13	22.86	23.60	24.34	25.08	25.81	26.55	27.29	28.03	28.76
40	29.50	30.24	30.98	31.72	32.45	33.19	33.93	34.67	35.40	36.14
50	36.88	37.62	38.35	39.09	39.83	40.57	41.30	42.04	42.78	43.52
60	44.25	44.99	45.73	46.47	47.20	47.94	48.68	49.42	50.15	50.89
70	51.63	52.37	53.10	53.84	54.58	55.32	56.05	56.79	57.53	58.27
80	59.00	59.74	60.48	61.22	61.96	62.69	63.43	64.17	64.91	65.64
90	66.38	67.12	67.86	68.59	69.33	70.07	70.81	71.54	72.28	73.02
100	73.76									
1 Nm = 0.73756 ft/lb										

NOTE: The International Metric System measures torque in Newton meters (Nm).  
A Newton is defined as the force necessary to move one kilogram one meter per second.