

Kilograms to Stones and Pounds Conversion Table (page 1/2)

Complete body weight reference from 20 to 200 kg

lb = kg × 2.20462. Stones = floor(lb ÷ 14). Remaining lb = lb mod 14.

kg	lb	Stones + Pounds	Stones (decimal)
20	44.09	3 st 2.1 lb	3.15
21	46.30	3 st 4.3 lb	3.31
22	48.50	3 st 6.5 lb	3.46
23	50.71	3 st 8.7 lb	3.62
24	52.91	3 st 10.9 lb	3.78
25	55.12	3 st 13.1 lb	3.94
26	57.32	4 st 1.3 lb	4.09
27	59.52	4 st 3.5 lb	4.25
28	61.73	4 st 5.7 lb	4.41
29	63.93	4 st 7.9 lb	4.57
30	66.14	4 st 10.1 lb	4.72
31	68.34	4 st 12.3 lb	4.88
32	70.55	5 st 0.5 lb	5.04
33	72.75	5 st 2.8 lb	5.20
34	74.96	5 st 5 lb	5.35
35	77.16	5 st 7.2 lb	5.51
36	79.37	5 st 9.4 lb	5.67
37	81.57	5 st 11.6 lb	5.83
38	83.78	5 st 13.8 lb	5.98
39	85.98	6 st 2 lb	6.14
40	88.18	6 st 4.2 lb	6.30
41	90.39	6 st 6.4 lb	6.46
42	92.59	6 st 8.6 lb	6.61
43	94.80	6 st 10.8 lb	6.77
44	97.00	6 st 13 lb	6.93
45	99.21	7 st 1.2 lb	7.09
46	101.41	7 st 3.4 lb	7.24
47	103.62	7 st 5.6 lb	7.40
48	105.82	7 st 7.8 lb	7.56
49	108.03	7 st 10 lb	7.72
50	110.23	7 st 12.2 lb	7.87

kg	lb	Stones + Pounds	Stones (decimal)
51	112.44	8 st 0.4 lb	8.03
52	114.64	8 st 2.6 lb	8.19
53	116.84	8 st 4.8 lb	8.35
54	119.05	8 st 7 lb	8.50
55	121.25	8 st 9.3 lb	8.66
56	123.46	8 st 11.5 lb	8.82
57	125.66	8 st 13.7 lb	8.98
58	127.87	9 st 1.9 lb	9.13
59	130.07	9 st 4.1 lb	9.29
60	132.28	9 st 6.3 lb	9.45
61	134.48	9 st 8.5 lb	9.61
62	136.69	9 st 10.7 lb	9.76
63	138.89	9 st 12.9 lb	9.92
64	141.10	10 st 1.1 lb	10.08
65	143.30	10 st 3.3 lb	10.24
66	145.51	10 st 5.5 lb	10.39
67	147.71	10 st 7.7 lb	10.55
68	149.91	10 st 9.9 lb	10.71
69	152.12	10 st 12.1 lb	10.87
70	154.32	11 st 0.3 lb	11.02
71	156.53	11 st 2.5 lb	11.18
72	158.73	11 st 4.7 lb	11.34
73	160.94	11 st 6.9 lb	11.50
74	163.14	11 st 9.1 lb	11.65
75	165.35	11 st 11.3 lb	11.81
76	167.55	11 st 13.6 lb	11.97
77	169.76	12 st 1.8 lb	12.13
78	171.96	12 st 4 lb	12.28
79	174.17	12 st 6.2 lb	12.44
80	176.37	12 st 8.4 lb	12.60
81	178.57	12 st 10.6 lb	12.76

kg	lb	Stones + Pounds	Stones (decimal)
82	180.78	12 st 12.8 lb	12.91
83	182.98	13 st 1 lb	13.07
84	185.19	13 st 3.2 lb	13.23
85	187.39	13 st 5.4 lb	13.39
86	189.60	13 st 7.6 lb	13.54
87	191.80	13 st 9.8 lb	13.70
88	194.01	13 st 12 lb	13.86
89	196.21	14 st 0.2 lb	14.02
90	198.42	14 st 2.4 lb	14.17
91	200.62	14 st 4.6 lb	14.33
92	202.83	14 st 6.8 lb	14.49
93	205.03	14 st 9 lb	14.64
94	207.23	14 st 11.2 lb	14.80
95	209.44	14 st 13.4 lb	14.96
96	211.64	15 st 1.6 lb	15.12
97	213.85	15 st 3.8 lb	15.27
98	216.05	15 st 6.1 lb	15.43
99	218.26	15 st 8.3 lb	15.59
100	220.46	15 st 10.5 lb	15.75
101	222.67	15 st 12.7 lb	15.90
102	224.87	16 st 0.9 lb	16.06
103	227.08	16 st 3.1 lb	16.22
104	229.28	16 st 5.3 lb	16.38
105	231.49	16 st 7.5 lb	16.53
106	233.69	16 st 9.7 lb	16.69
107	235.89	16 st 11.9 lb	16.85
108	238.10	17 st 0.1 lb	17.01
109	240.30	17 st 2.3 lb	17.16
110	242.51	17 st 4.5 lb	17.32
111	244.71	17 st 6.7 lb	17.48
112	246.92	17 st 8.9 lb	17.64

Kilograms to Stones and Pounds Conversion Table (page 2/2)

Complete body weight reference from 20 to 200 kg

lb = kg × 2.20462. Stones = floor(lb ÷ 14). Remaining lb = lb mod 14.

kg	lb	Stones + Pounds	Stones (decimal)
113	249.12	17 st 11.1 lb	17.79
114	251.33	17 st 13.3 lb	17.95
115	253.53	18 st 1.5 lb	18.11
116	255.74	18 st 3.7 lb	18.27
117	257.94	18 st 5.9 lb	18.42
118	260.15	18 st 8.1 lb	18.58
119	262.35	18 st 10.4 lb	18.74
120	264.55	18 st 12.6 lb	18.90
121	266.76	19 st 0.8 lb	19.05
122	268.96	19 st 3 lb	19.21
123	271.17	19 st 5.2 lb	19.37
124	273.37	19 st 7.4 lb	19.53
125	275.58	19 st 9.6 lb	19.68
126	277.78	19 st 11.8 lb	19.84
127	279.99	20 st 0 lb	20.00
128	282.19	20 st 2.2 lb	20.16
129	284.40	20 st 4.4 lb	20.31
130	286.60	20 st 6.6 lb	20.47
131	288.81	20 st 8.8 lb	20.63
132	291.01	20 st 11 lb	20.79
133	293.21	20 st 13.2 lb	20.94
134	295.42	21 st 1.4 lb	21.10
135	297.62	21 st 3.6 lb	21.26
136	299.83	21 st 5.8 lb	21.42
137	302.03	21 st 8 lb	21.57
138	304.24	21 st 10.2 lb	21.73
139	306.44	21 st 12.4 lb	21.89
140	308.65	22 st 0.6 lb	22.05
141	310.85	22 st 2.9 lb	22.20
142	313.06	22 st 5.1 lb	22.36
143	315.26	22 st 7.3 lb	22.52

kg	lb	Stones + Pounds	Stones (decimal)
144	317.47	22 st 9.5 lb	22.68
145	319.67	22 st 11.7 lb	22.83
146	321.87	22 st 13.9 lb	22.99
147	324.08	23 st 2.1 lb	23.15
148	326.28	23 st 4.3 lb	23.31
149	328.49	23 st 6.5 lb	23.46
150	330.69	23 st 8.7 lb	23.62
151	332.90	23 st 10.9 lb	23.78
152	335.10	23 st 13.1 lb	23.94
153	337.31	24 st 1.3 lb	24.09
154	339.51	24 st 3.5 lb	24.25
155	341.72	24 st 5.7 lb	24.41
156	343.92	24 st 7.9 lb	24.57
157	346.13	24 st 10.1 lb	24.72
158	348.33	24 st 12.3 lb	24.88
159	350.53	25 st 0.5 lb	25.04
160	352.74	25 st 2.7 lb	25.20
161	354.94	25 st 4.9 lb	25.35
162	357.15	25 st 7.1 lb	25.51
163	359.35	25 st 9.4 lb	25.67
164	361.56	25 st 11.6 lb	25.83
165	363.76	25 st 13.8 lb	25.98
166	365.97	26 st 2 lb	26.14
167	368.17	26 st 4.2 lb	26.30
168	370.38	26 st 6.4 lb	26.46
169	372.58	26 st 8.6 lb	26.61
170	374.79	26 st 10.8 lb	26.77
171	376.99	26 st 13 lb	26.93
172	379.20	27 st 1.2 lb	27.09
173	381.40	27 st 3.4 lb	27.24
174	383.60	27 st 5.6 lb	27.40

kg	lb	Stones + Pounds	Stones (decimal)
175	385.81	27 st 7.8 lb	27.56
176	388.01	27 st 10 lb	27.72
177	390.22	27 st 12.2 lb	27.87
178	392.42	28 st 0.4 lb	28.03
179	394.63	28 st 2.6 lb	28.19
180	396.83	28 st 4.8 lb	28.35
181	399.04	28 st 7 lb	28.50
182	401.24	28 st 9.2 lb	28.66
183	403.45	28 st 11.4 lb	28.82
184	405.65	28 st 13.7 lb	28.98
185	407.86	29 st 1.9 lb	29.13
186	410.06	29 st 4.1 lb	29.29
187	412.26	29 st 6.3 lb	29.45
188	414.47	29 st 8.5 lb	29.60
189	416.67	29 st 10.7 lb	29.76
190	418.88	29 st 12.9 lb	29.92
191	421.08	30 st 1.1 lb	30.08
192	423.29	30 st 3.3 lb	30.23
193	425.49	30 st 5.5 lb	30.39
194	427.70	30 st 7.7 lb	30.55
195	429.90	30 st 9.9 lb	30.71
196	432.11	30 st 12.1 lb	30.86
197	434.31	31 st 0.3 lb	31.02
198	436.52	31 st 2.5 lb	31.18
199	438.72	31 st 4.7 lb	31.34
200	440.92	31 st 6.9 lb	31.49