

Pounds and Ounces to Kilograms Conversion Table (page 1/4)

Body weight and cooking reference -- 1 oz to 20 lb (320 oz)

kg = ounces × 0.02835. 1 pound = 16 ounces. 1 oz = 0.028349523125 kg.

oz	kg	Pounds + Ounces	Grams
1	0.0283	1 oz	28.3
2	0.0567	2 oz	56.7
3	0.0850	3 oz	85.0
4	0.1134	4 oz	113.4
5	0.1417	5 oz	141.7
6	0.1701	6 oz	170.1
7	0.1984	7 oz	198.4
8	0.2268	8 oz	226.8
9	0.2551	9 oz	255.1
10	0.2835	10 oz	283.5
11	0.3118	11 oz	311.8
12	0.3402	12 oz	340.2
13	0.3685	13 oz	368.5
14	0.3969	14 oz	396.9
15	0.4252	15 oz	425.2
16	0.4536	1 lb	453.6
17	0.4819	1 lb 1 oz	481.9
18	0.5103	1 lb 2 oz	510.3
19	0.5386	1 lb 3 oz	538.6
20	0.5670	1 lb 4 oz	567.0
21	0.5953	1 lb 5 oz	595.3
22	0.6237	1 lb 6 oz	623.7
23	0.6520	1 lb 7 oz	652.0
24	0.6804	1 lb 8 oz	680.4
25	0.7087	1 lb 9 oz	708.7
26	0.7371	1 lb 10 oz	737.1
27	0.7654	1 lb 11 oz	765.4
28	0.7938	1 lb 12 oz	793.8

oz	kg	Pounds + Ounces	Grams
29	0.8221	1 lb 13 oz	822.1
30	0.8505	1 lb 14 oz	850.5
31	0.8788	1 lb 15 oz	878.8
32	0.9072	2 lb	907.2
33	0.9355	2 lb 1 oz	935.5
34	0.9639	2 lb 2 oz	963.9
35	0.9922	2 lb 3 oz	992.2
36	1.0206	2 lb 4 oz	1,020.6
37	1.0489	2 lb 5 oz	1,048.9
38	1.0773	2 lb 6 oz	1,077.3
39	1.1056	2 lb 7 oz	1,105.6
40	1.1340	2 lb 8 oz	1,134.0
41	1.1623	2 lb 9 oz	1,162.3
42	1.1907	2 lb 10 oz	1,190.7
43	1.2190	2 lb 11 oz	1,219.0
44	1.2474	2 lb 12 oz	1,247.4
45	1.2757	2 lb 13 oz	1,275.7
46	1.3041	2 lb 14 oz	1,304.1
47	1.3324	2 lb 15 oz	1,332.4
48	1.3608	3 lb	1,360.8
49	1.3891	3 lb 1 oz	1,389.1
50	1.4175	3 lb 2 oz	1,417.5
51	1.4458	3 lb 3 oz	1,445.8
52	1.4742	3 lb 4 oz	1,474.2
53	1.5025	3 lb 5 oz	1,502.5
54	1.5309	3 lb 6 oz	1,530.9
55	1.5592	3 lb 7 oz	1,559.2
56	1.5876	3 lb 8 oz	1,587.6

oz	kg	Pounds + Ounces	Grams
57	1.6159	3 lb 9 oz	1,615.9
58	1.6443	3 lb 10 oz	1,644.3
59	1.6726	3 lb 11 oz	1,672.6
60	1.7010	3 lb 12 oz	1,701.0
61	1.7293	3 lb 13 oz	1,729.3
62	1.7577	3 lb 14 oz	1,757.7
63	1.7860	3 lb 15 oz	1,786.0
64	1.8144	4 lb	1,814.4
65	1.8427	4 lb 1 oz	1,842.7
66	1.8711	4 lb 2 oz	1,871.1
67	1.8994	4 lb 3 oz	1,899.4
68	1.9278	4 lb 4 oz	1,927.8
69	1.9561	4 lb 5 oz	1,956.1
70	1.9845	4 lb 6 oz	1,984.5
71	2.0128	4 lb 7 oz	2,012.8
72	2.0412	4 lb 8 oz	2,041.2
73	2.0695	4 lb 9 oz	2,069.5
74	2.0979	4 lb 10 oz	2,097.9
75	2.1262	4 lb 11 oz	2,126.2
76	2.1546	4 lb 12 oz	2,154.6
77	2.1829	4 lb 13 oz	2,182.9
78	2.2113	4 lb 14 oz	2,211.3
79	2.2396	4 lb 15 oz	2,239.6
80	2.2680	5 lb	2,268.0
81	2.2963	5 lb 1 oz	2,296.3
82	2.3247	5 lb 2 oz	2,324.7
83	2.3530	5 lb 3 oz	2,353.0
84	2.3814	5 lb 4 oz	2,381.4

Pounds and Ounces to Kilograms Conversion Table (page 2/4)

Body weight and cooking reference -- 1 oz to 20 lb (320 oz)

kg = ounces × 0.02835. 1 pound = 16 ounces. 1 oz = 0.028349523125 kg.

oz	kg	Pounds + Ounces	Grams
85	2.4097	5 lb 5 oz	2,409.7
86	2.4381	5 lb 6 oz	2,438.1
87	2.4664	5 lb 7 oz	2,466.4
88	2.4948	5 lb 8 oz	2,494.8
89	2.5231	5 lb 9 oz	2,523.1
90	2.5515	5 lb 10 oz	2,551.5
91	2.5798	5 lb 11 oz	2,579.8
92	2.6082	5 lb 12 oz	2,608.2
93	2.6365	5 lb 13 oz	2,636.5
94	2.6649	5 lb 14 oz	2,664.9
95	2.6932	5 lb 15 oz	2,693.2
96	2.7216	6 lb	2,721.6
97	2.7499	6 lb 1 oz	2,749.9
98	2.7783	6 lb 2 oz	2,778.3
99	2.8066	6 lb 3 oz	2,806.6
100	2.8350	6 lb 4 oz	2,835.0
101	2.8633	6 lb 5 oz	2,863.3
102	2.8917	6 lb 6 oz	2,891.7
103	2.9200	6 lb 7 oz	2,920.0
104	2.9484	6 lb 8 oz	2,948.4
105	2.9767	6 lb 9 oz	2,976.7
106	3.0050	6 lb 10 oz	3,005.0
107	3.0334	6 lb 11 oz	3,033.4
108	3.0617	6 lb 12 oz	3,061.7
109	3.0901	6 lb 13 oz	3,090.1
110	3.1184	6 lb 14 oz	3,118.4
111	3.1468	6 lb 15 oz	3,146.8
112	3.1751	7 lb	3,175.1

oz	kg	Pounds + Ounces	Grams
113	3.2035	7 lb 1 oz	3,203.5
114	3.2318	7 lb 2 oz	3,231.8
115	3.2602	7 lb 3 oz	3,260.2
116	3.2885	7 lb 4 oz	3,288.5
117	3.3169	7 lb 5 oz	3,316.9
118	3.3452	7 lb 6 oz	3,345.2
119	3.3736	7 lb 7 oz	3,373.6
120	3.4019	7 lb 8 oz	3,401.9
121	3.4303	7 lb 9 oz	3,430.3
122	3.4586	7 lb 10 oz	3,458.6
123	3.4870	7 lb 11 oz	3,487.0
124	3.5153	7 lb 12 oz	3,515.3
125	3.5437	7 lb 13 oz	3,543.7
126	3.5720	7 lb 14 oz	3,572.0
127	3.6004	7 lb 15 oz	3,600.4
128	3.6287	8 lb	3,628.7
129	3.6571	8 lb 1 oz	3,657.1
130	3.6854	8 lb 2 oz	3,685.4
131	3.7138	8 lb 3 oz	3,713.8
132	3.7421	8 lb 4 oz	3,742.1
133	3.7705	8 lb 5 oz	3,770.5
134	3.7988	8 lb 6 oz	3,798.8
135	3.8272	8 lb 7 oz	3,827.2
136	3.8555	8 lb 8 oz	3,855.5
137	3.8839	8 lb 9 oz	3,883.9
138	3.9122	8 lb 10 oz	3,912.2
139	3.9406	8 lb 11 oz	3,940.6
140	3.9689	8 lb 12 oz	3,968.9

oz	kg	Pounds + Ounces	Grams
141	3.9973	8 lb 13 oz	3,997.3
142	4.0256	8 lb 14 oz	4,025.6
143	4.0540	8 lb 15 oz	4,054.0
144	4.0823	9 lb	4,082.3
145	4.1107	9 lb 1 oz	4,110.7
146	4.1390	9 lb 2 oz	4,139.0
147	4.1674	9 lb 3 oz	4,167.4
148	4.1957	9 lb 4 oz	4,195.7
149	4.2241	9 lb 5 oz	4,224.1
150	4.2524	9 lb 6 oz	4,252.4
151	4.2808	9 lb 7 oz	4,280.8
152	4.3091	9 lb 8 oz	4,309.1
153	4.3375	9 lb 9 oz	4,337.5
154	4.3658	9 lb 10 oz	4,365.8
155	4.3942	9 lb 11 oz	4,394.2
156	4.4225	9 lb 12 oz	4,422.5
157	4.4509	9 lb 13 oz	4,450.9
158	4.4792	9 lb 14 oz	4,479.2
159	4.5076	9 lb 15 oz	4,507.6
160	4.5359	10 lb	4,535.9
161	4.5643	10 lb 1 oz	4,564.3
162	4.5926	10 lb 2 oz	4,592.6
163	4.6210	10 lb 3 oz	4,621.0
164	4.6493	10 lb 4 oz	4,649.3
165	4.6777	10 lb 5 oz	4,677.7
166	4.7060	10 lb 6 oz	4,706.0
167	4.7344	10 lb 7 oz	4,734.4
168	4.7627	10 lb 8 oz	4,762.7

Pounds and Ounces to Kilograms Conversion Table (page 3/4)

Body weight and cooking reference -- 1 oz to 20 lb (320 oz)

kg = ounces × 0.02835. 1 pound = 16 ounces. 1 oz = 0.028349523125 kg.

oz	kg	Pounds + Ounces	Grams
169	4.7911	10 lb 9 oz	4,791.1
170	4.8194	10 lb 10 oz	4,819.4
171	4.8478	10 lb 11 oz	4,847.8
172	4.8761	10 lb 12 oz	4,876.1
173	4.9045	10 lb 13 oz	4,904.5
174	4.9328	10 lb 14 oz	4,932.8
175	4.9612	10 lb 15 oz	4,961.2
176	4.9895	11 lb	4,989.5
177	5.0179	11 lb 1 oz	5,017.9
178	5.0462	11 lb 2 oz	5,046.2
179	5.0746	11 lb 3 oz	5,074.6
180	5.1029	11 lb 4 oz	5,102.9
181	5.1313	11 lb 5 oz	5,131.3
182	5.1596	11 lb 6 oz	5,159.6
183	5.1880	11 lb 7 oz	5,188.0
184	5.2163	11 lb 8 oz	5,216.3
185	5.2447	11 lb 9 oz	5,244.7
186	5.2730	11 lb 10 oz	5,273.0
187	5.3014	11 lb 11 oz	5,301.4
188	5.3297	11 lb 12 oz	5,329.7
189	5.3581	11 lb 13 oz	5,358.1
190	5.3864	11 lb 14 oz	5,386.4
191	5.4148	11 lb 15 oz	5,414.8
192	5.4431	12 lb	5,443.1
193	5.4715	12 lb 1 oz	5,471.5
194	5.4998	12 lb 2 oz	5,499.8
195	5.5282	12 lb 3 oz	5,528.2
196	5.5565	12 lb 4 oz	5,556.5

oz	kg	Pounds + Ounces	Grams
197	5.5849	12 lb 5 oz	5,584.9
198	5.6132	12 lb 6 oz	5,613.2
199	5.6416	12 lb 7 oz	5,641.6
200	5.6699	12 lb 8 oz	5,669.9
201	5.6983	12 lb 9 oz	5,698.3
202	5.7266	12 lb 10 oz	5,726.6
203	5.7550	12 lb 11 oz	5,755.0
204	5.7833	12 lb 12 oz	5,783.3
205	5.8117	12 lb 13 oz	5,811.7
206	5.8400	12 lb 14 oz	5,840.0
207	5.8684	12 lb 15 oz	5,868.4
208	5.8967	13 lb	5,896.7
209	5.9251	13 lb 1 oz	5,925.1
210	5.9534	13 lb 2 oz	5,953.4
211	5.9817	13 lb 3 oz	5,981.7
212	6.0101	13 lb 4 oz	6,010.1
213	6.0384	13 lb 5 oz	6,038.4
214	6.0668	13 lb 6 oz	6,066.8
215	6.0951	13 lb 7 oz	6,095.1
216	6.1235	13 lb 8 oz	6,123.5
217	6.1518	13 lb 9 oz	6,151.8
218	6.1802	13 lb 10 oz	6,180.2
219	6.2085	13 lb 11 oz	6,208.5
220	6.2369	13 lb 12 oz	6,236.9
221	6.2652	13 lb 13 oz	6,265.2
222	6.2936	13 lb 14 oz	6,293.6
223	6.3219	13 lb 15 oz	6,321.9
224	6.3503	14 lb	6,350.3

oz	kg	Pounds + Ounces	Grams
225	6.3786	14 lb 1 oz	6,378.6
226	6.4070	14 lb 2 oz	6,407.0
227	6.4353	14 lb 3 oz	6,435.3
228	6.4637	14 lb 4 oz	6,463.7
229	6.4920	14 lb 5 oz	6,492.0
230	6.5204	14 lb 6 oz	6,520.4
231	6.5487	14 lb 7 oz	6,548.7
232	6.5771	14 lb 8 oz	6,577.1
233	6.6054	14 lb 9 oz	6,605.4
234	6.6338	14 lb 10 oz	6,633.8
235	6.6621	14 lb 11 oz	6,662.1
236	6.6905	14 lb 12 oz	6,690.5
237	6.7188	14 lb 13 oz	6,718.8
238	6.7472	14 lb 14 oz	6,747.2
239	6.7755	14 lb 15 oz	6,775.5
240	6.8039	15 lb	6,803.9
241	6.8322	15 lb 1 oz	6,832.2
242	6.8606	15 lb 2 oz	6,860.6
243	6.8889	15 lb 3 oz	6,888.9
244	6.9173	15 lb 4 oz	6,917.3
245	6.9456	15 lb 5 oz	6,945.6
246	6.9740	15 lb 6 oz	6,974.0
247	7.0023	15 lb 7 oz	7,002.3
248	7.0307	15 lb 8 oz	7,030.7
249	7.0590	15 lb 9 oz	7,059.0
250	7.0874	15 lb 10 oz	7,087.4
251	7.1157	15 lb 11 oz	7,115.7
252	7.1441	15 lb 12 oz	7,144.1

Pounds and Ounces to Kilograms Conversion Table (page 4/4)

Body weight and cooking reference -- 1 oz to 20 lb (320 oz)

kg = ounces × 0.02835. 1 pound = 16 ounces. 1 oz = 0.028349523125 kg.

oz	kg	Pounds + Ounces	Grams
253	7.1724	15 lb 13 oz	7,172.4
254	7.2008	15 lb 14 oz	7,200.8
255	7.2291	15 lb 15 oz	7,229.1
256	7.2575	16 lb	7,257.5
257	7.2858	16 lb 1 oz	7,285.8
258	7.3142	16 lb 2 oz	7,314.2
259	7.3425	16 lb 3 oz	7,342.5
260	7.3709	16 lb 4 oz	7,370.9
261	7.3992	16 lb 5 oz	7,399.2
262	7.4276	16 lb 6 oz	7,427.6
263	7.4559	16 lb 7 oz	7,455.9
264	7.4843	16 lb 8 oz	7,484.3
265	7.5126	16 lb 9 oz	7,512.6
266	7.5410	16 lb 10 oz	7,541.0
267	7.5693	16 lb 11 oz	7,569.3
268	7.5977	16 lb 12 oz	7,597.7
269	7.6260	16 lb 13 oz	7,626.0
270	7.6544	16 lb 14 oz	7,654.4
271	7.6827	16 lb 15 oz	7,682.7
272	7.7111	17 lb	7,711.1
273	7.7394	17 lb 1 oz	7,739.4
274	7.7678	17 lb 2 oz	7,767.8
275	7.7961	17 lb 3 oz	7,796.1
276	7.8245	17 lb 4 oz	7,824.5
277	7.8528	17 lb 5 oz	7,852.8
278	7.8812	17 lb 6 oz	7,881.2
279	7.9095	17 lb 7 oz	7,909.5
280	7.9379	17 lb 8 oz	7,937.9

oz	kg	Pounds + Ounces	Grams
281	7.9662	17 lb 9 oz	7,966.2
282	7.9946	17 lb 10 oz	7,994.6
283	8.0229	17 lb 11 oz	8,022.9
284	8.0513	17 lb 12 oz	8,051.3
285	8.0796	17 lb 13 oz	8,079.6
286	8.1080	17 lb 14 oz	8,108.0
287	8.1363	17 lb 15 oz	8,136.3
288	8.1647	18 lb	8,164.7
289	8.1930	18 lb 1 oz	8,193.0
290	8.2214	18 lb 2 oz	8,221.4
291	8.2497	18 lb 3 oz	8,249.7
292	8.2781	18 lb 4 oz	8,278.1
293	8.3064	18 lb 5 oz	8,306.4
294	8.3348	18 lb 6 oz	8,334.8
295	8.3631	18 lb 7 oz	8,363.1
296	8.3915	18 lb 8 oz	8,391.5
297	8.4198	18 lb 9 oz	8,419.8
298	8.4482	18 lb 10 oz	8,448.2
299	8.4765	18 lb 11 oz	8,476.5
300	8.5049	18 lb 12 oz	8,504.9
301	8.5332	18 lb 13 oz	8,533.2
302	8.5616	18 lb 14 oz	8,561.6
303	8.5899	18 lb 15 oz	8,589.9
304	8.6183	19 lb	8,618.3
305	8.6466	19 lb 1 oz	8,646.6
306	8.6750	19 lb 2 oz	8,675.0
307	8.7033	19 lb 3 oz	8,703.3
308	8.7317	19 lb 4 oz	8,731.7

oz	kg	Pounds + Ounces	Grams
309	8.7600	19 lb 5 oz	8,760.0
310	8.7884	19 lb 6 oz	8,788.4
311	8.8167	19 lb 7 oz	8,816.7
312	8.8451	19 lb 8 oz	8,845.1
313	8.8734	19 lb 9 oz	8,873.4
314	8.9018	19 lb 10 oz	8,901.8
315	8.9301	19 lb 11 oz	8,930.1
316	8.9584	19 lb 12 oz	8,958.4
317	8.9868	19 lb 13 oz	8,986.8
318	9.0151	19 lb 14 oz	9,015.1
319	9.0435	19 lb 15 oz	9,043.5
320	9.0718	20 lb	9,071.8