

Stones and Pounds to Kilograms Conversion Table

UK body weight reference -- 1 to 30 stones

kg = stones × 6.35029. 1 stone = 14 pounds = 6.35029318 kg exactly.

st	kg	Pounds	Grams
1	6.350	14	6,350
2	12.701	28	12,701
3	19.051	42	19,051
4	25.401	56	25,401
5	31.751	70	31,751
6	38.102	84	38,102
7	44.452	98	44,452
8	50.802	112	50,802
9	57.153	126	57,153
10	63.503	140	63,503
11	69.853	154	69,853
12	76.204	168	76,204
13	82.554	182	82,554
14	88.904	196	88,904
15	95.254	210	95,254
16	101.605	224	101,605
17	107.955	238	107,955
18	114.305	252	114,305
19	120.656	266	120,656

st	kg	Pounds	Grams
20	127.006	280	127,006
21	133.356	294	133,356
22	139.706	308	139,706
23	146.057	322	146,057
24	152.407	336	152,407
25	158.757	350	158,757
26	165.108	364	165,108
27	171.458	378	171,458
28	177.808	392	177,808
29	184.159	406	184,159
30	190.509	420	190,509