

Industry Standards Downloadable Guides

TORQUE CONVERSION CHART

Allvalves Online Technical Support



Technical Support Document

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WANT TO CONVERT NM INTO IN.LBS ?

Torque is a measure of how much twisting is applied to a stem. The units used to measure torque are in the form of force times length. The metric (SI) unit of torque is the newton metre (Nm). In inch units, torque is usually measured as Lb-Ft (pounds feet) or Lb-In (pounds inch).

The Torque Converter Calculator will allow you to convert Nm to LbFt or Lb-In or vice-versa. The calculator uses the conversion 1 Lb-Ft = 1.35582 Nm.

| Units to be converted ↓ | SI | Imperial | | Metric | |
|-------------------------|-------|----------|-------|--------|--------|
| | Nm | lb.ins | lb.ft | Kg.cm | Kg.m |
| 1 Nm = | 1 | 8.851 | 0.738 | 10.2 | 0.102 |
| 1 Lb.ins = | 0.113 | 1 | 0.083 | 1.152 | 0.0115 |
| 1 Lb.ft = | 1.356 | 12 | 1 | 13.83 | 0.138 |
| 1 Kg.cm = | 0.098 | 0.868 | 0.072 | 1 | 0.01 |
| 1 Kg.m = | 9.807 | 86.8 | 7.233 | 100 | 1 |

Notes based on BS 350 1974



Torque Conversion Chart Metric to English

| Newton Meters (N-m) | Foot Pounds (ft. lbs.) | Newton Meters (N-m) | Foot Pounds (ft. lbs.) | Newton Meters (N-m) | Foot Pounds (ft. lbs.) | Newton Meters (N-m) | Foot Pounds (ft. lbs.) | Newton Meters (N-m) | Foot Pounds (ft. lbs.) |
|---------------------|------------------------|---------------------|------------------------|---------------------|------------------------|---------------------|------------------------|---------------------|------------------------|
| 1 = | 0.7 | 32 = | 23.6 | 63 = | 46.5 | 94 = | 69.3 | 125 = | 92.2 |
| 2 = | 1.5 | 33 = | 24.3 | 64 = | 47.2 | 95 = | 70.1 | 126 = | 92.9 |
| 3 = | 2.2 | 34 = | 25.1 | 65 = | 47.9 | 96 = | 70.8 | 127 = | 93.7 |
| 4 = | 3 | 35 = | 25.8 | 66 = | 48.7 | 97 = | 71.5 | 128 = | 94.4 |
| 5 = | 3.7 | 36 = | 26.6 | 67 = | 49.4 | 98 = | 72.3 | 129 = | 95.1 |
| 6 = | 4.4 | 37 = | 27.3 | 68 = | 50.2 | 99 = | 73 | 130 = | 95.9 |
| 7 = | 5.2 | 38 = | 28 | 69 = | 50.9 | 100 = | 73.8 | 131 = | 96.6 |
| 8 = | 5.9 | 39 = | 28.8 | 70 = | 51.6 | 101 = | 74.5 | 132 = | 97.4 |
| 9 = | 6.6 | 40 = | 29.5 | 71 = | 52.4 | 102 = | 75.2 | 133 = | 98.1 |
| 10 = | 7.4 | 41 = | 30.2 | 72 = | 53.1 | 103 = | 76 | 134 = | 98.8 |
| 11 = | 8.1 | 42 = | 31 | 73 = | 53.8 | 104 = | 76.7 | 135 = | 99.6 |
| 12 = | 8.9 | 43 = | 31.7 | 74 = | 54.6 | 105 = | 77.4 | 136 = | 100.3 |
| 13 = | 9.6 | 44 = | 32.5 | 75 = | 55.3 | 106 = | 78.2 | 137 = | 101 |
| 14 = | 10.3 | 45 = | 33.2 | 76 = | 56.1 | 107 = | 78.9 | 138 = | 101.8 |
| 15 = | 11.1 | 46 = | 33.9 | 77 = | 56.8 | 108 = | 79.7 | 139 = | 102.5 |
| 16 = | 11.8 | 47 = | 34.7 | 78 = | 57.5 | 109 = | 80.4 | 140 = | 103.3 |
| 17 = | 12.5 | 48 = | 35.4 | 79 = | 58.3 | 110 = | 81.1 | 141 = | 104 |
| 18 = | 13.3 | 49 = | 36.1 | 80 = | 59 | 111 = | 81.9 | 142 = | 104.7 |
| 19 = | 14 | 50 = | 36.9 | 81 = | 59.7 | 112 = | 82.6 | 143 = | 105.5 |
| 20 = | 14.8 | 51 = | 37.6 | 82 = | 60.5 | 113 = | 83.3 | 144 = | 106.2 |
| 21 = | 15.5 | 52 = | 38.4 | 83 = | 61.2 | 114 = | 84.1 | 145 = | 106.9 |
| 22 = | 16.2 | 53 = | 39.1 | 84 = | 62 | 115 = | 84.8 | 146 = | 107.7 |
| 23 = | 17 | 54 = | 39.8 | 85 = | 62.7 | 116 = | 85.6 | 147 = | 108.4 |
| 24 = | 17.7 | 55 = | 40.6 | 86 = | 63.4 | 117 = | 86.3 | 148 = | 109.2 |
| 25 = | 18.4 | 56 = | 41.3 | 87 = | 64.2 | 118 = | 87 | 149 = | 109.9 |
| 26 = | 19.2 | 57 = | 42 | 88 = | 64.9 | 119 = | 87.8 | 150 = | 110.6 |
| 27 = | 19.9 | 58 = | 42.8 | 89 = | 65.6 | 120 = | 88.5 | 151 = | 111.4 |
| 28 = | 20.7 | 59 = | 43.5 | 90 = | 66.4 | 121 = | 89.2 | 152 = | 112.1 |
| 29 = | 21.4 | 60 = | 44.3 | 91 = | 67.1 | 122 = | 90 | 153 = | 112.8 |
| 30 = | 22.1 | 61 = | 45 | 92 = | 67.9 | 123 = | 90.7 | 154 = | 113.6 |
| 31 = | 22.9 | 62 = | 45.7 | 93 = | 68.6 | 124 = | 91.5 | 155 = | 114.3 |

Conversion Formula: Newton Meters x .73756 = Foot Pounds.