

# pedalon

## Torque Conversion Chart

Nm	in-lbs	ft-lbs	kgf-cm*
0.5	4.4	0.4	5.1
1	8.8	0.7	10.2
2	17.7	1.5	20.4
3	26.5	2.2	30.6
4	35.3	2.9	40.8
5	44.1	3.7	51.0
6	53.0	4.4	61.2
7	61.8	5.2	71.4
8	70.6	5.9	81.5
9	79.5	6.6	91.7
10	88.3	7.4	101.9
11	97.1	8.1	112.1
12	106.0	8.8	122.3
13	114.8	9.6	132.5
14	123.6	10.3	142.7
15	132.4	11.0	152.9
16	141.3	11.8	163.1
17	150.1	12.5	173.3
18	158.9	13.2	183.5
19	167.8	14.0	193.7
20	176.6	14.7	203.9
21	185.4	15.5	214.1
22	194.2	16.2	224.3
23	203.1	16.9	234.5
24	211.9	17.7	244.6
25	220.7	18.4	254.8
26	229.6	19.1	265.0
27	238.4	19.9	275.2
28	247.2	20.6	285.4
29	256.0	21.3	295.6
30	264.9	22.1	305.8
31	273.7	22.8	316.0
32	282.5	23.5	326.2
33	291.4	24.3	336.4
34	300.2	25.0	346.6
35	309.0	25.8	356.8
36	317.9	26.5	367.0

Nm	in-lbs	ft-lbs	kgf-cm*
37	326.7	27.2	377.2
38	335.5	28.0	387.4
39	344.3	28.7	397.6
40	353.2	29.4	407.7
41	362.0	30.2	417.9
42	370.8	30.9	428.1
43	379.7	31.6	438.3
44	388.5	32.4	448.5
45	397.3	33.1	458.7
46	406.1	33.8	468.9
47	415.0	34.6	479.1
48	423.8	35.3	489.3
49	432.6	36.1	499.5
50	441.5	36.8	509.7
51	450.3	37.5	519.9
52	459.1	38.3	530.1
53	467.9	39.0	540.3
54	476.8	39.7	550.5
55	485.6	40.5	560.7
56	494.4	41.2	570.8
57	503.3	41.9	581.0
58	512.1	42.7	591.2
59	520.9	43.4	601.4
60	529.8	44.1	611.6
61	538.6	44.9	621.8
62	547.4	45.6	632.0
63	556.2	46.4	642.2
64	565.1	47.1	652.4
65	573.9	47.8	662.6
66	582.7	48.6	672.8
67	591.6	49.3	683.0
68	600.4	50.0	693.2
69	609.2	50.8	703.4
70	618.0	51.5	713.6
71	626.9	52.2	723.8
72	635.7	53.0	733.9
73	644.5	53.7	744.1

\*same as kg-cm (f stands for force as kg is unit of mass)