



POUNDS (lbs) TO KILOS (kgs) CONVERSION CHART

1 kg = 2.2 lbs.

1 lb = 0.453592 kgs

Kilos	Lbs.
25	55.1
27.5	60.6
30	66.1
32.5	71.6
35	77.2
37.5	82.7
40	88.2
42.5	93.7
45	99.2
47.5	104.7
50	110.2
52.5	115.7
55	121.3
57.5	126.8
60	132.3
62.5	137.8
65	143.3
67.5	148.8
70	154.3
72.5	159.8
75	165.3
77.5	170.9
80	176.4
82.5	181.9
85	187.4
87.5	192.9
90	198.4
92.5	203.9
95	209.4
97.5	214.9
100	220.5
102.5	226.0
105	231.5
107.5	237.0
110	242.5
112.5	248.0

Kilos	Lbs.
115	253.5
117.5	259.0
120	264.6
122.5	270.1
125	275.6
127.5	281.1
130	286.6
132.5	292.1
135	297.6
137.5	303.1
140	308.6
142.5	314.2
145	319.7
147.5	325.2
150	330.7
152.5	336.2
155	341.7
157.5	347.2
160	352.7
162.5	358.2
165	363.8
167.5	369.3
170	374.8
172.5	380.3
175	385.8
177.5	391.3
180	396.8
182.5	402.3
185	407.9
187.5	413.4
190	418.9
192.5	424.4
195	429.9
197.5	435.4
200	440.9
202.5	446.4

Kilos	Lbs.
205	451.9
207.5	457.5
210	463.0
212.5	468.5
215	474.0
217.5	479.5
220	485.0
222.5	490.5
225	496.0
227.5	501.5
230	507.1
232.5	512.6
235	518.1
237.5	523.6
240	529.1
242.5	534.6
245	540.1
247.5	545.6
250	551.2
252.5	556.7
255	562.2
257.5	567.7
260	573.2
262.5	578.7
265	584.2
267.5	589.7
270	595.2
272.5	600.8
275	606.3
277.5	611.8
280	617.3
282.5	622.8
285	628.3
287.5	633.8
290	639.3
292.5	644.8

Kilos	Lbs.
295	650.4
297.5	655.9
300	661.4
302.5	666.9
305	672.4
307.5	677.9
310	683.4
312.5	688.9
315	694.4
317.5	700.0
320	705.5
322.5	711.0
325	716.5
327.5	722.0
330	727.5
332.5	733.0
335	738.5
337.5	744.1
340	749.6
342.5	755.1
345	760.6
347.5	766.1
350	771.6
352.5	777.1
355	782.6
357.5	788.1
360	793.7
362.5	799.2
365	804.7
367.5	810.2
370	815.7
372.5	821.2
375	826.7
377.5	832.2
380	837.7
382.5	843.3

Kilos	Lbs.
385	848.8
387.5	854.3
390	859.8
392.5	865.3
395	870.8
397.5	876.3
400	881.8
402.5	887.4
405	892.9
407.5	898.4
410	903.9
412.5	909.4
415	914.9
417.5	920.4
420	925.9
422.5	931.4
425	937.0
427.5	942.5
430	948.0
432.5	953.5
435	959.0
437.5	964.5
440	970.0
442.5	975.5
445	981.0
447.5	986.6
450	992.1
452.5	997.6
455	1003.1
457.5	1008.6
460	1014.1
462.5	1019.6
465	1025.1
467.5	1030.7
470	1036.2
472.5	1041.7