

Chart to Convert Stones to Pounds and/or Kilograms

Stones to Pounds and Kilograms Conversion Table

Kilograms	Pounds	Stone/Pounds
45.0 kg =	99 lb =	7 stone 1 lb
45.5 kg =	100 lb =	7 stone 2 lb
45.9 kg =	101 lb =	7 stone 3 lb
46.4 kg =	102 lb =	7 stone 4 lb
46.8 kg =	103 lb =	7 stone 5 lb
47.3 kg =	104 lb =	7 stone 6 lb
47.7 kg =	105 lb =	7 stone 7 lb
48.2 kg =	106 lb =	7 stone 8 lb
48.6 kg =	107 lb =	7 stone 9 lb

49.1 kg =

108 lb =

7 stone 10 lb

49.5 kg =

109 lb =

7 stone 11 lb

50.0 kg =

110 lb =

7 stone 12 lb

50.5 kg =

111 lb =

7 stone 13 lb

50.9 kg =

112 lb =

8 stone 0 lb

51.4 kg =

113 lb =

8 stone 1 lb

51.8 kg =

114 lb =

8 stone 2 lb

52.3 kg =

115 lb =

8 stone 3 lb

52.7 kg =

116 lb =

8 stone 4 lb

53.2 kg =

117 lb =

8 stone 5 lb

53.6 kg =

118 lb =

8 stone 6 lb

54.1 kg =

119 lb =

8 stone 7 lb

54.5 kg =

120 lb =

8 stone 8 lb

55.0 kg =

121 lb =

8 stone 9 lb

55.5 kg =

122 lb =

8 stone 10 lb

55.9 kg =

123 lb =

8 stone 11 lb

56.4 kg =

124 lb =

8 stone 12 lb

56.8 kg =

125 lb =

8 stone 13 lb

57.3 kg =

126 lb =

9 stone 0 lb

57.7 kg =

127 lb =

9 stone 1 lb

58.2 kg =

128 lb =

9 stone 2 lb

58.6 kg =

129 lb =

9 stone 3 lb

59.1 kg =

130 lb =

9 stone 4 lb

59.5 kg =

131 lb =

9 stone 5 lb

60.0 kg =

132 lb =

9 stone 6 lb

60.5 kg =

133 lb =

9 stone 7 lb

60.9 kg =

134 lb =

9 stone 8 lb

61.4 kg =

135 lb =

9 stone 9 lb

61.8 kg =

136 lb =

9 stone 10 lb

62.3 kg =

137 lb =

9 stone 11 lb

62.7 kg =

138 lb =

9 stone 12 lb

63.2 kg =

139 lb =

9 stone 13 lb

63.6 kg =

140 lb =

10 stone 0 lb

64.1 kg =

141 lb =

10 stone 1 lb

64.5 kg =

142 lb =

10 stone 2 lb

65.0 kg =

143 lb =

10 stone 3 lb

65.5 kg =

144 lb =

10 stone 4 lb

65.9 kg =

145 lb =

10 stone 5 lb

66.4 kg =

146 lb =

10 stone 6 lb

66.8 kg =

147 lb =

10 stone 7 lb

67.3 kg =

148 lb =

10 stone 8 lb

67.7 kg =

149 lb =

10 stone 9 lb

68.2 kg =

150 lb =

10 stone 10 lb

68.6 kg =

151 lb =

10 stone 11 lb

69.1 kg =

152 lb =

10 stone 12 lb

69.5 kg =

153 lb =

10 stone 13 lb

70.0 kg =

154 lb =

11 stone 0 lb

70.5 kg =

155 lb =

11 stone 1 lb

70.9 kg =

156 lb =

11 stone 2 lb

71.4 kg =

157 lb =

11 stone 3 lb

71.8 kg =

158 lb =

11 stone 4 lb

72.3 kg =

159 lb =

11 stone 5 lb

72.7 kg =

160 lb =

11 stone 6 lb

73.2 kg =

161 lb =

11 stone 7 lb

73.6 kg =

162 lb =

11 stone 8 lb

74.1 kg =

163 lb =

11 stone 9 lb

74.5 kg =

164 lb =

11 stone 10 lb

75.0 kg =

165 lb =

11 stone 11 lb

75.5 kg =

166 lb =

11 stone 12 lb

75.9 kg =

167 lb =

11 stone 13 lb

76.3 kg =

168 lb =

12 stone 0 lb

76.8 kg =

169 lb =

12 stone 1 lb

77.3 kg =

170 lb =

12 stone 2 lb

77.7 kg =

171 lb =

12 stone 3 lb

78.2 kg =

172 lb =

12 stone 4 lb

78.6 kg =

173 lb =

12 stone 5 lb

79.1 kg =

174 lb =

12 stone 6 lb

79.5 kg =

175 lb =

12 stone 7 lb

80.0 kg =

176 lb =

12 stone 8 lb

80.5 kg =

177 lb =

12 stone 9 lb

80.9 kg =

178 lb =

12 stone 10 lb

81.4 kg =

179 lb =

12 stone 11 lb

81.8 kg =

180 lb =

12 stone 12 lb

82.3 kg =

181 lb =

12 stone 13 lb

82.7 kg =

182 lb =

13 stone 0 lb

83.2 kg =

183 lb =

13 stone 1 lb

83.6 kg =

184 lb =

13 stone 2 lb

84.1 kg =

185 lb =

13 stone 3 lb

84.5 kg =

186 lb =

13 stone 4 lb

85.0 kg =

187 lb =

13 stone 5 lb

85.5 kg =

188 lb =

13 stone 6 lb

85.9 kg =

189 lb =

13 stone 7 lb

86.4 kg =

190 lb =

13 stone 8 lb

86.8 kg =

191 lb =

13 stone 9 lb

87.3 kg =

192 lb =

13 stone 10 lb

87.7 kg =

193 lb =

13 stone 11 lb

88.2 kg =

194 lb =

13 stone 12 lb

88.6 kg =

195 lb =

13 stone 13 lb

89.1 kg =

196 lb =

14 stone 0 lb

89.5 kg =

197 lb =

14 stone 1 lb

90.0 kg =

198 lb =

14 stone 2 lb

90.5 kg =

199 lb =

14 stone 3 lb

90.9 kg =

200 lb =

14 stone 4 lb

91.4 kg =

201 lb =

14 stone 5 lb

91.8 kg =

202 lb =

14 stone 6 lb

92.3 kg =

203 lb =

14 stone 7 lb

92.7 kg =

204 lb =

14 stone 8 lb

93.2 kg =

205 lb =

14 stone 9 lb

93.6 kg =

206 lb =

14 stone 10 lb

94.1 kg =

207 lb =

14 stone 11 lb

94.5 kg =

208 lb =

14 stone 12 lb

95.0 kg =

209 lb =

14 stone 13 lb

95.5 kg =

210 lb =

15 stone 0 lb

95.9 kg =

211 lb =

15 stone 1 lb

96.4 kg =

212 lb =

15 stone 2 lb

96.8 kg =

213 lb =

15 stone 3 lb

97.3 kg =

214 lb =

15 stone 4 lb

97.7 kg =

215 lb =

15 stone 5 lb

98.2 kg =

216 lb =

15 stone 6 lb

98.6 kg =

217 lb =

15 stone 7 lb

99.1 kg =

218 lb =

15 stone 8 lb

99.5 kg =

219 lb =

15 stone 9 lb

100 kg =

220 lb =

15 stone 10 lb

100.5 kg =

221 lb =

15 stone 11 lb

100.9 kg =

222 lb =

15 stone 12 lb

101.4 kg =

223 lb =

15 stone 13 lb

101.8 kg =

224 lb =

16 stone 0 lb

102.3 kg =

225 lb =

16 stone 1 lb

102.7 kg =

226 lb =

16 stone 2 lb

103.2 kg =

227 lb =

16 stone 3 lb

103.6 kg =

228 lb =

16 stone 4 lb

104.1 kg =

229 lb =

16 stone 5 lb

104.5 kg =

230 lb =

16 stone 6 lb

105.0 kg =

231 lb =

16 stone 7 lb

105.5 kg =

232 lb =

16 stone 8 lb

105.9 kg =

233 lb =

16 stone 9 lb

106.4 kg =

234 lb =

16 stone 10 lb

106.8 kg =

235 lb =

16 stone 11 lb

107.3 kg =

236 lb =

16 stone 12 lb

107.7 kg =

237 lb =

16 stone 13 lb

108.2 kg =

238 lb =

17 stone 0 lb

108.6 kg =

239 lb =

17 stone 1 lb

109.1 kg =

240 lb =

17 stone 2 lb

109.5 kg =

241 lb =

17 stone 3 lb

110.0 kg =

242 lb =

17 stone 4 lb

110.5 kg =

243 lb =

17 stone 5 lb

110.9 kg =

244 lb =

17 stone 6 lb

111.4 kg =

245 lb =

17 stone 7 lb

111.8 kg =

246 lb =

17 stone 8 lb

112.3 kg =

247 lb =

17 stone 9 lb

112.7 kg =

248 lb =

17 stone 10 lb

113.2 kg =

249 lb =

17 stone 11 lb

113.6 kg =

250 lb =

17 stone 12 lb

114.1 kg =

251 lb =

17 stone 13 lb

114.5 kg =

252 lb =

18 stone 0 lb

115.0 kg =

253 lb =

18 stone 1 lb

115.5 kg =

254 lb =

18 stone 2 lb

115.9 kg =

255 lb =

18 stone 3 lb

116.4 kg =

256 lb =

18 stone 4 lb

116.8 kg =

257 lb =

18 stone 5 lb

117.3 kg =

258 lb =

18 stone 6 lb

117.7 kg =

259 lb =

18 stone 7 lb

118.1 kg =

260 lb =

18 stone 8 lb

118.6 kg =

261 lb =

18 stone 9 lb

119.1 kg =

262 lb =

18 stone 10 lb

119.5 kg =

263 lb =

18 stone 11 lb

120.0 kg =

264 lb =

18 stone 12 lb

120.5 kg =

265 lb =

18 stone 13 lb

120.9 kg =

266 lb =

19 stone 0 lb

121.4 kg =

267 lb =

19 stone 1 lb

121.8 kg =

268 lb =

19 stone 2 lb

122.3 kg =

269 lb =

19 stone 3 lb

122.7 kg =

270 lb =

19 stone 4 lb

123.2 kg =

271 lb =

19 stone 5 lb

123.6 kg =

272 lb =

19 stone 6 lb

124.1 kg =

273 lb =

19 stone 7 lb

124.5 kg =

274 lb =

19 stone 8 lb

125.0 kg =

275 lb =

19 stone 9 lb

125.5 kg =

276 lb =

19 stone 10 lb

125.9 kg =

277 lb =

19 stone 11 lb

126.4 kg =

278 lb =

19 stone 12 lb

126.8 kg =

279 lb =

19 stone 13 lb

127.3 kg =

280 lb =

20 stone 0 lb

127.7 kg =

281 lb =

20 stone 1 lb

128.2 kg =

282 lb =

20 stone 2 lb

128.6 kg =

283 lb =

20 stone 3 lb

129.1 kg =

284 lb =

20 stone 4 lb

129.5 kg =

285 lb =

20 stone 5 lb

130.0 kg =

286 lb =

20 stone 6 lb

130.5 kg =

287 lb =

20 stone 7 lb

130.9 kg =

288 lb =

20 stone 8 lb

131.4 kg =

289 lb =

20 stone 9 lb

131.8 kg =

290 lb =

20 stone 10 lb

132.3 kg =

291 lb =

20 stone 11 lb

132.7 kg =

292 lb =

20 stone 12 lb

133.2 kg =

293 lb =

20 stone 13 lb

133.6 kg =

294 lb =

21 stone 0 lb

134.1 kg = 295 lb = 21 stone 1 lb

134.5 kg = 296 lb = 21 stone 2 lb

135.0 kg = 297 lb = 21 stone 3 lb

135.5 kg = 298 lb = 21 stone 4 lb

135.9 kg = 299 lb = 21 stone 5 lb

136.4 kg = 300 lb = 21 stone 6 lb

136.8 kg = 301 lb = 21 stone 7 lb

137.3 kg = 302 lb = 21 stone 8 lb

137.7 kg = 303 lb = 21 stone 9 lb

138.2 kg = 304 lb = 21 stone 10 lb

138.6 kg = 305 lb = 21 stone 11 lb

139.1 kg =

306 lb =

21 stone 12 lb

139.5 kg =

307 lb =

21 stone 13 lb

140.0 kg =

308 lb =

22 stone 0 lb
