

TORQUE CONVERSION CHART

1 ft lb = 1.355817948 Nm

1 Nm = 0.737562149 ft lb

From foot-pound to Newton-metre				From Newton-metre to foot-pound			
ft lb	⇔ Nm	ft lb	⇔ Nm	Nm	⇔ ft lb	Nm	⇔ ft lb
1	1.36	51	69.14	1	0.74	51	37.62
2	2.71	52	70.50	2	1.48	52	38.35
3	4.07	53	71.86	3	2.21	53	39.09
4	5.42	54	73.21	4	2.95	54	39.83
5	6.78	55	74.57	5	3.69	55	40.57
6	8.13	56	75.93	6	4.43	56	41.30
7	9.49	57	77.28	7	5.16	57	42.04
8	10.85	58	78.64	8	5.90	58	42.78
9	12.20	59	79.99	9	6.64	59	43.52
10	13.56	60	81.35	10	7.38	60	44.25
11	14.91	61	82.70	11	8.11	61	44.99
12	16.27	62	84.06	12	8.85	62	45.73
13	17.63	63	85.42	13	9.59	63	46.47
14	18.98	64	86.77	14	10.33	64	47.20
15	20.34	65	88.13	15	11.06	65	47.94
16	21.69	66	89.48	16	11.80	66	48.68
17	23.05	67	90.84	17	12.54	67	49.42
18	24.40	68	92.20	18	13.28	68	50.15
19	25.76	69	93.55	19	14.01	69	50.89
20	27.12	70	94.91	20	14.75	70	51.63
21	28.47	71	96.26	21	15.49	71	52.37
22	29.83	72	97.62	22	16.23	72	53.10
23	31.18	73	98.97	23	16.96	73	53.84
24	32.54	74	100.33	24	17.70	74	54.58
25	33.90	75	101.69	25	18.44	75	55.32
26	35.25	76	103.04	26	19.18	76	56.05
27	36.61	77	104.40	27	19.91	77	56.79
28	37.96	78	105.75	28	20.65	78	57.53
29	39.32	79	107.11	29	21.39	79	58.27
30	40.67	80	108.47	30	22.13	80	59.00
31	42.03	81	109.82	31	22.86	81	59.74
32	43.39	82	111.18	32	23.60	82	60.48
33	44.74	83	112.53	33	24.34	83	61.22
34	46.10	84	113.89	34	25.08	84	61.96
35	47.45	85	115.24	35	25.81	85	62.69
36	48.81	86	116.60	36	26.55	86	63.43
37	50.17	87	117.96	37	27.29	87	64.17
38	51.52	88	119.31	38	28.03	88	64.91
39	52.88	89	120.67	39	28.76	89	65.64
40	54.23	90	122.02	40	29.50	90	66.38
41	55.59	91	123.38	41	30.24	91	67.12
42	56.94	92	124.74	42	30.98	92	67.86
43	58.30	93	126.10	43	31.72	93	68.59
44	59.66	94	127.45	44	32.45	94	69.33
45	61.01	95	128.80	45	33.19	95	70.07
46	62.37	96	130.16	46	33.93	96	70.81
47	63.72	97	131.51	47	34.67	97	71.54
48	65.08	98	132.87	48	35.40	98	72.28
49	66.44	99	134.23	49	36.14	99	73.02
50	67.79	100	135.58	50	36.88	100	73.76