

# Kg, Pounds & Stones Conversion Chart

Dianarangaves Health & Fitness Resource

Kg	Lbs	St	Lb	Kg	Lbs	St	Lb	Kg	Lbs	St	Lb
38.1	84	6	0	68.0	150	10	10	98.0	216	15	6
38.6	85	6	1	68.5	151	10	11	98.4	217	15	7
39.0	86	6	2	68.9	152	10	12	98.9	218	15	8
39.5	87	6	3	69.4	153	10	13	99.3	219	15	9
39.9	88	6	4	69.9	154	11	0	99.8	220	15	10
40.4	89	6	5	70.3	155	11	1	100.2	221	15	11
40.8	90	6	6	70.8	156	11	2	100.7	222	15	12
41.3	91	6	7	71.2	157	11	3	101.2	223	15	13
41.7	92	6	8	71.7	158	11	4	101.6	224	16	0
42.2	93	6	9	72.1	159	11	5	102.1	225	16	1
42.6	94	6	10	72.6	160	11	6	102.5	226	16	2
43.1	95	6	11	73.0	161	11	7	103.0	227	16	3
43.5	96	6	12	73.5	162	11	8	103.4	228	16	4
44.0	97	6	13	73.9	163	11	9	103.9	229	16	5
44.5	98	7	0	74.4	164	11	10	104.3	230	16	6
44.9	99	7	1	74.8	165	11	11	104.8	231	16	7
45.4	100	7	2	75.3	166	11	12	105.2	232	16	8
45.8	101	7	3	75.7	167	11	13	105.7	233	16	9
46.3	102	7	4	76.2	168	12	0	106.1	234	16	10
46.7	103	7	5	76.7	169	12	1	106.6	235	16	11
47.2	104	7	6	77.1	170	12	2	107.0	236	16	12
47.6	105	7	7	77.6	171	12	3	107.5	237	16	13
48.1	106	7	8	78.0	172	12	4	108.0	238	17	0
48.5	107	7	9	78.5	173	12	5	108.4	239	17	1
49.0	108	7	10	78.9	174	12	6	108.9	240	17	2
49.4	109	7	11	79.4	175	12	7	109.3	241	17	3
49.9	110	7	12	79.8	176	12	8	109.8	242	17	4
50.3	111	7	13	80.3	177	12	9	110.2	243	17	5
50.8	112	8	0	80.7	178	12	10	110.7	244	17	6
51.3	113	8	1	81.2	179	12	11	111.1	245	17	7
51.7	114	8	2	81.6	180	12	12	111.6	246	17	8
52.2	115	8	3	82.1	181	12	13	112.0	247	17	9
52.6	116	8	4	82.6	182	13	0	112.5	248	17	10
53.1	117	8	5	83.0	183	13	1	112.9	249	17	11
53.5	118	8	6	83.5	184	13	2	113.4	250	17	12
54.0	119	8	7	83.9	185	13	3	113.9	251	17	13
54.4	120	8	8	84.4	186	13	4	114.3	252	18	0

Kg	Lbs	St	Lb	Kg	Lbs	St	Lb	Kg	Lbs	St	Lb
54.9	121	8	9	84.8	187	13	5	114.8	253	18	1
55.3	122	8	10	85.3	188	13	6	115.2	254	18	2
55.8	123	8	11	85.7	189	13	7	115.7	255	18	3
56.2	124	8	12	86.2	190	13	8	116.1	256	18	4
56.7	125	8	13	86.6	191	13	9	116.6	257	18	5
57.2	126	9	0	87.1	192	13	10	117.0	258	18	6
57.6	127	9	1	87.5	193	13	11	117.5	259	18	7
58.1	128	9	2	88.0	194	13	12	117.9	260	18	8
58.5	129	9	3	88.4	195	13	13	118.4	261	18	9
59.0	130	9	4	88.9	196	14	0	118.8	262	18	10
59.4	131	9	5	89.4	197	14	1	119.3	263	18	11
59.9	132	9	6	89.8	198	14	2	119.7	264	18	12
60.3	133	9	7	90.3	199	14	3	120.2	265	18	13
60.8	134	9	8	90.7	200	14	4	120.7	266	19	0
61.2	135	9	9	91.2	201	14	5	121.1	267	19	1
61.7	136	9	10	91.6	202	14	6	121.6	268	19	2
62.1	137	9	11	92.1	203	14	7	122.0	269	19	3
62.6	138	9	12	92.5	204	14	8	122.5	270	19	4
63.0	139	9	13	93.0	205	14	9	122.9	271	19	5
63.5	140	10	0	93.4	206	14	10	123.4	272	19	6
64.0	141	10	1	93.9	207	14	11	123.8	273	19	7
64.4	142	10	2	94.3	208	14	12	124.3	274	19	8
64.9	143	10	3	94.8	209	14	13	124.7	275	19	9
65.3	144	10	4	95.3	210	15	0	125.2	276	19	10
65.8	145	10	5	95.7	211	15	1	125.6	277	19	11
66.2	146	10	6	96.2	212	15	2	126.1	278	19	12
66.7	147	10	7	96.6	213	15	3	126.6	279	19	13
67.1	148	10	8	97.1	214	15	4	127.0	280	20	0
67.6	149	10	9	97.5	215	15	5	127.5	281	20	1