



KG to Stone and Pounds Chart

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Find your weight in kilograms to see it in stone and pounds (st & lb) and total pounds (lb).

kg	st & lb	lb	kg	st & lb	lb	kg	st & lb	lb	kg	st & lb	lb
1 kg	0 st 2.2 lb	2.2	39 kg	6 st 2 lb	86.0	77 kg	12 st 1.8 lb	169.8	115 kg	18 st 1.5 lb	253.5
2 kg	0 st 4.4 lb	4.4	40 kg	6 st 4.2 lb	88.2	78 kg	12 st 4 lb	172.0	116 kg	18 st 3.7 lb	255.7
3 kg	0 st 6.6 lb	6.6	41 kg	6 st 6.4 lb	90.4	79 kg	12 st 6.2 lb	174.2	117 kg	18 st 5.9 lb	257.9
4 kg	0 st 8.8 lb	8.8	42 kg	6 st 8.6 lb	92.6	80 kg	12 st 8.4 lb	176.4	118 kg	18 st 8.1 lb	260.1
5 kg	0 st 11 lb	11.0	43 kg	6 st 10.8 lb	94.8	81 kg	12 st 10.6 lb	178.6	119 kg	18 st 10.4 lb	262.4
6 kg	0 st 13.2 lb	13.2	44 kg	6 st 13 lb	97.0	82 kg	12 st 12.8 lb	180.8	120 kg	18 st 12.6 lb	264.6
7 kg	1 st 1.4 lb	15.4	45 kg	7 st 1.2 lb	99.2	83 kg	13 st 1 lb	183.0	121 kg	19 st 0.8 lb	266.8
8 kg	1 st 3.6 lb	17.6	46 kg	7 st 3.4 lb	101.4	84 kg	13 st 3.2 lb	185.2	122 kg	19 st 3 lb	269.0
9 kg	1 st 5.8 lb	19.8	47 kg	7 st 5.6 lb	103.6	85 kg	13 st 5.4 lb	187.4	123 kg	19 st 5.2 lb	271.2
10 kg	1 st 8 lb	22.0	48 kg	7 st 7.8 lb	105.8	86 kg	13 st 7.6 lb	189.6	124 kg	19 st 7.4 lb	273.4
11 kg	1 st 10.3 lb	24.3	49 kg	7 st 10 lb	108.0	87 kg	13 st 9.8 lb	191.8	125 kg	19 st 9.6 lb	275.6
12 kg	1 st 12.5 lb	26.5	50 kg	7 st 12.2 lb	110.2	88 kg	13 st 12 lb	194.0	126 kg	19 st 11.8 lb	277.8
13 kg	2 st 0.7 lb	28.7	51 kg	8 st 0.4 lb	112.4	89 kg	14 st 0.2 lb	196.2	127 kg	20 st 0 lb	280.0
14 kg	2 st 2.9 lb	30.9	52 kg	8 st 2.6 lb	114.6	90 kg	14 st 2.4 lb	198.4	128 kg	20 st 2.2 lb	282.2
15 kg	2 st 5.1 lb	33.1	53 kg	8 st 4.8 lb	116.8	91 kg	14 st 4.6 lb	200.6	129 kg	20 st 4.4 lb	284.4
16 kg	2 st 7.3 lb	35.3	54 kg	8 st 7 lb	119.0	92 kg	14 st 6.8 lb	202.8	130 kg	20 st 6.6 lb	286.6
17 kg	2 st 9.5 lb	37.5	55 kg	8 st 9.3 lb	121.3	93 kg	14 st 9 lb	205.0	131 kg	20 st 8.8 lb	288.8
18 kg	2 st 11.7 lb	39.7	56 kg	8 st 11.5 lb	123.5	94 kg	14 st 11.2 lb	207.2	132 kg	20 st 11 lb	291.0
19 kg	2 st 13.9 lb	41.9	57 kg	8 st 13.7 lb	125.7	95 kg	14 st 13.4 lb	209.4	133 kg	20 st 13.2 lb	293.2
20 kg	3 st 2.1 lb	44.1	58 kg	9 st 1.9 lb	127.9	96 kg	15 st 1.6 lb	211.6	134 kg	21 st 1.4 lb	295.4
21 kg	3 st 4.3 lb	46.3	59 kg	9 st 4.1 lb	130.1	97 kg	15 st 3.8 lb	213.8	135 kg	21 st 3.6 lb	297.6
22 kg	3 st 6.5 lb	48.5	60 kg	9 st 6.3 lb	132.3	98 kg	15 st 6.1 lb	216.1	136 kg	21 st 5.8 lb	299.8
23 kg	3 st 8.7 lb	50.7	61 kg	9 st 8.5 lb	134.5	99 kg	15 st 8.3 lb	218.3	137 kg	21 st 8 lb	302.0
24 kg	3 st 10.9 lb	52.9	62 kg	9 st 10.7 lb	136.7	100 kg	15 st 10.5 lb	220.5	138 kg	21 st 10.2 lb	304.2
25 kg	3 st 13.1 lb	55.1	63 kg	9 st 12.9 lb	138.9	101 kg	15 st 12.7 lb	222.7	139 kg	21 st 12.4 lb	306.4
26 kg	4 st 1.3 lb	57.3	64 kg	10 st 1.1 lb	141.1	102 kg	16 st 0.9 lb	224.9	140 kg	22 st 0.6 lb	308.6
27 kg	4 st 3.5 lb	59.5	65 kg	10 st 3.3 lb	143.3	103 kg	16 st 3.1 lb	227.1	141 kg	22 st 2.9 lb	310.9
28 kg	4 st 5.7 lb	61.7	66 kg	10 st 5.5 lb	145.5	104 kg	16 st 5.3 lb	229.3	142 kg	22 st 5.1 lb	313.1
29 kg	4 st 7.9 lb	63.9	67 kg	10 st 7.7 lb	147.7	105 kg	16 st 7.5 lb	231.5	143 kg	22 st 7.3 lb	315.3
30 kg	4 st 10.1 lb	66.1	68 kg	10 st 9.9 lb	149.9	106 kg	16 st 9.7 lb	233.7	144 kg	22 st 9.5 lb	317.5
31 kg	4 st 12.3 lb	68.3	69 kg	10 st 12.1 lb	152.1	107 kg	16 st 11.9 lb	235.9	145 kg	22 st 11.7 lb	319.7
32 kg	5 st 0.5 lb	70.5	70 kg	11 st 0.3 lb	154.3	108 kg	17 st 0.1 lb	238.1	146 kg	22 st 13.9 lb	321.9
33 kg	5 st 2.8 lb	72.8	71 kg	11 st 2.5 lb	156.5	109 kg	17 st 2.3 lb	240.3	147 kg	23 st 2.1 lb	324.1
34 kg	5 st 5 lb	75.0	72 kg	11 st 4.7 lb	158.7	110 kg	17 st 4.5 lb	242.5	148 kg	23 st 4.3 lb	326.3
35 kg	5 st 7.2 lb	77.2	73 kg	11 st 6.9 lb	160.9	111 kg	17 st 6.7 lb	244.7	149 kg	23 st 6.5 lb	328.5
36 kg	5 st 9.4 lb	79.4	74 kg	11 st 9.1 lb	163.1	112 kg	17 st 8.9 lb	246.9	150 kg	23 st 8.7 lb	330.7
37 kg	5 st 11.6 lb	81.6	75 kg	11 st 11.3 lb	165.3	113 kg	17 st 11.1 lb	249.1			
38 kg	5 st 13.8 lb	83.8	76 kg	11 st 13.6 lb	167.6	114 kg	17 st 13.3 lb	251.3			



Stone and Pounds to KG Chart

Find your stone down the side and your extra pounds across the top. The number where they meet is kilograms.

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	0 lb	1 lb	2 lb	3 lb	4 lb	5 lb	6 lb	7 lb	8 lb	9 lb	10 lb	11 lb	12 lb	13 lb
5 st	31.8	32.2	32.7	33.1	33.6	34.0	34.5	34.9	35.4	35.8	36.3	36.7	37.2	37.6
6 st	38.1	38.6	39.0	39.5	39.9	40.4	40.8	41.3	41.7	42.2	42.6	43.1	43.5	44.0
7 st	44.5	44.9	45.4	45.8	46.3	46.7	47.2	47.6	48.1	48.5	49.0	49.4	49.9	50.3
8 st	50.8	51.3	51.7	52.2	52.6	53.1	53.5	54.0	54.4	54.9	55.3	55.8	56.2	56.7
9 st	57.2	57.6	58.1	58.5	59.0	59.4	59.9	60.3	60.8	61.2	61.7	62.1	62.6	63.0
10 st	63.5	64.0	64.4	64.9	65.3	65.8	66.2	66.7	67.1	67.6	68.0	68.5	68.9	69.4
11 st	69.9	70.3	70.8	71.2	71.7	72.1	72.6	73.0	73.5	73.9	74.4	74.8	75.3	75.7
12 st	76.2	76.7	77.1	77.6	78.0	78.5	78.9	79.4	79.8	80.3	80.7	81.2	81.6	82.1
13 st	82.6	83.0	83.5	83.9	84.4	84.8	85.3	85.7	86.2	86.6	87.1	87.5	88.0	88.5
14 st	88.9	89.4	89.8	90.3	90.7	91.2	91.6	92.1	92.5	93.0	93.4	93.9	94.3	94.8
15 st	95.3	95.7	96.2	96.6	97.1	97.5	98.0	98.4	98.9	99.3	99.8	100.2	100.7	101.2
16 st	101.6	102.1	102.5	103.0	103.4	103.9	104.3	104.8	105.2	105.7	106.1	106.6	107.0	107.5
17 st	108.0	108.4	108.9	109.3	109.8	110.2	110.7	111.1	111.6	112.0	112.5	112.9	113.4	113.9
18 st	114.3	114.8	115.2	115.7	116.1	116.6	117.0	117.5	117.9	118.4	118.8	119.3	119.7	120.2
19 st	120.7	121.1	121.6	122.0	122.5	122.9	123.4	123.8	124.3	124.7	125.2	125.6	126.1	126.6
20 st	127.0	127.5	127.9	128.4	128.8	129.3	129.7	130.2	130.6	131.1	131.5	132.0	132.4	132.9
21 st	133.4	133.8	134.3	134.7	135.2	135.6	136.1	136.5	137.0	137.4	137.9	138.3	138.8	139.3
22 st	139.7	140.2	140.6	141.1	141.5	142.0	142.4	142.9	143.3	143.8	144.2	144.7	145.1	145.6
23 st	146.1	146.5	147.0	147.4	147.9	148.3	148.8	149.2	149.7	150.1	150.6	151.0	151.5	152.0
24 st	152.4	152.9	153.3	153.8	154.2	154.7	155.1	155.6	156.0	156.5	156.9	157.4	157.9	158.3
25 st	158.8	159.2	159.7	160.1	160.6	161.0	161.5	161.9	162.4	162.8	163.3	163.7	164.2	164.7

kg to stone: divide kg by 6.35. The whole number is stone; multiply the rest by 14 for pounds. Example: $80 \text{ kg} \div 6.35 = 12.6$, so 12 st and $0.6 \times 14 = 8.4$ lb.

Stone to kg: divide the pounds by 14, add to the stone, then multiply by 6.35. Example: $11 \text{ st } 4 \text{ lb} = 11.29 \times 6.35 = 71.7$ kg.

1 stone = 14 lb = 6.35 kg · 1 kg = 2.2 lb = 0.157 st · Values rounded to 1 decimal place. Free calculator: kgtostones.co.uk