



# Kilograms, Stones and Pounds Conversion Chart

If you need to quickly look up the conversions for kilograms, stones and pounds then this chart is for you. Please feel free to download, print and share this chart if you wish (if you click on the image you'll get a bigger version to print). Should you wish to work out a specific conversion not listed here, please see the [kilograms and stones & pounds converter](http://www.thecalculatorsite.com/conversions/kg-to-stones-pounds-converter.php).

| Kilograms | Pounds | Stones and pounds |    | Kilograms | Pounds | Stones and pounds |    |
|-----------|--------|-------------------|----|-----------|--------|-------------------|----|
| 38.10     | 84     | 6                 | 0  | 83.0      | 183    | 13                | 1  |
| 38.55     | 85     | 6                 | 1  | 83.46     | 184    | 13                | 2  |
| 39.00     | 86     | 6                 | 2  | 83.91     | 185    | 13                | 3  |
| 39.46     | 87     | 6                 | 3  | 84.36     | 186    | 13                | 4  |
| 39.91     | 88     | 6                 | 4  | 84.82     | 187    | 13                | 5  |
| 40.36     | 89     | 6                 | 5  | 85.27     | 188    | 13                | 6  |
| 40.82     | 90     | 6                 | 6  | 85.72     | 189    | 13                | 7  |
| 41.27     | 91     | 6                 | 7  | 86.18     | 190    | 13                | 8  |
| 41.73     | 92     | 6                 | 8  | 86.63     | 191    | 13                | 9  |
| 42.18     | 93     | 6                 | 9  | 87.08     | 192    | 13                | 10 |
| 42.63     | 94     | 6                 | 10 | 87.54     | 193    | 13                | 11 |
| 43.09     | 95     | 6                 | 11 | 87.99     | 194    | 13                | 12 |
| 43.54     | 96     | 6                 | 12 | 88.45     | 195    | 13                | 13 |
| 43.99     | 97     | 6                 | 13 | 88.90     | 196    | 14                | 0  |
| 44.45     | 98     | 7                 | 0  | 89.35     | 197    | 14                | 1  |
| 44.90     | 99     | 7                 | 1  | 89.81     | 198    | 14                | 2  |
| 45.35     | 100    | 7                 | 2  | 90.26     | 199    | 14                | 3  |
| 45.81     | 101    | 7                 | 3  | 90.71     | 200    | 14                | 4  |
| 46.26     | 102    | 7                 | 4  | 91.17     | 201    | 14                | 5  |
| 46.72     | 103    | 7                 | 5  | 91.62     | 202    | 14                | 6  |
| 47.17     | 104    | 7                 | 6  | 92.07     | 203    | 14                | 7  |
| 47.62     | 105    | 7                 | 7  | 92.53     | 204    | 14                | 8  |
| 48.08     | 106    | 7                 | 8  | 92.98     | 205    | 14                | 9  |
| 48.53     | 107    | 7                 | 9  | 93.44     | 206    | 14                | 10 |

|              |            |           |           |              |            |           |           |
|--------------|------------|-----------|-----------|--------------|------------|-----------|-----------|
| <b>48.98</b> | <b>108</b> | <b>7</b>  | <b>10</b> | <b>93.89</b> | <b>207</b> | <b>14</b> | <b>11</b> |
| <b>49.44</b> | <b>109</b> | <b>7</b>  | <b>11</b> | <b>94.34</b> | <b>208</b> | <b>14</b> | <b>12</b> |
| <b>49.89</b> | <b>110</b> | <b>7</b>  | <b>12</b> | <b>94.80</b> | <b>209</b> | <b>14</b> | <b>13</b> |
| <b>50.34</b> | <b>111</b> | <b>7</b>  | <b>13</b> | <b>95.25</b> | <b>210</b> | <b>15</b> | <b>0</b>  |
| <b>50.80</b> | <b>112</b> | <b>8</b>  | <b>0</b>  | <b>95.70</b> | <b>211</b> | <b>15</b> | <b>1</b>  |
| <b>51.25</b> | <b>113</b> | <b>8</b>  | <b>1</b>  | <b>96.16</b> | <b>212</b> | <b>15</b> | <b>2</b>  |
| <b>51.70</b> | <b>114</b> | <b>8</b>  | <b>2</b>  | <b>96.61</b> | <b>213</b> | <b>15</b> | <b>3</b>  |
| <b>52.16</b> | <b>115</b> | <b>8</b>  | <b>3</b>  | <b>97.06</b> | <b>214</b> | <b>15</b> | <b>4</b>  |
| <b>52.61</b> | <b>116</b> | <b>8</b>  | <b>4</b>  | <b>97.52</b> | <b>215</b> | <b>15</b> | <b>5</b>  |
| <b>53.07</b> | <b>117</b> | <b>8</b>  | <b>5</b>  | <b>97.97</b> | <b>216</b> | <b>15</b> | <b>6</b>  |
| <b>53.52</b> | <b>118</b> | <b>8</b>  | <b>6</b>  | <b>98.42</b> | <b>217</b> | <b>15</b> | <b>7</b>  |
| <b>53.97</b> | <b>119</b> | <b>8</b>  | <b>7</b>  | <b>98.88</b> | <b>218</b> | <b>15</b> | <b>8</b>  |
| <b>54.43</b> | <b>120</b> | <b>8</b>  | <b>8</b>  | <b>99.33</b> | <b>219</b> | <b>15</b> | <b>9</b>  |
| <b>54.88</b> | <b>121</b> | <b>8</b>  | <b>9</b>  | <b>99.79</b> | <b>220</b> | <b>15</b> | <b>10</b> |
| <b>55.33</b> | <b>122</b> | <b>8</b>  | <b>10</b> | <b>100.2</b> | <b>221</b> | <b>15</b> | <b>11</b> |
| <b>55.79</b> | <b>123</b> | <b>8</b>  | <b>11</b> | <b>100.6</b> | <b>222</b> | <b>15</b> | <b>12</b> |
| <b>56.24</b> | <b>124</b> | <b>8</b>  | <b>12</b> | <b>101.1</b> | <b>223</b> | <b>15</b> | <b>13</b> |
| <b>56.69</b> | <b>125</b> | <b>8</b>  | <b>13</b> | <b>101.6</b> | <b>224</b> | <b>16</b> | <b>0</b>  |
| <b>57.15</b> | <b>126</b> | <b>9</b>  | <b>0</b>  | <b>102.0</b> | <b>225</b> | <b>16</b> | <b>1</b>  |
| <b>57.60</b> | <b>127</b> | <b>9</b>  | <b>1</b>  | <b>102.5</b> | <b>226</b> | <b>16</b> | <b>2</b>  |
| <b>58.05</b> | <b>128</b> | <b>9</b>  | <b>2</b>  | <b>102.9</b> | <b>227</b> | <b>16</b> | <b>3</b>  |
| <b>58.51</b> | <b>129</b> | <b>9</b>  | <b>3</b>  | <b>103.4</b> | <b>228</b> | <b>16</b> | <b>4</b>  |
| <b>58.96</b> | <b>130</b> | <b>9</b>  | <b>4</b>  | <b>103.8</b> | <b>229</b> | <b>16</b> | <b>5</b>  |
| <b>59.42</b> | <b>131</b> | <b>9</b>  | <b>5</b>  | <b>104.3</b> | <b>230</b> | <b>16</b> | <b>6</b>  |
| <b>59.87</b> | <b>132</b> | <b>9</b>  | <b>6</b>  | <b>104.7</b> | <b>231</b> | <b>16</b> | <b>7</b>  |
| <b>60.32</b> | <b>133</b> | <b>9</b>  | <b>7</b>  | <b>105.2</b> | <b>232</b> | <b>16</b> | <b>8</b>  |
| <b>60.78</b> | <b>134</b> | <b>9</b>  | <b>8</b>  | <b>105.6</b> | <b>233</b> | <b>16</b> | <b>9</b>  |
| <b>61.23</b> | <b>135</b> | <b>9</b>  | <b>9</b>  | <b>106.1</b> | <b>234</b> | <b>16</b> | <b>10</b> |
| <b>61.68</b> | <b>136</b> | <b>9</b>  | <b>10</b> | <b>106.5</b> | <b>235</b> | <b>16</b> | <b>11</b> |
| <b>62.14</b> | <b>137</b> | <b>9</b>  | <b>11</b> | <b>107.0</b> | <b>236</b> | <b>16</b> | <b>12</b> |
| <b>62.59</b> | <b>138</b> | <b>9</b>  | <b>12</b> | <b>107.5</b> | <b>237</b> | <b>16</b> | <b>13</b> |
| <b>63.04</b> | <b>139</b> | <b>9</b>  | <b>13</b> | <b>107.9</b> | <b>238</b> | <b>17</b> | <b>0</b>  |
| <b>63.50</b> | <b>140</b> | <b>10</b> | <b>0</b>  | <b>108.4</b> | <b>239</b> | <b>17</b> | <b>1</b>  |
| <b>63.95</b> | <b>141</b> | <b>10</b> | <b>1</b>  | <b>108.8</b> | <b>240</b> | <b>17</b> | <b>2</b>  |
| <b>64.41</b> | <b>142</b> | <b>10</b> | <b>2</b>  | <b>109.3</b> | <b>241</b> | <b>17</b> | <b>3</b>  |
| <b>64.86</b> | <b>143</b> | <b>10</b> | <b>3</b>  | <b>109.7</b> | <b>242</b> | <b>17</b> | <b>4</b>  |
| <b>65.31</b> | <b>144</b> | <b>10</b> | <b>4</b>  | <b>110.2</b> | <b>243</b> | <b>17</b> | <b>5</b>  |
| <b>65.77</b> | <b>145</b> | <b>10</b> | <b>5</b>  | <b>110.6</b> | <b>244</b> | <b>17</b> | <b>6</b>  |

|              |            |           |           |              |            |           |           |
|--------------|------------|-----------|-----------|--------------|------------|-----------|-----------|
| <b>66.22</b> | <b>146</b> | <b>10</b> | <b>6</b>  | <b>111.1</b> | <b>245</b> | <b>17</b> | <b>7</b>  |
| <b>66.67</b> | <b>147</b> | <b>10</b> | <b>7</b>  | <b>111.5</b> | <b>246</b> | <b>17</b> | <b>8</b>  |
| <b>67.13</b> | <b>148</b> | <b>10</b> | <b>8</b>  | <b>112.0</b> | <b>247</b> | <b>17</b> | <b>9</b>  |
| <b>67.58</b> | <b>149</b> | <b>10</b> | <b>9</b>  | <b>112.4</b> | <b>248</b> | <b>17</b> | <b>10</b> |
| <b>68.03</b> | <b>150</b> | <b>10</b> | <b>10</b> | <b>112.9</b> | <b>249</b> | <b>17</b> | <b>11</b> |
| <b>68.49</b> | <b>151</b> | <b>10</b> | <b>11</b> | <b>113.3</b> | <b>250</b> | <b>17</b> | <b>12</b> |
| <b>68.94</b> | <b>152</b> | <b>10</b> | <b>12</b> | <b>113.8</b> | <b>251</b> | <b>17</b> | <b>13</b> |
| <b>69.39</b> | <b>153</b> | <b>10</b> | <b>13</b> | <b>114.3</b> | <b>252</b> | <b>18</b> | <b>0</b>  |
| <b>69.85</b> | <b>154</b> | <b>11</b> | <b>0</b>  | <b>114.7</b> | <b>253</b> | <b>18</b> | <b>1</b>  |
| <b>70.30</b> | <b>155</b> | <b>11</b> | <b>1</b>  | <b>115.2</b> | <b>254</b> | <b>18</b> | <b>2</b>  |
| <b>70.76</b> | <b>156</b> | <b>11</b> | <b>2</b>  | <b>115.6</b> | <b>255</b> | <b>18</b> | <b>3</b>  |
| <b>71.21</b> | <b>157</b> | <b>11</b> | <b>3</b>  | <b>116.1</b> | <b>256</b> | <b>18</b> | <b>4</b>  |
| <b>71.66</b> | <b>158</b> | <b>11</b> | <b>4</b>  | <b>116.5</b> | <b>257</b> | <b>18</b> | <b>5</b>  |
| <b>72.12</b> | <b>159</b> | <b>11</b> | <b>5</b>  | <b>117.0</b> | <b>258</b> | <b>18</b> | <b>6</b>  |
| <b>72.57</b> | <b>160</b> | <b>11</b> | <b>6</b>  | <b>117.4</b> | <b>259</b> | <b>18</b> | <b>7</b>  |
| <b>73.02</b> | <b>161</b> | <b>11</b> | <b>7</b>  | <b>117.9</b> | <b>260</b> | <b>18</b> | <b>8</b>  |
| <b>73.48</b> | <b>162</b> | <b>11</b> | <b>8</b>  | <b>118.3</b> | <b>261</b> | <b>18</b> | <b>9</b>  |
| <b>73.93</b> | <b>163</b> | <b>11</b> | <b>9</b>  | <b>118.8</b> | <b>262</b> | <b>18</b> | <b>10</b> |
| <b>74.38</b> | <b>164</b> | <b>11</b> | <b>10</b> | <b>119.2</b> | <b>263</b> | <b>18</b> | <b>11</b> |
| <b>74.84</b> | <b>165</b> | <b>11</b> | <b>11</b> | <b>119.7</b> | <b>264</b> | <b>18</b> | <b>12</b> |
| <b>75.29</b> | <b>166</b> | <b>11</b> | <b>12</b> | <b>120.2</b> | <b>265</b> | <b>18</b> | <b>13</b> |
| <b>75.74</b> | <b>167</b> | <b>11</b> | <b>13</b> | <b>120.6</b> | <b>266</b> | <b>19</b> | <b>0</b>  |
| <b>76.20</b> | <b>168</b> | <b>12</b> | <b>0</b>  | <b>121.1</b> | <b>267</b> | <b>19</b> | <b>1</b>  |
| <b>76.65</b> | <b>169</b> | <b>12</b> | <b>1</b>  | <b>121.5</b> | <b>268</b> | <b>19</b> | <b>2</b>  |
| <b>77.11</b> | <b>170</b> | <b>12</b> | <b>2</b>  | <b>122.0</b> | <b>269</b> | <b>19</b> | <b>3</b>  |
| <b>77.56</b> | <b>171</b> | <b>12</b> | <b>3</b>  | <b>122.4</b> | <b>270</b> | <b>19</b> | <b>4</b>  |
| <b>78.01</b> | <b>172</b> | <b>12</b> | <b>4</b>  | <b>122.9</b> | <b>271</b> | <b>19</b> | <b>5</b>  |
| <b>78.47</b> | <b>173</b> | <b>12</b> | <b>5</b>  | <b>123.3</b> | <b>272</b> | <b>19</b> | <b>6</b>  |
| <b>78.92</b> | <b>174</b> | <b>12</b> | <b>6</b>  | <b>123.8</b> | <b>273</b> | <b>19</b> | <b>7</b>  |
| <b>79.37</b> | <b>175</b> | <b>12</b> | <b>7</b>  | <b>124.2</b> | <b>274</b> | <b>19</b> | <b>8</b>  |
| <b>79.83</b> | <b>176</b> | <b>12</b> | <b>8</b>  | <b>124.7</b> | <b>275</b> | <b>19</b> | <b>9</b>  |
| <b>80.28</b> | <b>177</b> | <b>12</b> | <b>9</b>  | <b>125.1</b> | <b>276</b> | <b>19</b> | <b>10</b> |
| <b>80.73</b> | <b>178</b> | <b>12</b> | <b>10</b> | <b>125.6</b> | <b>277</b> | <b>19</b> | <b>11</b> |
| <b>81.19</b> | <b>179</b> | <b>12</b> | <b>11</b> | <b>126.0</b> | <b>278</b> | <b>19</b> | <b>12</b> |
| <b>81.64</b> | <b>180</b> | <b>12</b> | <b>12</b> | <b>126.5</b> | <b>279</b> | <b>19</b> | <b>13</b> |
| <b>82.10</b> | <b>181</b> | <b>12</b> | <b>13</b> | <b>127.0</b> | <b>280</b> | <b>20</b> | <b>0</b>  |
| <b>82.55</b> | <b>182</b> | <b>13</b> | <b>0</b>  | <b>127.4</b> | <b>281</b> | <b>20</b> | <b>1</b>  |

## Disclaimer

Whilst every effort has been made in building this **conversion chart**, I am not to be held liable for any special, incidental, indirect or consequential damages or monetary losses of any kind arising out of or in connection with the use of the calculator tools and information derived from the web site. This conversion chart is here purely as a service to you, please use it at your own risk. Do not use calculations for anything where loss of life, money, property, etc could result from inaccurate conversions.

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To carry out any conversions using mass and weight units, see the [mass and weight converter](#).

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