

Torque conversion chart

N·m, lb·ft, lb·in, kgf·m. Factors are given to 7 significant figures; open the converter for full precision and the worked solution.

Conversion factors to newton metres (N·m)		
UNIT	IN N·M	1 N·M IN UNIT
newton metre (N·m)	1 N·m	1 N·m
kilonewton metre (kN·m)	1,000 N·m	0.001 kN·m
pound-force foot (lbf·ft)	1.355818 N·m	0.7375621 lbf·ft
pound-force inch (lbf·in)	0.1129848 N·m	8.850746 lbf·in
kilogram-force metre (kgf·m)	9.80665 N·m	0.1019716 kgf·m
ounce-force inch (ozf·in)	0.007061552 N·m	141.6119 ozf·in

lbf·ft → N·m	
LBF·FT	N·M
0.1 lbf·ft	0.1355818 N·m
0.5 lbf·ft	0.677909 N·m
1 lbf·ft	1.355818 N·m
2 lbf·ft	2.711636 N·m
5 lbf·ft	6.77909 N·m
10 lbf·ft	13.55818 N·m
20 lbf·ft	27.11636 N·m
25 lbf·ft	33.89545 N·m
50 lbf·ft	67.7909 N·m
100 lbf·ft	135.5818 N·m
250 lbf·ft	338.9545 N·m
500 lbf·ft	677.909 N·m
1,000 lbf·ft	1,355.818 N·m

N·m → lbf·ft	
N·M	LBF·FT
0.1 N·m	0.07375621 lbf·ft
0.5 N·m	0.3687811 lbf·ft
1 N·m	0.7375621 lbf·ft
2 N·m	1.475124 lbf·ft
5 N·m	3.687811 lbf·ft
10 N·m	7.375621 lbf·ft
20 N·m	14.75124 lbf·ft
25 N·m	18.43905 lbf·ft
50 N·m	36.87811 lbf·ft
100 N·m	73.75621 lbf·ft
250 N·m	184.3905 lbf·ft
500 N·m	368.7811 lbf·ft
1,000 N·m	737.5621 lbf·ft

Formula: $N·m = lbf·ft \times 1.355817948$