

All units in torque

Edit any value and every other unit updates instantly.

METRIC · 5 units	
kilonewton meter kNm TO UNIT	0.001356
kilopond meter kp·m i	0.1383
newton meter Nm i	1.356
newton centimeter Ncm	135.6
millinewton meter mNm	1 356
BRITISH / AMERICAN · 3 units	
pound-foot lbf·ft FROM i	1.000
pound-inch lbf·in	12.00
ounce-inch ozf·in	192.0



How your data is used



Your privacy preferences are important. That's why, based on legitimate interest, we and our partners process and share only limited data such as your device type and content interactions for advertising, research and service development purposes.

View [partner list](#) and manage [privacy settings](#).



Conversion table from pound-foot to newton meter

POUND-FOOT	NEWTON METER
0	0
1.000	1.356
2.000	2.712
3.000	4.067
4.000	5.423
5.000	6.779
6.000	8.135
7.000	9.491
8.000	10.85
9.000	12.20
10.00	13.56
11.00	14.91
12.00	16.27
13.00	17.63
14.00	18.98
15.00	20.34
16.00	21.69
17.00	23.05
18.00	24.40
19.00	25.76
20.00	27.12
21.00	28.47



How your data is used

Your privacy preferences are important. That's why, based on legitimate interest, we and our partners process and share only limited data such as your device type and content interactions for advertising, research and service development purposes.

View [partner list](#) and manage [privacy settings](#).



POUND-FOOT	NEWTON METER
22.00	29.83
23.00	31.18
24.00	32.54
25.00	33.90
26.00	35.25
27.00	36.61
28.00	37.96
29.00	39.32



How your data is used

Your privacy preferences are important. That's why, based on legitimate interest, we and our partners process and share only limited data such as your device type and content interactions for advertising, research and service development purposes.

View [partner list](#) and manage [privacy settings](#).



Conversion table from pound-foot to kilopond meter

POUND-FOOT	KILOPOND METER
0	0
1.000	0.1383
2.000	0.2765
3.000	0.4148
4.000	0.5530
5.000	0.6913
6.000	0.8295
7.000	0.9678
8.000	1.106
9.000	1.244
10.00	1.383
11.00	1.521
12.00	1.659
13.00	1.797
14.00	1.936
15.00	2.074
16.00	2.212
17.00	2.350
18.00	2.489
19.00	2.627
20.00	2.765
21.00	2.903



How your data is used

Your privacy preferences are important. That's why, based on legitimate interest, we and our partners process and share only limited data such as your device type and content interactions for advertising, research and service development purposes.

View [partner list](#) and manage [privacy settings](#).



POUND-FOOT	KILOPOND METER
22.00	3.042
23.00	3.180
24.00	3.318
25.00	3.456
26.00	3.595
27.00	3.733
28.00	3.871
29.00	4.009



How your data is used

Your privacy preferences are important. That's why, based on legitimate interest, we and our partners process and share only limited data such as your device type and content interactions for advertising, research and service development purposes.

View [partner list](#) and manage [privacy settings](#).

