



Vehicle Torque Figures Torque Conversion Tables

Newton Metres to Pounds Feet											
	Pounds Feet										
		0	1	2	3	4	5	6	7	8	9
Newton Metres	0	-	0.74	1.47	2.21	2.95	3.69	4.42	5.16	5.90	6.64
	10	7.38	8.11	8.85	9.59	10.33	11.06	11.80	12.54	13.28	14.01
	20	14.75	15.49	16.23	16.96	17.71	18.44	19.18	19.91	20.65	21.39
	30	22.13	22.86	23.60	24.34	25.08	25.81	26.55	27.29	28.03	28.76
	40	29.50	30.24	30.98	31.71	32.45	33.19	33.93	34.68	35.40	36.14
	50	36.88	37.62	38.35	39.09	39.83	40.57	41.30	42.04	42.78	43.52
	60	44.25	44.99	45.73	46.47	47.20	47.94	48.68	49.42	50.15	50.89
	70	51.63	52.37	53.10	53.84	54.58	55.32	56.06	56.79	57.53	58.27
	80	59.00	59.74	60.48	61.22	61.95	62.69	63.43	64.17	64.91	65.64
	90	66.38	67.12	67.86	68.59	68.33	70.07	70.81	71.54	72.28	73.02
	100	73.76	74.49	75.23	75.97	76.71	77.44	78.18	78.92	79.66	80.39
	110	81.13	81.87	82.61	83.34	84.08	84.82	85.56	86.29	87.03	87.77
	120	88.51	89.24	89.98	90.72	91.46	92.19	92.93	93.67	94.41	95.15
	130	95.88	96.62	97.36	98.09	98.83	98.58	100.3	101.00	101.78	102.52
	140	103.26	104.00	104.73	105.47	106.21	106.95	107.68	108.42	109.16	109.90
	150	110.63	111.37	112.11	112.85	113.59	114.33	115.06	115.80	116.54	117.27
	160	118.01	118.75	119.49	120.22	120.98	121.70	122.44	123.17	123.91	124.65
	170	125.39	126.12	126.86	127.60	128.34	129.07	129.81	130.55	131.29	132.02
	180	132.76	133.50	134.24	134.87	135.71	136.45	137.19	137.92	138.68	139.40
	190	140.14	140.87	141.61	142.35	143.09	143.83	144.56	145.30	146.04	146.78
	200	147.51	148.25	148.99	149.73	150.46	151.20	151.94	152.68	153.41	154.15
	210	154.89	155.63	156.36	157.10	157.83	158.58	159.31	160.05	160.79	161.53
	220	162.26	163.00	163.74	164.48	165.21	165.95	166.69	167.43	168.16	168.90
	230	169.64	170.38	171.11	171.85	172.59	173.33	174.07	174.80	175.54	176.28
	240	177.02	177.75	178.49	179.23	179.97	180.70	181.44	182.18	182.92	183.65
	250	184.39	185.13	185.87	186.60	187.34	188.08	188.82	189.55	190.29	191.03
	260	191.77	192.50	193.24	193.98	194.72	195.45	196.19	196.93	197.67	198.40
	270	198.14	198.58	200.62	201.35	202.09	202.83	203.57	204.31	205.10	205.78
	280	206.52	207.26	207.99	208.73	209.47	210.21	210.94	211.68	212.42	213.16
	290	213.89	214.63	215.37	216.11	216.84	217.58	218.32	219.06	219.79	220.53
	300	221.27	222.01	222.74	223.48	224.22	224.98	225.68	226.43	227.17	227.91
	310	228.64	229.38	230.12	230.86	231.68	232.33	233.07	233.81	234.55	235.28
	320	236.02	238.76	237.50	238.23	238.97	239.71	240.45	241.18	241.92	242.68
	330	243.40	244.13	244.87	245.61	246.35	247.08	247.82	248.56	249.20	250.03
	340	250.77	251.51	252.25	252.98	253.72	254.46	255.20	255.93	256.67	257.41
	350	258.15	258.68	259.62	260.36	261.10	261.84	262.57	263.31	264.05	264.79
	360	265.52	268.26	267.00	267.74	268.47	267.21	269.95	270.68	271.42	272.16
	370	272.90	273.64	274.37	275.11	275.85	276.59	277.32	278.06	278.80	279.54
	380	280.27	281.01	281.75	282.49	283.22	283.98	284.70	285.44	286.17	286.91
	390	287.65	298.38	289.12	289.86	298.68	291.34	292.08	292.81	293.55	294.29