

Kilos	Pounds
25	55.12
27.5	60.63
30	66.14
32.5	71.65
35	77.16
37.5	82.67
40	88.18
42.5	93.70
45	99.21
47.5	104.72
50	110.23
52.5	115.74
55	121.25
57.5	126.77
60	132.28
62.5	137.79
65	143.30
67.5	148.81
70	154.32
72.5	159.84
75	165.35
77.5	170.86
80	176.37
82.5	181.88
85	187.39
87.5	192.90
90	198.42
92.5	203.93
95	209.44
97.5	214.95
100	220.46
102.5	225.97
105	231.49
107.5	237.00
110	242.51
112.5	248.02
115	253.53
117.5	259.04
120	264.55
122.5	270.07
125	275.58
127.5	281.09
130	286.60
132.5	292.11
135	297.62
137.5	303.14
140	308.65
142.5	314.16
145	319.67
147.5	325.18
150	330.69

Kilos	Pounds
152.5	336.20
155	341.72
157.5	347.23
160	352.74
162.5	358.25
165	363.76
167.5	369.27
170	374.79
172.5	380.30
175	385.81
177.5	391.32
180	396.83
182.5	402.34
185	407.86
187.5	413.37
190	418.88
192.5	424.39
195	429.90
197.5	435.41
200	440.92
202.5	446.44
205	451.95
207.5	457.46
210	462.97
212.5	468.48
215	473.99
217.5	479.51
220	485.02
222.5	490.53
225	496.04
227.5	501.55
230	507.06
232.5	512.57
235	518.09
237.5	523.60
240	529.11
242.5	534.62
245	540.13
247.5	545.64
250	551.16
252.5	556.67
255	562.18
257.5	567.69
260	573.20
262.5	578.71
265	584.22
267.5	589.74
270	595.25
272.5	600.76
275	606.27
277.5	611.78

Kilos	Pounds
280	617.29
282.5	622.81
285	628.32
287.5	633.83
290	639.34
292.5	644.85
295	650.36
297.5	655.88
300	661.39
302.5	666.90
305	672.41
307.5	677.92
310	683.43
312.5	688.94
315	694.46
317.5	699.97
320	705.48
322.5	710.99
325	716.50
327.5	722.01
330	727.53
332.5	733.04
335	738.55
337.5	744.06
340	749.57
342.5	755.08
345	760.59
347.5	766.11
350	771.62
352.5	777.13
355	782.64
357.5	788.15
360	793.66
362.5	799.18
365	804.69
367.5	810.20
370	815.71
372.5	821.22
375	826.73
377.5	832.25
380	837.76
382.5	843.27
385	848.78
387.5	854.29
390	859.80
392.5	865.31
395	870.83
397.5	876.34
400	881.85
402.5	887.36
405	892.87

Kilos	Pounds
407.5	898.38
410	903.90
412.5	909.41
415	914.92
417.5	920.43
420	925.94
422.5	931.45
425	936.96
427.5	942.48
430	947.99
432.5	953.50
435	959.01
437.5	964.52
440	970.03
442.5	975.55
445	981.06
447.5	986.57
450	992.08
452.5	997.59
455	1003.10
457.5	1008.61
460	1014.13
462.5	1019.64
465	1025.15
467.5	1030.66
470	1036.17
472.5	1041.68
475	1047.20
477.5	1052.71
480	1058.22
482.5	1063.73
485	1069.24
487.5	1074.75
490	1080.27
492.5	1085.78
495	1091.29
497.5	1096.80
500	1102.31
502.5	1107.82
505	1113.33
507.5	1118.85
510	1124.36
512.5	1129.87
515	1135.38
517.5	1140.89
520	1146.40
522.5	1151.92
525	1157.43
527.5	1162.94
530	1168.45
532.5	1173.96

Kilos	Pounds
535	1179.47
537.5	1184.98
540	1190.50
542.5	1196.01
545	1201.52
547.5	1207.03
550	1212.54
552.5	1218.05
555	1223.57
557.5	1229.08
560	1234.59
562.5	1240.10
565	1245.61
567.5	1251.12
570	1256.63
572.5	1262.15
575	1267.66
577.5	1273.17
580	1278.68
582.5	1284.19
585	1289.70
587.5	1295.22
590	1300.73
592.5	1306.24
595	1311.75
597.5	1317.26
600	1322.77
602.5	1328.29
605	1333.80
607.5	1339.31
610	1344.82
612.5	1350.33
615	1355.84
617.5	1361.35
620	1366.87
622.5	1372.38
625	1377.89
627.5	1383.40
630	1388.91
632.5	1394.42
635	1399.94
637.5	1405.45
640	1410.96
642.5	1416.47
645	1421.98
647.5	1427.49
650	1433.00
652.5	1438.52
655	1444.03
657.5	1449.54
660	1455.05