

KILO CONVERSION CHART

To convert kilos to pounds, multiply kilos by 2.2046. AAU rules state that poundages shall be rounded off by reducing to the nearest quarter. An example: 107.5 kilos multiplied by 2.2046 equals 236.9945. The poundage then becomes 236.75 rather than 237. For a quick estimate use 2.2. To convert pounds to kilos, multiply by .453597. For an estimate use .4536.

| <u>Kilos</u> | <u>Pounds</u> | <u>Kilos</u> | <u>Pounds</u> | <u>Kilos</u> | <u>Pounds</u> | <u>Kilos</u> | <u>Pounds</u> |
|--------------|---------------|--------------|---------------|--------------|---------------|--------------|---------------|
| 25.0 | 55.0 | 142.5 | 314.0 | 260.0 | 573.0 | 377.5 | 832.0 |
| 27.5 | 60.5 | 145.0 | 319.5 | 262.5 | 578.5 | 380.0 | 837.5 |
| 30.0 | 66.0 | 147.5 | 325.0 | 265.0 | 584.0 | 382.5 | 843.2 |
| 32.5 | 71.5 | 150.0 | 330.5 | 267.5 | 589.5 | 385.0 | 848.7 |
| 35.0 | 77.0 | 152.5 | 336.0 | 270.0 | 595.0 | 387.5 | 854.2 |
| 37.5 | 82.5 | 155.0 | 341.5 | 272.5 | 600.7 | 390.0 | 859.7 |
| 40.0 | 88.0 | 157.5 | 347.0 | 275.0 | 606.2 | 392.5 | 865.2 |
| 42.5 | 93.5 | 160.0 | 352.5 | 277.5 | 611.7 | 395.0 | 870.7 |
| 45.0 | 99.0 | 162.5 | 358.0 | 280.0 | 617.2 | 397.5 | 876.2 |
| 47.5 | 104.5 | 165.0 | 363.7 | 282.5 | 622.7 | 400.0 | 881.7 |
| 50.0 | 110.0 | 167.5 | 369.2 | 285.0 | 628.2 | 402.5 | 887.2 |
| 52.5 | 115.5 | 170.0 | 374.7 | 287.5 | 633.7 | 405.0 | 892.7 |
| 55.0 | 121.2 | 172.5 | 380.2 | 290.0 | 639.2 | 407.5 | 898.2 |
| 57.5 | 126.7 | 175.0 | 385.7 | 292.5 | 644.7 | 410.0 | 903.7 |
| 60.0 | 132.2 | 177.5 | 391.2 | 295.0 | 650.2 | 412.5 | 909.2 |
| 62.5 | 137.7 | 180.0 | 396.7 | 297.5 | 655.7 | 415.0 | 914.7 |
| 65.0 | 143.2 | 182.5 | 402.2 | 300.0 | 661.2 | 417.5 | 920.2 |
| 67.5 | 148.7 | 185.0 | 407.7 | 302.5 | 666.7 | 420.0 | 925.7 |
| 70.0 | 154.2 | 187.5 | 413.2 | 305.0 | 672.2 | 422.5 | 931.2 |
| 72.5 | 159.7 | 190.0 | 418.7 | 307.5 | 677.7 | 425.0 | 936.7 |
| 75.0 | 165.2 | 192.5 | 424.2 | 310.0 | 683.2 | 427.5 | 942.2 |
| 77.5 | 170.7 | 195.0 | 429.7 | 312.5 | 688.7 | 430.0 | 947.7 |
| 80.0 | 176.2 | 197.5 | 435.2 | 315.0 | 694.2 | 432.5 | 953.2 |
| 82.5 | 181.7 | 200.0 | 440.7 | 317.5 | 699.7 | 435.0 | 959.0 |
| 85.0 | 187.2 | 202.5 | 446.2 | 320.0 | 705.2 | 437.5 | 964.5 |
| 87.5 | 192.7 | 205.0 | 451.7 | 322.5 | 710.7 | 440.0 | 970.0 |
| 90.0 | 198.2 | 207.5 | 457.2 | 325.0 | 716.2 | 442.5 | 975.5 |
| 92.5 | 203.7 | 210.0 | 462.7 | 327.5 | 722.0 | 445.0 | 981.0 |
| 95.0 | 209.2 | 212.5 | 468.2 | 330.0 | 727.5 | 447.5 | 986.5 |
| 97.5 | 214.7 | 215.0 | 473.7 | 332.5 | 733.0 | 450.0 | 992.0 |
| 100.0 | 220.2 | 217.5 | 479.5 | 335.0 | 738.5 | 452.5 | 997.5 |
| 102.5 | 225.7 | 220.0 | 485.0 | 337.5 | 744.0 | 455.0 | 1003.0 |
| 105.0 | 231.2 | 222.5 | 490.5 | 340.0 | 749.5 | 457.5 | 1008.5 |
| 107.5 | 236.7 | 225.0 | 496.0 | 342.5 | 755.0 | 460.0 | 1014.0 |
| 110.0 | 242.5 | 227.5 | 501.5 | 345.0 | 760.5 | 462.5 | 1019.5 |
| 112.5 | 248.0 | 230.0 | 507.0 | 347.5 | 766.0 | 465.0 | 1025.0 |
| 115.0 | 253.5 | 232.5 | 512.5 | 350.0 | 771.5 | 467.5 | 1030.5 |
| 117.5 | 259.0 | 235.0 | 518.0 | 352.5 | 777.0 | 470.0 | 1036.0 |
| 120.0 | 264.5 | 237.5 | 523.5 | 355.0 | 782.5 | 472.5 | 1041.5 |
| 122.5 | 270.0 | 240.0 | 529.0 | 357.5 | 788.0 | 475.0 | 1047.0 |
| 125.0 | 275.5 | 242.5 | 534.5 | 360.0 | 793.5 | 477.5 | 1052.5 |
| 127.5 | 281.0 | 245.0 | 540.0 | 362.5 | 799.0 | 480.0 | 1058.0 |
| 130.0 | 286.5 | 247.5 | 545.5 | 365.0 | 804.5 | 482.5 | 1063.5 |
| 132.5 | 292.0 | 250.0 | 551.0 | 367.5 | 810.0 | 485.0 | 1069.0 |
| 135.0 | 297.5 | 252.5 | 556.5 | 370.0 | 815.5 | 487.5 | 1074.5 |
| 137.5 | 303.0 | 255.0 | 562.0 | 372.5 | 821.0 | 490.0 | 1080.2 |
| 140.0 | 308.5 | 257.5 | 567.5 | 375.0 | 826.5 | 492.5 | 1085.7 |
| | | | | | | 495.0 | 1091.2 |