

Height and Weight Conversion Chart

1 lb = 0.4536 kg

1" = 2.5 cm

Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms	Feet	cm	Feet	cm
5	2.3	58	26.3	111	50.3	164	74.4	217	98.4	2'2"	66.0	4'8"	142.2
6	2.7	59	26.8	112	50.8	165	74.8	218	98.9	2'3"	68.6	4'9"	144.8
7	3.2	60	27.2	113	51.3	166	75.3	219	99.3	2'4"	71.1	4'10"	147.3
8	3.6	61	27.7	114	51.7	167	75.8	220	99.8	2'5"	73.7	4'11"	149.9
9	4.1	62	28.1	115	52.2	168	76.2	221	100.2	2'6"	76.2	5'0"	152.4
10	4.5	63	28.6	116	52.6	169	76.7	222	100.7	2'7"	78.7	5'1"	154.9
11	5.0	64	29.0	117	53.1	170	77.1	223	101.2	2'8"	81.3	5'2"	157.5
12	5.4	65	29.5	118	53.5	171	77.6	224	101.6	2'9"	83.8	5'3"	160.0
13	5.9	66	29.9	119	54.0	172	78.0	225	102.1	2'10"	86.4	5'4"	162.6
14	6.4	67	30.4	120	54.4	173	78.5	226	102.5	2'11"	88.9	5'5"	165.1
15	6.8	68	30.8	121	54.9	174	78.9	227	103.0	3'0"	91.4	5'6"	167.6
16	7.3	69	31.4	122	55.3	175	79.4	228	103.4	3'1"	94.0	5'7"	170.2
17	7.7	70	31.8	123	55.8	176	79.8	229	103.9	3'2"	96.5	5'8"	172.7
18	8.2	71	32.2	124	56.2	177	80.3	230	104.3	3'3"	99.1	5'9"	175.3
19	8.6	72	32.7	125	56.7	178	80.7	231	104.8	3'4"	101.6	5'10"	177.8
20	9.1	73	33.1	126	57.2	179	81.2	232	105.2	3'5"	104.1	5'11"	180.3
21	9.5	74	33.6	127	57.6	180	81.6	233	105.7	3'6"	106.7	6'0"	182.9
22	10.0	75	34.0	128	58.1	181	82.1	234	106.1	3'7"	109.2	6'1"	185.4
23	10.4	76	34.5	129	58.5	182	82.6	235	106.6	3'8"	111.8	6'2"	188.0
24	10.9	77	34.9	130	59.0	183	83.0	236	107.0	3'9"	114.3	6'3"	190.5
25	11.3	78	35.5	131	59.4	184	83.5	237	107.5	3'10"	116.8	6'4"	193.0
26	11.8	79	35.8	132	59.9	185	83.9	238	108.0	3'11"	119.4	6'5"	195.6
27	12.3	80	36.3	133	60.3	186	84.4	239	108.4	4'0"	121.9	6'6"	198.1
28	12.7	81	36.7	134	60.8	187	84.8	240	108.9	4'1"	124.5	6'7"	200.7
29	13.2	82	37.2	135	61.2	188	85.3	241	109.3	4'2"	127.0	6'8"	203.2
30	13.8	83	37.6	136	61.7	189	85.7	242	109.8	4'3"	129.5	6'9"	205.7
31	14.1	84	38.1	137	62.1	190	86.2	243	110.2	4'4"	132.1	6'10"	208.3
32	14.5	85	38.6	138	62.6	191	86.6	244	110.7	4'5"	134.6	6'11"	210.8
33	15.0	86	39.0	139	63.1	192	87.1	245	111.1	4'6"	137.2	7'0"	213.4
34	15.4	87	39.5	140	63.5	193	87.5	246	111.6	4'7"	139.7	7'1"	215.9
35	15.9	88	39.9	141	64.0	194	88.0	247	112.0				
36	16.3	89	40.4	142	64.4	195	88.5	248	112.5				
37	16.8	90	40.8	143	64.9	196	88.9	249	112.9				
38	17.2	91	41.3	144	65.3	197	89.4	250	113.4				
39	17.7	92	41.7	145	65.8	198	89.8	251	113.9				
40	18.1	93	42.2	146	66.2	199	90.3	252	114.3				
41	18.6	94	42.6	147	66.7	200	90.7	253	114.8				
42	19.1	95	43.1	148	67.1	201	91.2	254	115.2				
43	19.5	96	43.5	149	67.6	202	91.5	255	115.7				
44	20.0	97	44.0	150	68.0	203	92.1	256	116.1				
45	20.4	98	44.5	151	68.5	204	92.5	257	116.6				
46	20.9	99	44.9	152	68.9	205	93.0	258	117.0				
47	21.3	100	45.4	153	69.4	206	93.4	259	117.5				
48	21.8	101	45.8	154	69.9	207	93.9	260	117.9				
49	22.2	102	46.3	155	70.5	208	94.3	261	118.4				
50	22.7	103	46.7	156	70.3	209	94.8	262	118.8				
51	23.1	104	47.2	157	71.2	210	95.3	263	119.3				
52	23.6	105	47.6	158	71.7	211	95.7	264	119.8				
53	24.0	106	48.1	159	72.1	212	96.2	265	120.2				
54	24.5	107	48.5	160	72.6	213	96.6	266	120.7				
55	24.9	108	49.0	161	73.0	214	97.1	267	121.1				
56	25.4	109	49.4	162	73.5	215	97.5	268	121.6				
57	25.9	110	49.9	163	73.9	216	98.0	269	122.0				