

Weight Conversion

Kilos	Pounds	Stones/lbs
60	132	9-6
65	143	10-3
70	154	11-0
75	165	11-11
80	176	12-8
85	187	13-5
90	198	14-2
95	209	14-14
100	220	15-11
105	231	16-8
110	242	17-5
115	253	18-2
120	264	18-13
125	275	19-10
130	286	20-7
135	297	21-4
140	308	22-9
145	315	22-12
150	330	23-9
155	341	24-6
160	352	25-3
165	363	26-0
170	374	26-11
175	385	27-8
180	396	28-5
185	407	29-2
190	418	29-13
195	429	30-10
200	440	31- 7

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