

## Change Kg's into Stones and Pounds

kg	st	lb	kg	st	lb	kg	st	lb	kg	st	lb	kg	st	lb	kg	st	lb	kg	st	lb	kg	st	lb			
44.5	7	0	63.6	10	0	82.7	13	0	101.8	16	0	120.9	19	0	140.0	22	0	159.1	25	0	178.2	28	0	197.3	31	0
45.0		1	64.1		1	83.2		1	102.3		1	121.4		1	140.5		1	159.5		1	178.6		1	197.7		1
45.5		2	64.5		2	83.6		2	102.7		2	121.8		2	140.9		2	160.0		2	179.1		2	198.2		2
45.9		3	65.0		3	84.1		3	103.2		3	122.3		3	141.4		3	160.5		3	179.5		3	198.6		3
46.4		4	65.5		4	84.5		4	103.6		4	122.7		4	141.8		4	160.9		4	180.0		4	199.1		4
46.8		5	65.9		5	85.0		5	104.1		5	123.2		5	142.3		5	161.4		5	180.5		5	199.5		5
47.3		6	66.4		6	85.5		6	104.5		6	123.6		6	142.7		6	161.8		6	180.9		6	200.0		6
47.7		7	66.8		7	85.9		7	105.0		7	124.1		7	143.2		7	162.3		7	181.4		7	200.5		7
48.2		8	67.3		8	86.4		8	105.5		8	124.5		8	143.6		8	162.7		8	181.8		8	200.9		8
48.6		9	67.7		9	86.8		9	105.9		9	125.0		9	144.1		9	163.2		9	182.3		9	201.4		9
49.1		10	68.2		10	87.3		10	106.4		10	125.5		10	144.5		10	163.6		10	182.7		10	201.8		10
49.5		11	68.6		11	87.7		11	106.8		11	125.9		11	145.0		11	164.1		11	183.2		11	202.3		11
50.0		12	69.1		12	88.2		12	107.3		12	126.4		12	145.5		12	164.5		12	183.6		12	202.7		12
50.5		13	69.5		13	88.6		13	107.7		13	126.8		13	145.9		13	165.0		13	184.1		13	203.2		13
50.9	8	0	70.0	11	0	89.1	14	0	108.2	17	0	127.3	20	0	146.4	23	0	165.5	26	0	184.5	29	0	203.6	32	0
51.4		1	70.5		1	89.5		1	108.6		1	127.7		1	146.8		1	165.9		1	185.0		1	204.1		1
51.8		2	70.9		2	90.0		2	109.1		2	128.2		2	147.3		2	166.4		2	185.5		2	204.5		2
52.3		3	71.4		3	90.5		3	109.5		3	128.6		3	147.7		3	166.8		3	185.9		3	205.0		3
52.7		4	71.8		4	90.9		4	110.0		4	129.1		4	148.2		4	167.3		4	186.4		4	205.5		4
53.2		5	72.3		5	91.4		5	110.5		5	129.5		5	148.6		5	167.7		5	186.8		5	205.9		5
53.6		6	72.7		6	91.8		6	110.9		6	130.0		6	149.1		6	168.2		6	187.3		6	206.4		6
54.1		7	73.2		7	92.3		7	111.4		7	130.5		7	149.5		7	168.6		7	187.7		7	206.8		7
54.5		8	73.6		8	92.7		8	111.8		8	130.9		8	150.0		8	169.1		8	188.2		8	207.3		8
55.0		9	74.1		9	93.2		9	112.3		9	131.4		9	150.5		9	169.5		9	188.6		9	207.7		9
55.5		10	74.5		10	93.6		10	112.7		10	131.8		10	150.9		10	170.0		10	189.1		10	208.2		10
55.9		11	75.0		11	94.1		11	113.2		11	132.3		11	151.4		11	170.5		11	189.5		11	208.6		11
56.4		12	75.5		12	94.5		12	113.6		12	132.7		12	151.8		12	170.9		12	190.0		12	209.1		12
56.8		13	75.9		13	95.0		13	114.1		13	133.2		13	152.3		13	171.4		13	190.5		13	209.5		13
57.3	9	0	76.4	12	0	95.5	15	0	114.5	18	0	133.6	21	0	152.7	24	0	171.8	27	0	190.9	30	0	210.0	33	0
57.7		1	76.8		1	95.9		1	115.0		1	134.1		1	153.2		1	172.3		1	191.4		1	210.5		1
58.2		2	77.3		2	96.4		2	115.5		2	134.5		2	153.6		2	172.7		2	191.8		2	210.9		2
58.6		3	77.7		3	96.8		3	115.9		3	135.0		3	154.1		3	173.2		3	192.3		3	211.4		3
59.1		4	78.2		4	97.3		4	116.4		4	135.5		4	154.5		4	173.6		4	192.7		4	211.8		4
59.5		5	78.6		5	97.7		5	116.8		5	135.9		5	155.0		5	174.1		5	193.2		5	212.3		5
60.0		6	79.1		6	98.2		6	117.3		6	136.4		6	155.5		6	174.5		6	193.6		6	212.7		6
60.5		7	79.5		7	98.6		7	117.7		7	136.8		7	155.9		7	175.0		7	194.1		7	213.2		7
60.9		8	80.0		8	99.1		8	118.2		8	137.3		8	156.4		8	175.5		8	194.5		8	213.6		8
61.4		9	80.5		9	99.5		9	118.6		9	137.7		9	156.8		9	175.9		9	194.0		9	214.1		9
61.8		10	80.9		10	100.0		10	119.1		10	138.2		10	157.3		10	176.4		10	195.5		10	214.5		10
62.3		11	81.4		11	100.5		11	119.5		11	138.6		11	157.7		11	176.8		11	195.9		11	215.0		11
62.7		12	81.8		12	100.9		12	120.0		12	139.1		12	158.2		12	177.3		12	196.4		12	215.5		12
63.2		13	82.3		13	101.4		13	120.5		13	139.5		13	158.6		13	177.7		13	196.8		13	215.9		13