

	KGS	45	50	55	59	64	68	73	77	82	86	91	96	100	105	109	114	118	123	127	132	136
WATTS	LBS	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300
25		2.9	2.7	2.6	2.5	2.3	2.3	2.2	2.1	2	2	1.9	1.9	1.9	1.8	1.8	1.8	1.7	1.7	1.7	1.6	1.6
50		4.8	4.4	4.1	3.9	3.7	3.5	3.3	3.2	3.1	2.9	2.8	2.8	2.7	2.6	2.6	2.5	2.5	2.4	2.4	2.3	2.3
75		6.7	6.1	5.7	5.4	5	4.8	4.5	4.3	4.1	3.9	3.8	3.7	3.6	3.5	3.4	3.3	3.2	3.1	3	2.9	2.9
100		8.6	7.9	7.2	6.8	6.4	6	5.7	5.5	5.2	4.9	4.7	4.5	4.4	4.3	4.1	4	3.9	3.8	3.7	3.6	3.5
125		10.5	8.8	8.6	8.3	7.7	7.3	6.9	6.6	6.2	5.9	5.7	5.5	5.3	5.1	4.9	4.8	4.6	4.5	4.4	4.2	4.2
150		12.4	11.3	10.4	9.7	9	8.6	8	7.7	7.3	6.9	6.6	6.4	6.1	5.9	5.7	5.5	5.4	5.2	5.1	4.9	4.8
175		14.3	13	11.9	11.2	10.4	9.8	9.2	8.8	8.3	7.9	7.6	7.3	7	6.7	6.5	6.3	6.1	5.9	5.7	5.5	5.4
200		16.2	14.7	13.5	12.6	11.7	11.1	10.4	9.9	9.4	9	8.5	8.1	7.9	7.5	7.3	7	6.8	6.6	6.4	6.2	6
225		18.1	16.4	15	14.1	13.1	12.3	11.6	11	10.4	9.9	9.5	9	8.7	8.3	8.1	7.8	7.5	7.3	7.1	6.8	6.7
250		20	18.1	16.6	15.5	14.4	13.6	12.7	12.1	11.4	10.9	10.4	9.9	9.6	9.2	8.9	8.5	8.3	8	7.8	7.5	7.3
275		22	19.9	18.1	17	15.7	14.9	13.9	13.2	12.5	11.9	11.4	10.8	10.4	10	9.7	9.3	9	8.7	8.4	8.2	7.9
300		23.9	21.6	19.7	18.4	17.1	16.1	15.1	14.4	13.5	12.9	12.3	11.7	11.3	10.8	10.5	10	9.7	9.4	9.1	8.8	8.6
325			23.3	21.3	19.9	18.4	17.4	16.3	15.5	14.6	13.9	13.2	12.6	12.1	11.6	11.2	10.8	10.4	10.1	9.8	9.4	9.2
350			25	22.8	21.3	19.8	18.6	17.4	16.6	15.6	14.9	14.2	13.5	13	12.4	12	11.5	11.2	10.8	10.4	10.1	9.8
375				24.4	22.8	21.1	19.9	18.6	17.7	16.7	15.9	15.1	14.4	13.9	13.2	12.8	12.3	11.9	11.5	11.1	10.7	10.5
400					24.3	22.4	21.1	19.8	18.8	17.7	16.9	16.1	15.3	14.7	14.1	13.6	13	12.6	12.2	11.8	11.4	11.1



WATTS TO MET CONVERSION