

Appendix 2

Conversion tables

Weight		Weight		Temperature		Length		Volume					
Kilograms	lbs	lbs	ounces (oz)	°C	°F	mm	inches	litres	UK fluid oz	UK pints	UK gallons	US fluid oz	US pints
0.1	0.22	0.1	1.60	1	34	1	0.039	0.1	3.52	0.18	0.02	3.38	0.21
0.2	0.44	0.2	3.20	2	36	2	0.079	0.2	7.04	0.35	0.04	6.76	0.42
0.3	0.66	0.3	4.80	3	37	3	0.12	0.3	10.56	0.53	0.07	10.15	0.63
0.4	0.88	0.4	6.40	4	39	4	0.16	0.4	14.08	0.70	0.09	13.53	0.85
0.5	1.10	0.5	8.00	5	41	5	0.20	0.5	17.60	0.88	0.11	16.91	1.06
1	2.20	1	16.00	6	43	6	0.24	1	35.20	1.76	0.22	33.82	2.11
2	4.41	2	32.00	7	45	7	0.28	2	70.40	3.52	0.44	67.64	4.23
3	6.61	3	48.00	8	46	8	0.31	3	105.60	5.28	0.66	101.45	6.34
4	8.82	4	64.00	9	48	9	0.35	4	140.80	7.04	0.88	135.27	8.45
5	11.02	5	80.00	10	50	10	0.39	5	176.00	8.80	1.10	169.09	10.57
6	13.23	6	96.00	20	68	20	0.79	6	211.20	10.56	1.32	202.91	12.68
7	15.43	7	112.00	30	86	30	1.18	7	246.40	12.32	1.54	236.72	14.80
8	17.64	8	128.00	40	104	40	1.57	8	281.60	14.08	1.76	270.54	16.91
9	19.84	9	144.00	50	122	50	1.97	9	316.80	15.84	1.98	304.36	19.02
10	22.05	10	160.00			100	3.94	10	352.00	17.60	2.20	338.18	21.14
20	44.09	20	320.00	180	356	1000	39.37	20	704.00	35.20	4.40	676.35	42.27
30	66.14	30	480.00	200	392			30	1056.00	52.80	6.60	1014.53	63.41
40	88.18	40	640.00	220	428			40	1408.00	70.40	8.80	1352.70	84.54
50	110.23	50	800.00	240	464			50	1760.00	88.00	11.00	1690.88	105.68
100	220.46	100	1600.00	260	500			100	3520.00	176.00	22.00	3381.76	211.36
				280	536								
				300	572								
				350	662								