

Kilograms	Pounds	Pounds and Ounces
1 kg	2.205 lb	2 lb 3.274 oz
2 kg	4.409 lb	4 lb 6.548 oz
3 kg	6.614 lb	6 lb 9.822 oz
4 kg	8.818 lb	8 lb 13.100 oz
5 kg	11.023 lb	11 lb 0.370 oz
6 kg	13.228 lb	13 lb 3.644 oz
7 kg	15.432 lb	15 lb 6.918 oz
8 kg	17.637 lb	17 lb 10.190 oz
9 kg	19.842 lb	19 lb 13.470 oz
10 kg	22.046 lb	22 lb 0.740 oz
20 kg	44.092 lb	44 lb 1.479 oz
30 kg	66.139 lb	66 lb 2.219 oz
40 kg	88.185 lb	88 lb 2.958 oz
50 kg	110.231 lb	110 lb 3.698 oz
60 kg	132.277 lb	132 lb 4.438 oz
70 kg	154.324 lb	154 lb 5.177 oz
80 kg	176.370 lb	176 lb 5.917 oz
90 kg	198.416 lb	198 lb 6.657 oz
100 kg	220.462 lb	220 lb 7.396 oz
1000 kg	2204.623 lb	2204 lb 9.962 oz