

Height and weight conversion chart

Height in feet and inches to centimetres, inch by inch from 4'10" to 6'8", and body weight in pounds and stone to kilograms. Feet and inches are two numbers, never a decimal.



Feet, inches and pounds,
offline

HEIGHT: FEET AND INCHES TO CM

Feet & inches	cm
4'10"	147.3
4'11"	149.9
5'0"	152.4
5'1"	154.9
5'2"	157.5
5'3"	160
5'4"	162.6
5'5"	165.1
5'6"	167.6
5'7"	170.2
5'8"	172.7
5'9"	175.3

Feet & inches	cm
5'10"	177.8
5'11"	180.3
6'0"	182.9
6'1"	185.4
6'2"	188
6'3"	190.5
6'4"	193
6'5"	195.6
6'6"	198.1
6'7"	200.7
6'8"	203.2

WEIGHT: POUNDS AND STONE TO KG

Pounds	Stone	kg
90	6 st 6	40.8
100	7 st 2	45.4
110	7 st 12	49.9
120	8 st 8	54.4
130	9 st 4	59
140	10 st	63.5
150	10 st 10	68
160	11 st 6	72.6
170	12 st 2	77.1
180	12 st 12	81.6
190	13 st 8	86.2

Pounds	Stone	kg
200	14 st 4	90.7
210	15 st	95.3
220	15 st 10	99.8
230	16 st 6	104.3
240	17 st 2	108.9
250	17 st 12	113.4
260	18 st 8	117.9
270	19 st 4	122.5
280	20 st	127
290	20 st 10	131.5
300	21 st 6	136.1

The 5.10 trap

- 5'10" is 5 feet plus 10 inches: 177.8 cm.
- Typed as a decimal, 5.10 ft comes out at about 155 cm.
- So never read the apostrophe as a decimal point.

Exact formulas

- 1 foot = 12 inches = 30.48 cm, 1 inch = 2.54 cm.
- 1 pound = 0.45359237 kg: divide by 2.2 for a quick estimate.
- 1 stone = 14 pounds = 6.35 kg.