



# Rotary International - Youth Exchange Program

## District 6440 - NorthEastern Illinois, USA

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### U.S. to Metric Conversion Tables

Here are a few conversion tables to help you get started:

Height			Weight		Distance		Temperature		Temperature	
Ft	In	- CM	Pound	- Kilogram	Mile	- Kilometer	F	- C	F	- C
5	0	- 152	5	- 2	20	- 32	0	- -18	52	- 11
5	1	- 155	10	- 5	40	- 64	2	- -17	54	- 12
5	2	- 157	15	- 7	60	- 97	4	- -16	56	- 13
5	3	- 160	20	- 9	80	- 129	6	- -14	58	- 14
5	4	- 163	25	- 11	100	- 161	8	- -13	60	- 16
5	5	- 165	30	- 14	120	- 193	10	- -12	62	- 17
5	6	- 168	35	- 16	140	- 225	12	- -11	64	- 18
5	7	- 170	40	- 18	160	- 257	14	- -10	66	- 19
5	8	- 173	45	- 20	180	- 290	16	- -9	68	- 20
5	9	- 175	50	- 23	200	- 322	18	- -8	70	- 21
5	10	- 178	55	- 25	220	- 354	20	- -7	72	- 22
5	11	- 180	60	- 27	240	- 386	22	- -6	74	- 23
6	0	- 183	65	- 30	260	- 418	24	- -4	76	- 24
6	1	- 185	70	- 32	280	- 451	26	- -3	78	- 26
6	2	- 188	75	- 34	300	- 483	28	- -2	80	- 27
6	3	- 191	80	- 36	320	- 515	30	- -1	82	- 28
6	4	- 193	85	- 39	340	- 547	32	- 0	84	- 29
6	5	- 196	90	- 41	360	- 579	34	- 1	86	- 30
			95	- 43	380	- 612	36	- 2	88	- 31
			100	- 45	400	- 644	38	- 3	90	- 32
			105	- 48	420	- 676	40	- 4	92	- 33
			110	- 50	440	- 708	42	- 6	94	- 34
			115	- 52	460	- 740	44	- 7	96	- 36
			120	- 55	480	- 772	46	- 8	98	- 37
			125	- 57	500	- 805	48	- 9	100	- 38
			130	- 59	600	- 966	50	- 10	102	- 39
			135	- 61	700	- 1,127				
			140	- 64	800	- 1,287				
			145	- 66	900	- 1,448				
			150	- 68	1,000	- 1,609				
			155	- 70						
			160	- 73						
			165	- 75						
			170	- 77						
			175	- 80						
			180	- 82						