

**Ounces to Pounds conversion table**  
provided by [www.metric-conversions.org](http://www.metric-conversions.org)

Ounces	Pounds	Ounces	Pounds	Ounces	Pounds	Ounces	Pounds
0.1	0.006	20	1.24	50	3.12	80	4.99
0.2	0.012	21	1.31	51	3.18	81	5.06
0.3	0.018	22	1.37	52	3.24	82	5.12
0.4	0.024	23	1.43	53	3.31	83	5.18
0.5	0.031	24	1.49	54	3.37	84	5.24
0.6	0.037	25	1.56	55	3.43	85	5.31
0.7	0.043	26	1.62	56	3.49	86	5.37
0.8	0.049	27	1.68	57	3.56	87	5.43
0.9	0.056	28	1.74	58	3.62	88	5.49
1	0.06	29	1.81	59	3.68	89	5.56
2	0.12	30	1.87	60	3.74	90	5.62
3	0.18	31	1.93	61	3.81	91	5.68
4	0.24	32	1.99	62	3.87	92	5.74
5	0.31	33	2.06	63	3.93	93	5.81
6	0.37	34	2.12	64	3.99	94	5.87
7	0.43	35	2.18	65	4.06	95	5.93
8	0.49	36	2.24	66	4.12	96	5.99
9	0.56	37	2.31	67	4.18	97	6.06
10	0.62	38	2.37	68	4.24	98	6.12
11	0.68	39	2.43	69	4.31	99	6.18
12	0.74	40	2.49	70	4.37	100	6.2
13	0.81	41	2.56	71	4.43	200	12.4
14	0.87	42	2.62	72	4.49	300	18.7
15	0.93	43	2.68	73	4.56	400	24.9
16	0.99	44	2.74	74	4.62	500	31.2
17	1.06	45	2.81	75	4.68	600	37.4
18	1.12	46	2.87	76	4.74	700	43.7
19	1.18	47	2.93	77	4.81	800	49.9
		48	2.99	78	4.87	900	56.2
		49	3.06	79	4.93	1000	62.4

**have you visited our sister site? [www.world-time-zones.org](http://www.world-time-zones.org)**