

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

Pounds	Ounces	Pounds	Ounces	Pounds	Ounces	Pounds	Ounces
0.1	1.600	20	320.00	50	800.00	80	1280.00
0.2	3.200	21	336.00	51	816.00	81	1296.00
0.3	4.800	22	352.00	52	832.00	82	1312.00
0.4	6.400	23	368.00	53	848.00	83	1328.00
0.5	8.000	24	384.00	54	864.00	84	1344.00
0.6	9.600	25	400.00	55	880.00	85	1360.00
0.7	11.200	26	416.00	56	896.00	86	1376.00
0.8	12.800	27	432.00	57	912.00	87	1392.00
0.9	14.400	28	448.00	58	928.00	88	1408.00
1	16.00	29	464.00	59	944.00	89	1424.00
2	32.00	30	480.00	60	960.00	90	1440.00
3	48.00	31	496.00	61	976.00	91	1456.00
4	64.00	32	512.00	62	992.00	92	1472.00
5	80.00	33	528.00	63	1008.00	93	1488.00
6	96.00	34	544.00	64	1024.00	94	1504.00
7	112.00	35	560.00	65	1040.00	95	1520.00
8	128.00	36	576.00	66	1056.00	96	1536.00
9	144.00	37	592.00	67	1072.00	97	1552.00
10	160.00	38	608.00	68	1088.00	98	1568.00
11	176.00	39	624.00	69	1104.00	99	1584.00
12	192.00	40	640.00	70	1120.00	100	1600.0
13	208.00	41	656.00	71	1136.00	200	3200.0
14	224.00	42	672.00	72	1152.00	300	4800.0
15	240.00	43	688.00	73	1168.00	400	6400.0
16	256.00	44	704.00	74	1184.00	500	8000.0
17	272.00	45	720.00	75	1200.00	600	9600.0
18	288.00	46	736.00	76	1216.00	700	11200.0
19	304.00	47	752.00	77	1232.00	800	12800.0
		48	768.00	78	1248.00	900	14400.0
		49	784.00	79	1264.00	1000	16000.0

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