I'm not a robot

Temperature conversion Length conversion Area conversion Volume conversion Weight conversion Speed conversion Time conversion Angle conversion Pressure conversion Energy and power conversion iPhone and Android app Metric Conversion Table Stones conversion Pounds conversion Pounds to Stones Kilograms to Pounds Pounds to Kilograms Kilograms to Stones Grams to Ounces Ounces to Grams Pounds to Ounces Ounces to Pounds Stones and pounds to kilograms calculator Convert English or US weight units to metric units. Stones (st) and pounds (lb) to kilograms (kg). You may have reached us looking for the answer to the question: 10 stones and 4 lbs to kilograms or 10 stones and 4 lbs to the metric unit kilograms. You can use this web site if you get confused about the units of weight (stones and pounds). This converter can also be used when scales only display in stones (st) and you want to know how many kilograms (or kilos) you are. Weight stones and pounds to kg chart StonesPoundsKilograms 4 stones0 pounds=25.4kg 4 stones1 pounds=25.9kg 4 stones2 pounds=26.3kg 4 stones3 pounds=26.8kg 4 stones4 pounds=27.2kg 4 stones5 pounds=27.7kg 4 stones6 pounds=28.1kg 4 stones7 pounds=28.6kg 4 stones8 pounds=29kg 4 stones9 pounds=29.5kg 4 stones10 pounds=29.9kg 4 stones11 pounds=30.4kg 4 stones12 pounds=30.8kg 4 stones13 pounds=31.3kg 5 stones0 pounds=31.8kg 5 stones1 pounds=32.2kg 5 stones2 pounds=32.7kg 5 stones3 pounds=33.1kg 5 stones4 pounds=33.6kg 5 stones5 pounds=34kg 5 stones6 pounds=34.5kg 5 stones7 pounds=34.9kg 5 stones8 pounds=35.4kg 5 stones9 pounds=35.8kg 5 stones10 pounds=36.3kg 5 stones11 pounds=36.7kg 5 stones12 pounds=37.2kg 5 stones13 pounds=37.6kg 6 stones0 pounds=38.1kg 6 stones1 pounds=38.6kg 6 stones2 pounds=39kg 6 stones3 pounds=39.5kg 6 stones4 pounds=39.9kg 6 stones5 pounds=40.4kg 6 stones6 pounds=40.8kg 6 stones7 pounds=41.3kg 6 stones8 pounds=41.7kg 6 stones9 pounds=42.2kg 6 stones10 pounds=42.6kg 6 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accuracy of the information provided on this website, neither this website nor its authors are responsible for any errors or omissions. Therefore, the contents of this site are not suitable for any use involving risk to health, finances or property. Use these conversion charts to quickly look up common weight calculations for pounds and stone to kilograms. Infographic charts are further down the page (84lb+).Kg to stone, poundsPounds to kgIf you're wanting to convert a kilogram figure not shown in this chart, give our kilos to stone converter or our kilos to lb converter a try. Graphical charts for stone, pounds and kilograms are available below (one for 84lb to 195lb and another for 196lb+).Like this? Please shareDisclaimer: Whilst every effort has been made in building our calculator tools, we are not to be held liable for any damages or monetary losses arising out of or in connection with their use. Full disclaimer.If you have any suggestions for this weight conversion chart, please contact me. 10 stones 4 pounds equals 65.32 kilograms You can also convert 10 stones and 4 pounds to pounds. In order to convert 10 stones and 4 pounds to kilograms we need to take each part of stones and pounds and transform them into kilograms. We know that 1 stone equals 6.35029318 kilograms. Therefore to get the number of stones in kilograms we need to multiply the amount of stones by 6.35029318. In this case we have to multiply 10 stones by 6.35029318: 10st × 6.35029318kg = 63.5029318 kilograms We also know that 1 pound equals 0.45359237 kilograms. Therefore to get the number of pounds in kilograms we need to multiply the amount of pounds by 0.45359237. In this case we have to multiply 4 pounds by 0.45359237: 4lb × 0.45359237kg = 1.81436948 kilograms Now we have to add both amount of kilograms to get the final result: 63.5029318kg + 1.81436948kg = 65.31730128 kilograms Finally we can say that 10 stone 4 lbs is equivalent to 65.32 kilograms: 10 stones and 4 pounds = 65.32 kilograms Ten stones and four pounds is equal to sixty-five point three two kilograms. For quick reference purposes, below is the stones and pounds to kilograms conversion table: The units involved in this conversion are stones, pounds and kilograms. This is how they are defined: Stones The stone or stone weight (abbreviation: st.) is an English and imperial unit of mass now equal to 14 pounds (6.35029318 kg). England and other Germanic-speaking countries of northern Europe formerly used various standardised "stones" for trade, with their values ranging from about 5 to 40 local pounds (roughly 3 to 15 kg) depending on the location and objects weighed. The United Kingdom's imperial system adopted the wool stone of 14 pounds in 1835. With the advent of metrication, Europe's various "stones" were superseded by or adapted to the kilogram from the mid-19th century on. The stone continues in customary use in Britain and Ireland used for measuring body weight, but was prohibited for commercial use in the UK by the Weights and Measures Act of 1985. Pounds The pound or pound-mass is a unit of mass used in the imperial, United States customary and other systems of measurement. A number of different definitions have been used; the most common today is the international avoirdupois pound, which is legally defined as exactly 0.45359237 kilograms, and which is divided into 16 avoirdupois ounces. The international standard symbol for the avoirdupois pound is lb; an alternative symbol is lbm (for most pound definitions), # (chiefly in the U.S.), and ℔ or ℔ (specifically for the apothecaries' pound). The unit is descended from the Roman libra (hence the abbreviation "lb"). The English word pound is cognate with, among others, German Pfund, Dutch pond, and Swedish pund. All ultimately derive from a borrowing into Proto-Germanic of the Latin expression lībra pondō ("a pound by weight"), in which the word pondō is the ablative case of the Latin noun pondus ("weight"). Usage of the unqualified term pound reflects the historical conflation of mass and weight. Kilograms The kilogram (or kilogramme, SI symbol: kg), also known as the kilo, is the fundamental unit of mass in the International System of Units. Defined as being equal to the mass of the International Prototype Kilogram (IPK), that is almost exactly equal to the mass of one liter of water. The kilogram is the only SI base unit using an SI prefix ("kilo", symbol "k") as part of its name. The stability of kilogram is really important, for four of the seven fundamental units in the SI system are defined relative to it. Frequent conversions Previous conversions Enter your value in the conversion calculator below. TIP: If the result of your conversion is 0, try increasing the "Decimals". How to convert stones to pounds: Enter a value in the stones field and click on the "Calculate pounds" button. Your answer will appear in the pounds field. Calculator to convert 10 stones and 4 pounds or any other value, to kilograms (kg), to grams (g), to pounds, to kg and to pounds and to ounces. Using this converter you can get answers to questions like: What is 10 stones, 4 pounds in kilograms? What is 10 stones, 4 pounds in grams? What is 10 stones, 4 pounds in pounds? What is 10 stones, 4 pounds in pounds and ounces? What is 10 stones, 4 pounds in onces? The stone is a unit of mass measuring 14 pounds. A compact mechanical bathroom scale measures 'weights' below about 130kg / 20st 6lb. In the UK, we don't say the word pound, we just quote it's number after the number of stones. In the UK, in terms of weighing people, we measure ourselves in stone and lb. For a newborn, in general, the "official weigh" is for example, 3.5 kg, but virtually everybody wants to know what is that in pounds and ounces - not in stones. 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What is 2 stones, 10 pounds in grams? What is 2 stones, 10 pounds in pounds? What is 2 stones, 10 pounds in pounds and ounces? What is 2 stones, 10 pounds in onces? The stone is a unit of mass measuring 14 pounds. A compact mechanical bathroom scale measures 'weights' below about 130kg / 20st 6lb. In the UK, we don't say the word pound, we just quote it's number after the number of stones. In the UK, in terms of weighing people, we measure ourselves in stone and lb. For a newborn, in general, the "official weigh" is for example, 3.5 kg, but virtually everybody wants to know what is that in pounds and ounces - not in stones. Here's how the British spell some weights: 9 st, 13 (= 139 lb = 63.04 kg) 10 stone (= 140 lb = 63.5 kg) 10 st, 1 (= 141 lb = 63.96 kg) If we say something like "9 and a half stone" that's an approximation - it could be anywhere from 9 stone 4 to 9 stone 10. 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What is 21 stones in ounces? The stone is a unit of mass measuring 14 pounds. A compact mechanical bathroom scale measures 'weights' below about 130kg / 20st 6lb. In the UK, we don't say the word pound, we just quote it's number after the number of stones. In the UK, in terms of weighing people, we measure ourselves in stone and lb. For a newborn, in general, the "official weigh" is for example, 3.5 kg, but virtually everybody wants to know what is that in pounds and ounces - not in stones. Here's how the British spell some weights: 9 st, 13 (= 139 lb = 63.04 kg) 10 stone (= 140 lb = 63.5 kg) 10 st, 1 (= 141 lb = 63.96 kg) If we say something like "9 and a half stone" that's an approximation - it could be anywhere from 9 stone 4 to 9 stone 10. The British never say something like "10.5 stones" (in decimal form) Page 17 Calculator to convert 13 stones, or any other value, to pounds, kg, grams and to pounds and ounces, as well as, to stones and pounds. Using this converter you can get answers to questions like: What is 13 stones in kilograms? What is 13 stones in grams? What is 13 stones in pounds? What is 13 stones in pounds and oz? What is 13 stones in ounces? The stone is a unit of mass measuring 14 pounds. A compact mechanical bathroom scale measures 'weights' below about 130kg / 20st 6lb. In the UK, we don't say the word pound, we just quote it's number after the number of stones. In the UK, in terms of weighing people, we measure ourselves in stone and lb. For a newborn, in general, the "official weigh" is for example, 3.5 kg, but virtually everybody wants to know what is that in pounds and ounces - not in stones. Here's how the British spell some weights: 9 st, 13 (= 139 lb = 63.04 kg) 10 stone (= 140 lb = 63.5 kg) 10 st, 1 (= 141 lb = 63.96 kg) If we say something like "9 and a half stone" that's an approximation - it could be anywhere from 9 stone 4 to 9 stone 10. 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