J & E Engineering
"The Engine Shop"

TORQUE CONVERSIONS

Nm	lbft	Nm	lbft	Nm	lbft	Nm	lbft
10	7.4	41	30	72	53	103	76
11	8.1	42	31	73	54	104	77
12	8.9	43	32	74	55	105	77
13	9.6	44	32	75	55	106	78
14	10.3	45	33	76	56	107	79
15	11.1	46	34	77	57	108	80
16	11.8	47	35	78	58	109	80
17	12.5	48	35	79	58	110	81
18	13.3	49	36	80	59	111	82
19	14	50	37	81	60	112	83
20	14.8	51	38	82	60	113	83
21	15.5	52	38	83	61	114	84
22	16.2	53	39	84	62	115	85
23	17	54	40	85	63	116	86
24	17.7	55	41	86	63	117	86
25	18.4	56	41	87	64	118	87
26	19.2	57	42	88	65	119	88
27	20	58	43	89	66	120	89
28	20.6	59	44	90	66	121	90
29	21.4	60	44	91	67	122	90
30	22.1	61	45	92	68	123	91
31	23	62	46	93	69	124	92
32	24	63	46	94	69	125	93
33	24	64	47	95	70	126	93
34	25	65	48	96	71	127	94
35	26	66	49	97	72	128	95
36	27	67	49	98	72	129	96
37	27	68	50	99	73	130	96
38	28	69	51	100	74	131	97
39	29	70	52	101	75	132	98
40	30	71	52	102	75	133	99

Standard Fasteners:

8.8 quality Metric:		S Quality UNF:		S Quality UNC:	
M6	12nm	1/4	10lbft	1/4	10lbft
M8	29nm	5/16	21lbft	5/16	20lbft
M10	58nm	3/8	38lbft	3/8	36lbft

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