

2-16 Nm ($\pm 4\%$, UNI EN ISO 6789:2004)

TORQUE-UNITS CONVERSION CHART: Nm to foot-pound (foot-lbs) to inch-pound (inch-lbs)

Nm	FOOT-POUND (FOOT-LBS)	INCH-POUND (INCH-LBS)	EXAMPLES (MAXIMUM TORQUE VALUE)
1	0,74	8,85	SHIMANO ROAD-BRAKE PAD-FIXING SCREW
2	1,48	17,70	EFFETTO MARIPOSA CARBON SCREW, M5
3	2,21	26,55	STEEL BOLT, M4
4	2,95	35,40	WATER BOTTLE CAGE STEEL BOLT, M5
5	3,69	44,26	SHIMANO ALUMINUM CHAINRING FIXING BOLT
6	4,43	53,11	TITANIUM BOLT, M5
7	5,17	61,96	SHIMANO BRAKE-SHOE FIXING BOLT, M4
8	5,90	70,81	SHIMANO ROAD BRAKE-LEVER TO HANDLEBAR CLAMP, M5
9	6,64	79,66	TITANIUM BOLT, M6
10	7,38	88,51	SRAM REAR DERAILLEUR MOUNTING BOLT, M10
11	8,12	97,36	SHIMANO STEEL CHAINRING FIXING BOLT
12	8,86	106,21	FSA GRAVITY DH SEAT CLAMP BOLT, M6
13	9,59	115,06	
14	10,33	123,91	HAYES DISK-BRAKE CALIPER MOUNTING BOLT, M6
15	11,07	132,77	
16	11,81	141,62	FSA SL-K SEAT CLAMP BOLT, M7
17	12,55	150,47	
18	13,28	159,32	ITM SEAT CLAMP BOLT, M8
19	14,02	168,17	
20	14,76	177,02	CAMPAGNOLO SEAT CLAMP BOLT, M5

1 Nm = 0,738 FOOT-POUND FORCE = 8,851 INCH-POUND FORCE

