

10	0.30	0.29574	10	335	338.14023
9	0.27	0.26616	9	300	304.3262
8	0.24	0.23659	8	270	270.51218
7	0.21	0.20701	7	235	236.69816
6	0.18	0.17744	6	200	202.88414
5	0.15	0.14787	5	170	169.07011
4	0.12	0.11829	4	135	135.26609
3	0.09	0.08872	3	100	101.44207
2	0.06	0.05915	2	70	67.62805
1	0.03	0.02957	1	35	33.81402
Exact US fl. oz.	Circa Liters	Exact Liters	Exact US fl. oz.	Circa US fl. oz.	Exact US fl. oz.

OUNCES TO LITERS For a conversion of US fluid ounces to liters (L) one multiplies the number of ounces by 0.03. By adding 35 at every step from liters to US fluid ounces, one has to adjust at 100, 200, 300 to get the approximate value. L x33.8=US fl.oz (L x35.2=UK fl.oz); 1 L=1.00055 US fl. oz. 1 cup=8 oz; 1 pint=16 oz; 2 pints =32 oz=1 quart; 1 quart; 1 gallon=4 quarts=128oz, 8 gallons=1 bushel.

WEIGHTS 1kg = 1000grams g = 1,000,000 milligrams mg

Metric	Oz	Pound	Oz	Metric
1 Gram g	0.032	0.002	1	28.35 g (ca. 30)
1 Kilogram kg	0.00032	2.2	1	00.02835 kg

1 German pound=500g; 1 US pound/lb=453.59 g, circa 450g.

INCHES & FEET TO CENTIMETERS Inches to cm: add 2.5 at each step; feet to cm add 30; cm to inches add 0.4.

In.	Cm ca.	Cm exact	Ft	Cm ca.	Cm exact	Cm	In. ca.	In. exact
1	2.5	2.54	1	30	30.48	1	0.4	0.394
2	5	5.08	2	60	60.96	2	0.8	0.787
3	7.5	7.62	3	90	91.44	3	1.2	1.181
4	10	10.16	4	120	121.92	4	1.6	1.575
5	12.5	12.70	5	150	152.40	5	2.0	1.969
6	15	15.24	6	180	182.88	6	2.4	2.362
7	17.5	17.78	7	210	213.36	7	2.8	2.756
8	20	20.32	8	240	243.84	8	3.2	3.150
9	22.5	22.86	9	270	274.32	9	3.5	3.543
10	25	25.40	10	300	304.80	10	4.0	3.937
11	27.5	27.94	11	330	335.28	11	4.4	4.331
12	30	30.48	12	360	365.76	12	4.8	4.724

12 inches (in., ")=1 foot (ft, '); 3 feet=1yard; 1 meter (m)=100 centimeters (cm); 1000 m=1 kilometer (km). ca.=circa.

130	55	130	54.44
120	50	120	48.89
110	45	110	43.33
100	40	100	37.78
90	35	90	32.22
80	30	80	26.67
70	20	70	21.11
60	15	60	15.56
50	10	50	10
40	5	40	4.44
30	0	30	0
20	-5	20	-6.67
10	-10	10	-12.22
Exact Fahrenheit	Circa Celsius + 5	Exact Fahrenheit	Exact Celsius

TEMPERATURE Conversion Fahrenheit F to Celsius C Adding 10 each step to F but only 5 to C one gets an estimate of the temperature. **Adjust circa C at 30 (adding +10 to 20).** Exact formulas: F=(9/5C)+32; C=5/9(F-32)

BAKING DEGREES F TO C Add 15, **adjust by 10.**

F	C ca.	C exact	F	C ca.	C exact
250	120	121	400	205	204
275	135	133	425	220	218
300	150	149	450	235	232
325	165	163	475	245	246
350	180	177	500	260	260
375	195	191	525	275	274

Water: boiling 212F, 100C; freezing 32F, 0C.

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80.78	80	130	x 1.61	m/hr	Km/h=
74.57	75	120	1.61	km/hr	m/hr=
68.35	65	110	□	Formulas	
62.14	60	100	is a cil	Driving 5	5+m/hr
55.92	55	90	144.84	140	144.84
49.71	50	80	128.75	125	128.75
43.50	40	70	112.65	110	112.65
37.28	35	60	96.56	95	96.56
31.07	30	50	80.47	80	80.47
24.86	25	40	64.37	65	64.37
18.64	15	30	48.28	50	48.28
12.43	10	20	32.19	35	32.19
6.21	5	10	16.09	15	16.09
Exact m/hr	Circa m/hr	Exact km/hr	Circa km/hr	Exact m/hr	Exact miles/hr

MILES PER HOUR TO KILOMETER PER HOUR How fast a BMW going 220 km/hr? 136.70 in m/hr? The Germ Richtgeschwindigkeit (recommended Autobahn speed) is 1 km/hr (89.78m/hr). Adjust circa m/hr at 25, 50 & 75.

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Fahrenheit to Celsius & Baking Degrees
Ounces to Liters & Kilogram to Ounces
Inches to Centimeters**

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