

# Formulas Used

In to cm w / test			cm to In w / test			Lb to KG w / test			KG to Lb w / test		
In	$In \times 2.54$	$cm \times .3937008$	cm	$cm \times .3937008$	$In \times 2.54$	Lb	$Lb \times 0.45359237$	$KG \times 2.2046226218487$	KG	$KG \times 2.2046226218487$	$Lb \times 0.45359237$
1.0	2.5	1.0	1.0	0.4	1.0	1.0	0.5	1.0	1.0	2.2	1.0
2.0	5.1	2.0	2.0	0.8	2.0	2.0	0.9	2.0	2.0	4.4	2.0
3.0	7.6	3.0	3.0	1.2	3.0	3.0	1.4	3.0	3.0	6.6	3.0
4.0	10.2	4.0	4.0	1.6	4.0	4.0	1.8	4.0	4.0	8.8	4.0
5.0	12.7	5.0	5.0	2.0	5.0	5.0	2.3	5.0	5.0	11.0	5.0
6.0	15.2	6.0	6.0	2.4	6.0	6.0	2.7	6.0	6.0	13.2	6.0
7.0	17.8	7.0	7.0	2.8	7.0	7.0	3.2	7.0	7.0	15.4	7.0
8.0	20.3	8.0	8.0	3.1	8.0	8.0	3.6	8.0	8.0	17.6	8.0
9.0	22.9	9.0	9.0	3.5	9.0	9.0	4.1	9.0	9.0	19.8	9.0
10.0	25.4	10.0	10.0	3.9	10.0	10.0	4.5	10.0	10.0	22.0	10.0
11.0	27.9	11.0	11.0	4.3	11.0	11.0	5.0	11.0	11.0	24.3	11.0
12.0	30.5	12.0	12.0	4.7	12.0	12.0	5.4	12.0	12.0	26.5	12.0
13.0	33.0	13.0	13.0	5.1	13.0	13.0	5.9	13.0	13.0	28.7	13.0
14.0	35.6	14.0	14.0	5.5	14.0	14.0	6.4	14.0	14.0	30.9	14.0
15.0	38.1	15.0	15.0	5.9	15.0	15.0	6.8	15.0	15.0	33.1	15.0
16.0	40.6	16.0	16.0	6.3	16.0	16.0	7.3	16.0	16.0	35.3	16.0
17.0	43.2	17.0	17.0	6.7	17.0	17.0	7.7	17.0	17.0	37.5	17.0
18.0	45.7	18.0	18.0	7.1	18.0	18.0	8.2	18.0	18.0	39.7	18.0
19.0	48.3	19.0	19.0	7.5	19.0	19.0	8.6	19.0	19.0	41.9	19.0
20.0	50.8	20.0	20.0	7.9	20.0	20.0	9.1	20.0	20.0	44.1	20.0
21.0	53.3	21.0	21.0	8.3	21.0	21.0	9.5	21.0	21.0	46.3	21.0
22.0	55.9	22.0	22.0	8.7	22.0	22.0	10.0	22.0	22.0	48.5	22.0
23.0	58.4	23.0	23.0	9.1	23.0	23.0	10.4	23.0	23.0	50.7	23.0
24.0	61.0	24.0	24.0	9.4	24.0	24.0	10.9	24.0	24.0	52.9	24.0
25.0	63.5	25.0	25.0	9.8	25.0	25.0	11.3	25.0	25.0	55.1	25.0
26.0	66.0	26.0	26.0	10.2	26.0	26.0	11.8	26.0	26.0	57.3	26.0
27.0	68.6	27.0	27.0	10.6	27.0	27.0	12.2	27.0	27.0	59.5	27.0
28.0	71.1	28.0	28.0	11.0	28.0	28.0	12.7	28.0	28.0	61.7	28.0
29.0	73.7	29.0	29.0	11.4	29.0	29.0	13.2	29.0	29.0	63.9	29.0
30.0	76.2	30.0	30.0	11.8	30.0	30.0	13.6	30.0	30.0	66.1	30.0
31.0	78.7	31.0	31.0	12.2	31.0	31.0	14.1	31.0	31.0	68.3	31.0
32.0	81.3	32.0	32.0	12.6	32.0	32.0	14.5	32.0	32.0	70.5	32.0
33.0	83.8	33.0	33.0	13.0	33.0	33.0	15.0	33.0	33.0	72.8	33.0
34.0	86.4	34.0	34.0	13.4	34.0	34.0	15.4	34.0	34.0	75.0	34.0
35.0	88.9	35.0	35.0	13.8	35.0	35.0	15.9	35.0	35.0	77.2	35.0
36.0	91.4	36.0	36.0	14.2	36.0	36.0	16.3	36.0	36.0	79.4	36.0
37.0	94.0	37.0	37.0	14.6	37.0	37.0	16.8	37.0	37.0	81.6	37.0
38.0	96.5	38.0	38.0	15.0	38.0	38.0	17.2	38.0	38.0	83.8	38.0
39.0	99.1	39.0	39.0	15.4	39.0	39.0	17.7	39.0	39.0	86.0	39.0
40.0	101.6	40.0	40.0	15.7	40.0	40.0	18.1	40.0	40.0	88.2	40.0
41.0	104.1	41.0	41.0	16.1	41.0	41.0	18.6	41.0	41.0	90.4	41.0
42.0	106.7	42.0	42.0	16.5	42.0	42.0	19.1	42.0	42.0	92.6	42.0
43.0	109.2	43.0	43.0	16.9	43.0	43.0	19.5	43.0	43.0	94.8	43.0
44.0	111.8	44.0	44.0	17.3	44.0	44.0	20.0	44.0	44.0	97.0	44.0
45.0	114.3	45.0	45.0	17.7	45.0	45.0	20.4	45.0	45.0	99.2	45.0
46.0	116.8	46.0	46.0	18.1	46.0	46.0	20.9	46.0	46.0	101.4	46.0
47.0	119.4	47.0	47.0	18.5	47.0	47.0	21.3	47.0	47.0	103.6	47.0
48.0	121.9	48.0	48.0	18.9	48.0	48.0	21.8	48.0	48.0	105.8	48.0
49.0	124.5	49.0	49.0	19.3	49.0	49.0	22.2	49.0	49.0	108.0	49.0
50.0	127.0	50.0	50.0	19.7	50.0	50.0	22.7	50.0	50.0	110.2	50.0

# Normal Elasticcord

2000-1 - CM to KG								
CM	1 Elastic	2 Elastics	3 Elastics	4 Elastics	5 Elastics	6 Elastics	7 Elastics	8 Elastics
0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1	4.5	8.9	13.4	17.9	22.3	26.8	31.3	35.7
2	4.6	9.1	13.7	18.2	22.8	27.3	31.9	36.4
3	4.6	9.3	13.9	18.6	23.2	27.9	32.5	37.1
4	5.3	10.6	15.8	21.1	26.4	31.7	37.0	42.2
5	5.9	11.8	17.7	23.7	29.6	35.5	41.4	47.3
6	5.9	11.7	17.6	23.4	29.3	35.1	41.0	46.8
7	5.9	11.8	17.7	23.6	29.5	35.4	41.3	47.2
8	5.9	11.8	17.8	23.7	29.6	35.5	41.4	47.3
9	6.3	12.6	18.9	25.1	31.4	37.7	44.0	50.3
10	6.7	13.3	20.0	26.6	33.3	39.9	46.6	53.2
11	6.6	13.3	19.9	26.5	33.2	39.8	46.4	53.1
12	6.7	13.4	20.1	26.7	33.4	40.1	46.8	53.5
13	6.7	13.4	20.1	26.8	33.6	40.3	47.0	53.7
14	7.0	14.0	21.0	28.0	35.0	41.9	48.9	55.9
15	7.3	14.5	21.8	29.1	36.4	43.6	50.9	58.2
16	7.3	14.6	21.9	29.2	36.5	43.8	51.1	58.4
17	7.4	14.7	22.1	29.4	36.8	44.1	51.5	58.8
18	7.6	15.2	22.8	30.4	37.9	45.5	53.1	60.7
19	7.8	15.6	23.5	31.3	39.1	46.9	54.8	62.6
20	7.9	15.7	23.6	31.5	39.4	47.2	55.1	63.0
21	7.9	15.9	23.8	31.7	39.7	47.6	55.5	63.5
22	8.0	16.0	24.0	32.0	40.0	48.0	56.0	64.0
23	8.2	16.4	24.6	32.9	41.1	49.3	57.5	65.7
24	8.4	16.9	25.3	33.7	42.1	50.6	59.0	67.4
25	8.5	17.0	25.5	34.0	42.5	51.0	59.5	67.9
26	8.6	17.1	25.7	34.3	42.8	51.4	60.0	68.5
27	8.6	17.3	25.9	34.6	43.2	51.9	60.5	69.1
28	8.8	17.7	26.5	35.4	44.2	53.0	61.9	70.7
29	9.0	18.1	27.1	36.1	45.2	54.2	63.3	72.3
30	9.1	18.2	27.3	36.5	45.6	54.7	63.8	72.9
31	9.2	18.3	27.5	36.6	45.8	55.0	64.1	73.3
32	9.3	18.7	28.0	37.3	46.7	56.0	65.3	74.6
33	9.5	19.0	28.5	38.0	47.5	57.0	66.5	76.0
34	9.5	19.1	28.6	38.2	47.7	57.3	66.8	76.4
35	9.6	19.2	28.8	38.4	48.0	57.6	67.2	76.8
36	9.6	19.3	28.9	38.5	48.2	57.8	67.4	77.1
37	9.8	19.6	29.3	39.1	48.9	58.7	68.5	78.3
38	9.9	19.9	29.8	39.7	49.7	59.6	69.5	79.5
39	10.0	19.9	29.9	39.9	49.8	59.8	69.8	79.7
40	10.0	20.0	30.0	40.0	50.0	60.0	70.0	80.0
41	10.0	20.0	30.0	40.1	50.1	60.1	70.1	80.1
42	10.1	20.3	30.4	40.6	50.7	60.8	71.0	81.1
43	10.3	20.5	30.8	41.0	51.3	61.6	71.8	82.1

# Normal Elasticcord

44	10.3	20.5	30.8	41.1	51.3	61.6	71.9	82.2
45	10.3	20.6	30.8	41.1	51.4	61.7	72.0	82.2
46	10.3	20.6	30.9	41.2	51.5	61.8	72.0	82.3
47	10.4	20.8	31.2	41.6	52.0	62.5	72.9	83.3
48	10.5	21.1	31.6	42.1	52.6	63.2	73.7	84.2
49	10.5	21.1	31.6	42.2	52.7	63.2	73.8	84.3
50	10.6	21.1	31.7	42.2	52.8	63.3	73.9	84.4
51	10.7	21.3	32.0	42.7	53.3	64.0	74.7	85.3
52	10.8	21.6	32.3	43.1	53.9	64.7	75.4	86.2
53	10.8	21.6	32.4	43.2	54.0	64.7	75.5	86.3
54	10.8	21.6	32.4	43.2	54.0	64.8	75.7	86.5
55	10.8	21.7	32.5	43.3	54.1	65.0	75.8	86.6
56	10.9	21.9	32.8	43.8	54.7	65.7	76.6	87.5
57	11.1	22.1	33.2	44.2	55.3	66.3	77.4	88.5
58	11.1	22.2	33.3	44.4	55.5	66.6	77.7	88.8
59	11.1	22.3	33.4	44.5	55.7	66.8	77.9	89.1
60	11.2	22.3	33.5	44.7	55.9	67.0	78.2	89.4
61	11.3	22.6	33.8	45.1	56.4	67.7	79.0	90.3
62	11.4	22.8	34.2	45.6	57.0	68.4	79.8	91.2
63	11.4	22.9	34.3	45.7	57.2	68.6	80.0	91.5
64	11.5	22.9	34.4	45.9	57.4	68.8	80.3	91.8
65	11.6	23.2	34.7	46.3	57.9	69.5	81.1	92.7
66	11.7	23.4	35.1	46.8	58.5	70.1	81.8	93.5
67	11.7	23.5	35.2	46.9	58.7	70.4	82.1	93.8
68	11.8	23.5	35.3	47.1	58.9	70.6	82.4	94.2
69	11.8	23.6	35.4	47.3	59.1	70.9	82.7	94.5
70	11.9	23.8	35.8	47.7	59.6	71.5	83.4	95.4
71	12.0	24.1	36.1	48.1	60.1	72.2	84.2	96.2
72	12.1	24.1	36.2	48.3	60.3	72.4	84.5	96.6
73	12.1	24.2	36.3	48.5	60.6	72.7	84.8	96.9
74	12.2	24.3	36.5	48.6	60.8	72.9	85.1	97.3
75	12.3	24.5	36.8	49.0	61.3	73.6	85.8	98.1
76	12.4	24.7	37.1	49.5	61.8	74.2	86.5	98.9
77	12.4	24.9	37.3	49.7	62.2	74.6	87.0	99.5
78	12.5	25.0	37.5	50.0	62.5	75.0	87.5	100.0
79	12.6	25.2	37.8	50.5	63.1	75.7	88.3	100.9
80	12.7	25.5	38.2	50.9	63.6	76.4	89.1	101.8
81	12.8	25.6	38.4	51.2	64.0	76.8	89.6	102.4
82	12.9	25.7	38.6	51.5	64.3	77.2	90.1	102.9
83	12.9	25.9	38.8	51.8	64.7	77.6	90.6	103.5
84	13.1	26.1	39.2	52.2	65.3	78.3	91.4	104.4
85	13.2	26.3	39.5	52.7	65.8	79.0	92.1	105.3
86	13.2	26.5	39.7	52.9	66.2	79.4	92.6	105.9
87	13.3	26.6	39.8	53.1	66.4	79.7	92.9	106.2
88	13.3	26.6	40.0	53.3	66.6	79.9	93.2	106.6
89	13.4	26.8	40.3	53.7	67.1	80.5	93.9	107.3
90	13.5	27.0	40.5	54.1	67.6	81.1	94.6	108.1
91	13.6	27.1	40.7	54.2	67.8	81.4	94.9	108.5
92	13.6	27.3	40.9	54.6	68.2	81.9	95.5	109.2
93	13.7	27.5	41.2	54.9	68.7	82.4	96.1	109.8

# Normal Elasticcord

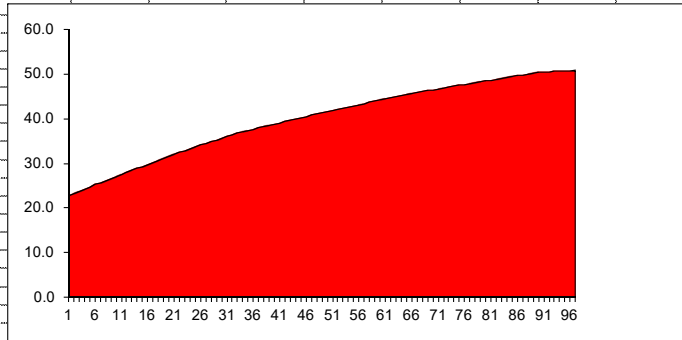
94	13.8	27.7	41.5	55.4	69.2	83.1	96.9	110.8
95	14.0	27.9	41.9	55.9	69.8	83.8	97.7	111.7
96	14.1	28.1	42.2	56.2	70.3	84.3	98.4	112.4
97	14.1	28.3	42.4	56.5	70.7	84.8	99.0	113.1
98	14.2	28.4	42.7	56.9	71.1	85.3	99.6	113.8
99	14.3	28.7	43.0	57.4	71.7	86.0	100.4	114.7
100	14.5	28.9	43.4	57.8	72.3	86.7	101.2	115.6
101	14.5	29.1	43.6	58.2	72.7	87.3	101.8	116.3
102	14.6	29.3	43.9	58.5	73.1	87.8	102.4	117.0
103	14.7	29.5	44.2	59.0	73.7	88.5	103.2	118.0
104	14.9	29.7	44.6	59.4	74.3	89.2	104.0	118.9
105	14.9	29.9	44.8	59.8	74.7	89.7	104.6	119.6
106	15.0	30.1	45.1	60.1	75.2	90.2	105.2	120.3
107	15.1	30.2	45.4	60.5	75.6	90.7	105.9	121.0
108	15.2	30.5	45.7	60.9	76.2	91.4	106.7	121.9
109	15.4	30.7	46.1	61.4	76.8	92.1	107.5	122.8
110	15.4	30.9	46.3	61.8	77.2	92.6	108.1	123.5
111	15.5	31.1	46.6	62.1	77.6	93.2	108.7	124.2
112	15.6	31.3	46.9	62.6	78.2	93.8	109.5	125.1
113	15.8	31.5	47.3	63.0	78.8	94.5	110.3	126.0
114	15.8	31.7	47.5	63.4	79.2	95.1	110.9	126.7
115	15.9	31.9	47.8	63.7	79.7	95.6	111.5	127.4
116	16.0	32.0	48.1	64.1	80.1	96.1	112.1	128.1
117	16.1	32.3	48.4	64.5	80.7	96.8	112.9	129.1
118	16.2	32.5	48.7	65.0	81.2	97.5	113.7	130.0
119	16.3	32.7	49.0	65.3	81.7	98.0	114.3	130.7
120	16.4	32.8	49.3	65.7	82.1	98.5	115.0	131.4
121	16.5	33.0	49.5	66.0	82.6	99.1	115.6	132.1
122	16.5	33.0	49.6	66.1	82.6	99.1	115.7	132.2

# Heavy Elasticcord

MVP - Inches to Pounds									MVP - CM to KG								
Inches	1 Elastic	2 Elastic	3 Elastic	4 Elastic	5 Elastic	6 Elastic	7 Elastic	8 Elastic	CM	1 Elastic	2 Elastic	3 Elastic	4 Elastic	5 Elastic	6 Elastic	7 Elastic	8 Elastic
0	22.7	45.3	68.0	90.7	113.3	136.0	158.7	181.3	0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
0.5	23.2	46.4	69.6	92.7	115.9	139.1	162.3	185.5	1	8.28	16.56	24.84	33.12	41.40	49.68	57.96	66.24
1.0	23.7	47.4	71.1	94.8	118.5	142.2	165.9	189.6	2	8.46	16.93	25.39	33.86	42.32	50.79	59.25	67.72
1.5	24.2	48.4	72.7	96.9	121.1	145.3	169.5	193.7	3	8.65	17.30	25.95	34.60	43.25	51.90	60.54	69.19
2.0	24.7	49.5	74.2	98.9	123.7	148.4	173.1	197.9	4	9.85	19.69	29.54	39.38	49.23	59.07	68.92	78.77
2.5	25.3	50.5	75.8	101.0	126.3	151.5	176.8	202.0	5	11.04	22.08	33.13	44.17	55.21	66.25	77.30	88.34
3.0	25.7	51.4	77.1	102.8	128.5	154.2	179.9	205.6	6	10.82	21.64	32.47	43.29	54.11	64.93	75.75	86.58
3.5	26.1	52.3	78.4	104.6	130.7	156.9	183.0	209.2	7	10.71	21.42	32.12	42.83	53.54	64.25	74.95	85.66
4.0	26.6	53.2	79.8	106.4	133.0	159.6	186.1	212.7	8	10.67	21.34	32.02	42.69	53.36	64.03	74.70	85.37
4.5	27.0	54.1	81.1	108.2	135.2	162.2	189.3	216.3	9	11.27	22.54	33.82	45.09	56.36	67.63	78.90	90.18
5.0	27.5	55.0	82.5	109.9	137.4	164.9	192.4	219.9	10	11.87	23.74	35.62	47.49	59.36	71.23	83.10	94.98
5.5	27.9	55.9	83.8	111.7	139.7	167.6	195.5	223.5	11	11.80	23.61	35.41	47.21	59.02	70.82	82.62	94.43
6.0	28.4	56.8	85.1	113.5	141.9	170.3	198.7	227.1	12	11.78	23.56	35.34	47.12	58.90	70.68	82.46	94.24
6.5	28.8	57.7	86.5	115.3	144.1	173.0	201.8	230.6	13	11.79	23.58	35.37	47.16	58.95	70.75	82.54	94.33
7.0	29.3	58.6	87.8	117.1	146.4	175.7	204.9	234.2	14	12.23	24.46	36.69	48.92	61.15	73.39	85.62	97.85
7.5	29.7	59.4	89.2	118.9	148.6	178.3	208.1	237.8	15	12.67	25.34	38.01	50.68	63.35	76.03	88.70	101.37
8.0	30.2	60.3	90.5	120.7	150.9	181.0	211.2	241.4	16	12.67	25.35	38.02	50.69	63.36	76.04	88.71	101.38
8.5	30.6	61.2	91.9	122.5	153.1	183.7	214.3	244.9	17	12.70	25.39	38.09	50.79	63.48	76.18	88.88	101.58
9.0	31.1	62.1	93.2	124.3	155.3	186.4	217.5	248.5	18	13.07	26.14	39.22	52.29	65.36	78.43	91.50	104.58
9.5	31.5	63.0	94.5	126.1	157.6	189.1	220.6	252.1	19	13.45	26.89	40.34	53.79	67.24	80.68	94.13	107.58
10.0	32.0	63.9	95.9	127.8	159.8	191.8	223.7	255.7	20	13.47	26.94	40.41	53.88	67.35	80.82	94.29	107.76
10.5	32.4	64.8	97.2	129.6	162.0	194.4	226.9	259.3	21	13.51	27.02	40.53	54.04	67.54	81.05	94.56	108.07
11.0	32.9	65.7	98.6	131.4	164.3	197.1	230.0	262.8	22	13.56	27.12	40.68	54.24	67.81	81.37	94.93	108.49
11.5	33.3	66.6	99.9	133.2	166.5	199.8	233.1	266.4	23	13.89	27.78	41.67	55.56	69.45	83.33	97.22	111.11
12.0	33.8	67.5	101.3	135.0	168.8	202.5	236.3	270.0	24	14.22	28.43	42.65	56.87	71.09	85.30	99.52	113.74
12.5	34.1	68.3	102.4	136.5	170.6	204.8	238.9	273.0	25	14.27	28.54	42.81	57.08	71.34	85.61	99.88	114.15
13.0	34.5	69.0	103.5	138.0	172.5	207.0	241.5	276.0	26	14.33	28.66	42.99	57.32	71.65	85.98	100.31	114.65
13.5	34.9	69.8	104.6	139.5	174.4	209.3	244.1	279.0	27	14.40	28.80	43.20	57.61	72.01	86.41	100.81	115.21
14.0	35.3	70.5	105.8	141.0	176.3	211.5	246.8	282.0	28	14.70	29.40	44.10	58.80	73.50	88.20	102.90	117.59
14.5	35.6	71.3	106.9	142.5	178.1	213.8	249.4	285.0	29	15.00	29.99	44.99	59.99	74.99	89.98	104.98	119.98
15.0	36.0	72.0	108.0	144.0	180.0	216.0	252.0	288.0	30	15.07	30.14	45.20	60.27	75.34	90.41	105.47	120.54
15.5	36.4	72.8	109.1	145.5	181.9	218.3	254.6	291.0	31	15.11	30.23	45.34	60.45	75.57	90.68	105.79	120.91
16.0	36.8	73.5	110.3	147.0	183.8	220.5	257.3	294.0	32	15.38	30.75	46.13	61.51	76.88	92.26	107.63	123.01
16.5	37.0	74.1	111.1	148.2	185.2	222.3	259.3	296.3	33	15.64	31.28	46.92	62.56	78.20	93.84	109.48	125.12
17.0	37.3	74.7	112.0	149.3	186.7	224.0	261.3	298.7	34	15.69	31.37	47.06	62.74	78.43	94.11	109.80	125.48
17.5	37.6	75.3	112.9	150.5	188.1	225.8	263.4	301.0	35	15.74	31.47	47.21	62.95	78.69	94.42	110.16	125.90
18.0	37.9	75.8	113.8	151.7	189.6	227.5	265.4	303.3	36	15.80	31.59	47.39	63.18	78.98	94.77	110.57	126.36
18.5	38.2	76.4	114.6	152.8	191.0	229.3	267.5	305.7	37	16.04	32.08	48.12	64.16	80.20	96.24	112.29	128.33
19.0	38.5	77.0	115.5	154.0	192.5	231.0	269.5	308.0	38	16.29	32.57	48.86	65.15	81.43	97.72	114.01	130.29
19.5	38.8	77.6	116.4	155.2	194.0	232.8	271.5	310.3	39	16.34	32.69	49.03	65.38	81.72	98.07	114.41	130.75
20.0	39.1	78.2	117.3	156.3	195.4	234.5	273.6	312.7	40	16.41	32.81	49.22	65.63	82.04	98.44	114.85	131.26
20.5	39.4	78.8	118.1	157.5	196.9	236.3	275.6	315.0	41	16.44	32.87	49.31	65.75	82.18	98.62	115.06	131.50
21.0	39.7	79.3	119.0	158.7	198.3	238.0	277.7	317.3	42	16.65	33.30	49.95	66.60	83.25	99.90	116.55	133.20
21.5	40.0	79.9	119.9	159.8	199.8	239.8	279.7	319.7	43	16.86	33.73	50.59	67.45	84.32	101.18	118.04	134.91
22.0	40.3	80.5	120.8	161.0	201.3	241.5	281.8	322.0	44	16.89	33.79	50.68	67.57	84.47	101.36	118.26	135.15
22.5	40.5	81.0	121.5	162.1	202.6	243.1	283.6	324.1	45	16.93	33.86	50.78	67.71	84.64	101.57	118.50	135.42
23.0	40.8	81.6	122.3	163.1	203.9	244.7	285.4	326.2	46	16.97	33.93	50.90	67.86	84.83	101.80	118.76	135.73
23.5	41.0	82.1	123.1	164.2	205.2	246.2	287.3	328.3	47	17.17	34.34	51.50	68.67	85.84	103.01	120.17	137.34
24.0	41.3	82.6	123.9	165.2	206.5	247.8	289.1	330.4	48	17.37	34.74	52.11	69.48	86.85	104.22	121.58	138.95
24.5	41.6	83.1	124.7	166.3	207.8	249.4	290.9	332.5	49	17.41	34.81	52.22	69.63	87.04	104.44	121.85	139.26
25.0	41.8	83.7	125.5	167.3	209.1	251.0	292.8	334.6	50	17.45	34.90	52.35	69.79	87.24	104.69	122.14	139.59
25.5	42.1	84.2	126.3	168.4	210.4	252.5	294.6	336.7	51	17.64	35.28	52.93	70.57	88.21	105.85	123.50	141.14
26.0	42.4	84.7	127.1	169.4	211.8	254.1	296.5	338.8	52	17.84	35.67	53.51	71.34	89.18	107.02	124.85	142.69
26.5	42.6	85.2	127.8	170.5	213.1	255.7	298.3	340.9	53	17.88	35.76	53.63	71.51	89.39	107.27	125.14	143.02
27.0	42.9	85.8	128.6	171.5	214.4	257.3	300.1	343.0	54	17.92	35.84	53.77	71.69	89.61	107.53	125.46	143.38
27.5	43.1	86.3	129.4	172.6	215.7	258.8	302.0	345.1	55	17.97	35.94	53.91	71.88	89.85	107.82	125.79	143.76
28.0	43.4	86.8	130.2	173.6	217.0	260.4	303.8	347.2	56	18.15	36.30	54.45	72.60	90.74	108.89	127.04	145.19
28.5	43.7	87.3	131.0	174.7	218.3	262.0	305.6	349.3	57	18.33	36.66	54.98	73.31	91.64	109.97	128.30	146.62
29.0	43.9	87.9	131.8	175.7	219.6	263.6	307.5	351.4	58	18.36	36.72	55.09	73.45	91.81	110.17	128.54	146.90
29.5	44.2	88.4	132.6	176.8	220.9	265.1	309.3	353.5	59	18.40	36.80	55.20	73.60	92.00	110.39	128.79	147.19
30.0	44.5	88.9	133.4	177.8	222.3	266.7	311.2	355.6	60	18.44	36.88	55.32	73.75	92.19	110.63	129.07	147.51
30.5	44.7	89.4	134.1	178.9	223.6	268.3	313.0	357.7	61	18.61	37.22	55.83	74.44	93.05	111.66	130.27	148.88

# Heavy Elasticcord

31.0	45.0	90.0	134.9	179.9	224.9	269.9	314.8	359.8		62	18.78	37.57	56.35	75.13	93.91	112.70	131.48	150.26
31.5	45.2	90.5	135.7	181.0	226.2	271.4	316.7	361.9		63	18.82	37.64	56.47	75.29	94.11	112.93	131.75	150.58
32.0	45.5	91.0	136.5	182.0	227.5	273.0	318.5	364.0		64	18.86	37.73	56.59	75.45	94.32	113.18	132.05	150.91
32.5	45.7	91.4	137.1	182.8	228.5	274.2	319.9	365.6		65	19.03	38.06	57.09	76.12	95.15	114.18	133.22	152.25
33.0	45.9	91.8	137.7	183.6	229.5	275.4	321.3	367.2		66	19.20	38.40	57.59	76.79	95.99	115.19	134.39	153.58
33.5	46.1	92.2	138.3	184.4	230.5	276.5	322.6	368.7		67	19.24	38.48	57.72	76.96	96.20	115.44	134.68	153.92
34.0	46.3	92.6	138.9	185.2	231.4	277.7	324.0	370.3		68	19.28	38.57	57.85	77.13	96.42	115.70	134.98	154.27
34.5	46.5	93.0	139.5	185.9	232.4	278.9	325.4	371.9		69	19.33	38.66	57.99	77.31	96.64	115.97	135.30	154.63
35.0	46.7	93.4	140.0	186.7	233.4	280.1	326.8	373.5		70	19.49	38.98	58.47	77.96	97.45	116.94	136.44	155.93
35.5	46.9	93.8	140.6	187.5	234.4	281.3	328.1	375.0		71	19.65	39.31	58.96	78.61	98.26	117.92	137.57	157.22
36.0	47.1	94.2	141.2	188.3	235.4	282.5	329.5	376.6		72	19.70	39.40	59.09	78.79	98.49	118.19	137.89	157.59
36.5	47.3	94.5	141.8	189.1	236.4	283.6	330.9	378.2		73	19.75	39.49	59.24	78.98	98.73	118.47	138.22	157.96
37.0	47.5	94.9	142.4	189.9	237.3	284.8	332.3	379.8		74	19.79	39.59	59.38	79.18	98.97	118.77	138.56	158.35
37.5	47.7	95.3	143.0	190.7	238.3	286.0	333.7	381.3		75	19.95	39.90	59.86	79.81	99.76	119.71	139.66	159.61
38.0	47.9	95.7	143.6	191.5	239.3	287.2	335.0	382.9		76	20.11	40.22	60.33	80.44	100.55	120.66	140.76	160.87
38.5	48.1	96.1	144.2	192.2	240.3	288.4	336.4	384.5		77	20.16	40.32	60.47	80.63	100.79	120.95	141.11	161.27
39.0	48.3	96.5	144.8	193.0	241.3	289.5	337.8	386.1		78	20.21	40.42	60.63	80.83	101.04	121.25	141.46	161.67
39.5	48.5	96.9	145.4	193.8	242.3	290.7	339.2	387.6		79	20.36	40.73	61.09	81.45	101.81	122.18	142.54	162.90
40.0	48.7	97.3	146.0	194.6	243.3	291.9	340.6	389.2		80	20.52	41.03	61.55	82.07	102.58	123.10	143.62	164.13
40.5	48.8	97.7	146.5	195.4	244.2	293.1	341.9	390.8		81	20.57	41.13	61.70	82.27	102.84	123.40	143.97	164.54
41.0	49.0	98.1	147.1	196.2	245.2	294.3	343.3	392.4		82	20.59	41.18	61.77	82.36	102.95	123.54	144.13	164.72
41.5	49.2	98.5	147.7	197.0	246.2	295.4	344.7	393.9		83	20.61	41.23	61.84	82.45	103.07	123.68	144.29	164.91
42.0	49.4	98.9	148.3	197.8	247.2	296.6	346.1	395.5		84	20.75	41.50	62.25	83.00	103.74	124.49	145.24	165.99
42.5	49.6	99.3	148.9	198.5	248.2	297.8	347.4	397.1		85	20.88	41.77	62.65	83.54	104.42	125.31	146.19	167.07
43.0	49.8	99.7	149.5	199.3	249.2	299.0	348.8	398.7		86	20.91	41.82	62.72	83.63	104.54	125.45	146.36	167.27
43.5	50.0	100.1	150.1	200.1	250.1	300.2	350.2	400.2		87	20.93	41.87	62.80	83.73	104.67	125.60	146.53	167.47
44.0	50.2	100.5	150.7	200.9	251.1	301.4	351.6	401.8		88	20.96	41.92	62.88	83.84	104.80	125.76	146.72	167.68
44.5	50.4	100.8	151.3	201.7	252.1	302.5	353.0	403.4		89	21.09	42.18	63.28	84.37	105.46	126.55	147.64	168.73
45.0	50.5	101.0	151.4	201.9	252.4	302.9	353.3	403.8		90	21.22	42.45	63.67	84.89	106.12	127.34	148.56	169.79
45.5	50.5	101.1	151.6	202.1	252.7	303.2	353.7	404.3		91	21.25	42.50	63.75	85.00	106.25	127.50	148.75	170.00
46.0	50.6	101.2	151.8	202.4	253.0	303.5	354.1	404.7		92	21.28	42.56	63.83	85.11	106.39	127.67	148.95	170.22
46.5	50.6	101.3	151.9	202.6	253.2	303.9	354.5	405.2		93	21.31	42.61	63.92	85.23	106.53	127.84	149.15	170.46
47.0	50.7	101.4	152.1	202.8	253.5	304.2	354.9	405.6		94	21.44	42.87	64.31	85.74	107.18	128.61	150.05	171.48
47.5	50.8	101.5	152.3	203.0	253.8	304.6	355.3	406.1		95	21.56	43.13	64.69	86.26	107.82	129.38	150.95	172.51
48.0	50.8	101.6	152.4	203.3	254.1	304.9	355.7	406.5		96	21.59	43.19	64.78	86.37	107.97	129.56	151.15	172.74
										97	21.62	43.25	64.87	86.49	108.12	129.74	151.36	172.99
										98	21.65	43.31	64.96	86.62	108.27	129.93	151.58	173.24
										99	21.78	43.56	65.34	87.12	108.90	130.68	152.46	174.24
										100	21.91	43.81	65.72	87.62	109.53	131.43	153.34	175.25
										101	21.94	43.87	65.81	87.75	109.68	131.62	153.56	175.50
										102	21.97	43.94	65.91	87.88	109.85	131.82	153.78	175.75
										103	22.09	44.19	66.28	88.37	110.46	132.56	154.65	176.74
										104	22.22	44.43	66.65	88.86	111.08	133.30	155.51	177.73
										105	22.25	44.50	66.74	88.99	111.24	133.49	155.74	177.99
										106	22.28	44.56	66.84	89.13	111.41	133.69	155.97	178.25
										107	22.32	44.63	66.95	89.26	111.58	133.89	156.21	178.53
										108	22.44	44.87	67.31	89.75	112.18	134.62	157.06	179.49
										109	22.56	45.12	67.67	90.23	112.79	135.35	157.90	180.46
										110	22.59	45.18	67.78	90.37	112.96	135.55	158.14	180.73
										111	22.63	45.25	67.88	90.51	113.13	135.76	158.39	181.01
										112	22.75	45.49	68.24	90.98	113.73	136.47	159.22	181.97
										113	22.86	45.73	68.59	91.46	114.32	137.19	160.05	182.92
										114	22.84	45.67	68.51	91.35	114.18	137.02	159.85	182.69
										115	22.81	45.62	68.43	91.24	114.04	136.85	159.66	182.47
										116	22.78	45.57	68.35	91.13	113.91	136.70	159.48	182.26
										117	22.87	45.73	68.60	91.47	114.34	137.20	160.07	182.94
										118	22.95	45.90	68.85	91.81	114.76	137.71	160.66	183.61
										119	22.93	45.85	68.78	91.70	114.63	137.55	160.48	183.40
										120	22.90	45.80	68.70	91.60	114.50	137.40	160.30	183.20
										121	22.88	45.75	68.63	91.50	114.38	137.25	160.13	183.01
										122	22.89	45.78	68.67	91.56	114.45	137.34	160.23	183.13



# Normal Elasticcord

## 2000-1 - Inches to Pounds

Inches	1 Elastic	2 Elastics	3 Elastics	4 Elastics	5 Elastics
0	12.3	24.5	36.8	49.0	61.3
0.5	12.5	25.0	37.5	50.0	62.5
1.0	12.8	25.5	38.3	51.0	63.8
1.5	13.0	26.0	39.0	52.0	65.0
2.0	13.3	26.5	39.8	53.0	66.3
2.5	13.7	27.3	41.0	54.6	68.3
3.0	14.2	28.3	42.5	56.6	70.8
3.5	14.5	29.0	43.5	58.0	72.5
4.0	14.9	29.8	44.7	59.6	74.5
4.5	15.2	30.4	45.6	60.8	76.0
5.0	15.6	31.2	46.8	62.4	78.0
5.5	15.9	31.8	47.7	63.6	79.5
6.0	16.3	32.6	48.9	65.1	81.4
6.5	16.6	33.2	49.9	66.5	83.1
7.0	17.0	33.9	50.9	67.8	84.8
7.5	17.3	34.6	51.9	69.2	86.5
8.0	17.6	35.3	52.9	70.6	88.2
8.5	18.0	36.0	54.0	71.9	89.9
9.0	18.3	36.7	55.0	73.3	91.7
9.5	18.7	37.4	56.0	74.7	93.4
10.0	19.0	38.1	57.1	76.1	95.1
10.5	19.4	38.7	58.1	77.5	96.9
11.0	19.7	39.4	59.2	78.9	98.6
11.5	20.1	40.1	60.2	80.3	100.3
12.0	20.4	40.8	61.2	81.7	102.1
12.5	20.7	41.4	62.1	82.7	103.4
13.0	21.0	41.9	62.9	83.8	104.8
13.5	21.2	42.5	63.7	84.9	106.1
14.0	21.5	43.0	64.5	86.0	107.5
14.5	21.7	43.5	65.2	86.9	108.6
15.0	22.0	43.9	65.9	87.8	109.8
15.5	22.2	44.4	66.6	88.7	110.9
16.0	22.4	44.8	67.2	89.7	112.1
16.5	22.6	45.1	67.7	90.3	112.8
17.0	22.7	45.4	68.2	90.9	113.6
17.5	22.9	45.7	68.6	91.5	114.4
18.0	23.0	46.1	69.1	92.1	115.1
18.5	23.2	46.4	69.5	92.7	115.9
19.0	23.3	46.7	70.0	93.3	116.7
19.5	23.5	47.0	70.5	93.9	117.4
20.0	23.6	47.3	70.9	94.6	118.2
20.5	23.8	47.6	71.4	95.2	119.0

# Normal Elasticcord

21.0	23.9	47.9	71.8	95.8	119.7
21.5	24.1	48.2	72.3	96.4	120.5
22.0	24.3	48.5	72.8	97.0	121.3
22.5	24.4	48.9	73.3	97.8	122.2
23.0	24.6	49.3	73.9	98.5	123.2
23.5	24.8	49.7	74.5	99.3	124.1
24.0	25.0	50.0	75.1	100.1	125.1
24.5	25.2	50.4	75.6	100.9	126.1
25.0	25.4	50.8	76.2	101.6	127.0
25.5	25.6	51.2	76.8	102.4	128.0
26.0	25.8	51.6	77.4	103.2	129.0
26.5	26.0	52.0	77.9	103.9	129.9
27.0	26.2	52.4	78.5	104.7	130.9
27.5	26.4	52.7	79.1	105.5	131.8
28.0	26.6	53.1	79.7	106.2	132.8
28.5	26.8	53.5	80.3	107.0	133.8
29.0	26.9	53.9	80.8	107.8	134.7
29.5	27.1	54.3	81.4	108.6	135.7
30.0	27.3	54.7	82.0	109.3	136.7
30.5	27.6	55.2	82.7	110.3	137.9
31.0	27.8	55.6	83.5	111.3	139.1
31.5	28.1	56.1	84.2	112.3	140.3
32.0	28.3	56.6	84.9	113.3	141.6
32.5	28.6	57.1	85.7	114.2	142.8
33.0	28.8	57.6	86.4	115.2	144.0
33.5	29.1	58.1	87.2	116.2	145.3
34.0	29.3	58.6	87.9	117.2	146.5
34.5	29.5	59.0	88.4	117.9	147.4
35.0	29.7	59.3	89.0	118.7	148.3
35.5	29.9	59.7	89.6	119.4	149.3
36.0	30.0	60.1	90.1	120.1	150.2
36.5	30.3	60.6	90.9	121.3	151.6
37.0	30.6	61.2	91.8	122.4	152.9
37.5	30.9	61.7	92.6	123.5	154.3
38.0	31.1	62.3	93.4	124.6	155.7
38.5	31.4	62.8	94.3	125.7	157.1
39.0	31.7	63.4	95.1	126.8	158.5
39.5	32.0	63.9	95.9	127.9	159.9
40.0	32.3	64.5	96.8	129.0	161.3
40.5	32.5	65.1	97.6	130.1	162.6
41.0	32.8	65.6	98.4	131.2	164.0
41.5	33.1	66.2	99.2	132.3	165.4
42.0	33.4	66.7	100.1	133.4	166.8
42.5	33.6	67.3	100.9	134.5	168.2
43.0	33.9	67.8	101.7	135.6	169.6
43.5	34.2	68.4	102.6	136.7	170.9
44.0	34.5	68.9	103.4	137.9	172.3
44.5	34.7	69.5	104.2	139.0	173.7
45.0	35.0	70.0	105.1	140.1	175.1
45.5	35.3	70.6	105.9	141.2	176.5
46.0	35.6	71.1	106.7	142.3	177.9
46.5	35.8	71.7	107.5	143.4	179.2
47.0	36.1	72.2	108.4	144.5	180.6
47.5	36.4	72.8	109.2	145.6	182.0



# Normal Elasticcord

48.0

36.7

73.4

110.0

146.7

183.4

# Normal Elasticcord

6  
Elastics

73.5  
75.0  
76.5  
78.0  
79.5  
81.9  
84.9  
87.0  
89.4  
91.2  
93.6  
95.4  
97.7  
99.7  
101.7  
103.7  
105.8  
107.9  
110.0  
112.1  
114.2  
116.2  
118.3  
120.4  
122.5  
124.1  
125.7  
127.4  
129.0  
130.4  
131.7  
133.1  
134.5  
135.4  
136.3  
137.2  
138.2  
139.1  
140.0  
140.9  
141.8  
142.7

7  
Elastics

85.8  
87.5  
89.3  
91.0  
92.8  
95.6  
99.1  
101.5  
104.3  
106.4  
109.2  
111.3  
114.0  
116.3  
118.7  
121.0  
123.5  
125.9  
128.3  
130.7  
133.2  
135.6  
138.0  
140.5  
142.9  
144.8  
146.7  
148.6  
150.5  
152.1  
153.7  
155.3  
156.9  
158.0  
159.0  
160.1  
161.2  
162.2  
163.3  
164.4  
165.5  
166.5

8  
Elastics

98.0  
100.0  
102.0  
104.0  
106.0  
109.2  
113.2  
116.0  
119.2  
121.6  
124.8  
127.2  
130.3  
133.0  
135.6  
138.3  
141.1  
143.9  
146.7  
149.4  
152.2  
155.0  
157.8  
160.5  
163.3  
165.5  
167.7  
169.8  
172.0  
173.8  
175.7  
177.5  
179.3  
180.5  
181.8  
183.0  
184.2  
185.4  
186.7  
187.9  
189.1  
190.3

# Normal Elasticcord

143.7	167.6	191.6
144.6	168.7	192.8
145.5	169.8	194.0
146.7	171.1	195.5
147.8	172.4	197.1
149.0	173.8	198.6
150.1	175.1	200.2
151.3	176.5	201.7
152.4	177.8	203.2
153.6	179.2	204.8
154.7	180.5	206.3
155.9	181.9	207.9
157.1	183.2	209.4
158.2	184.6	210.9
159.4	185.9	212.5
160.5	187.3	214.0
161.7	188.6	215.6
162.8	190.0	217.1
164.0	191.3	218.6
165.5	193.0	220.6
166.9	194.8	222.6
168.4	196.5	224.5
169.9	198.2	226.5
171.4	199.9	228.5
172.8	201.6	230.4
174.3	203.4	232.4
175.8	205.1	234.4
176.9	206.4	235.9
178.0	207.7	237.3
179.1	209.0	238.8
180.2	210.3	240.3
181.9	212.2	242.5
183.5	214.1	244.7
185.2	216.1	246.9
186.9	218.0	249.1
188.5	219.9	251.4
190.2	221.9	253.6
191.8	223.8	255.8
193.5	225.8	258.0
195.2	227.7	260.2
196.8	229.6	262.4
198.5	231.6	264.6
200.1	233.5	266.9
201.8	235.4	269.1
203.5	237.4	271.3
205.1	239.3	273.5
206.8	241.2	275.7
208.4	243.2	277.9
210.1	245.1	280.1
211.8	247.1	282.4
213.4	249.0	284.6
215.1	250.9	286.8
216.7	252.9	289.0
218.4	254.8	291.2

# Normal Elasticcord

220.1

256.7

293.4

