

# Conversion Factors

## Metric to English

To Obtain	Multiply	By
Inches	Centimeters	0.3937007874
Feet	Meters	3.280839895
Yards	Meters	1.093613298
Miles	Kilometers	0.6213711922
Square Inches	Square Centimeters	0.1550003100
Square Feet	Square Meters	10.76391042
Square Yards	Square Meters	1.195990046
Cubic Inches	Milliliters	0.06102374409
Cubic Feet	Cubic Meters	35.31466672
Cubic Yards	Cubic Meters	1.307950619
Fluid Ounces	Milliliters	0.03381402270
Teaspoons	Milliliters	0.202884136
Tablespoons	Milliliters	0.0676280454
Cups	Liters	4.22675284
Quarts	Liters	1.05668821
Gallons	Liters	0.2641720524
Ounces	Grams	0.03527396195
Pounds	Kilograms	2.204622622
Miles per Hour	Kilometers per Hour	0.621371192

## English to Metric

To Obtain	Multiply	By
Centimeters	Inches	<b>2.54</b>
Meters	Feet	<b>0.3048</b>
Meters	Yards	<b>0.9144</b>
Kilometers	Miles	<b>1.609344</b>
Square Centimeters	Square Inches	<b>6.4516</b>
Square Meters	Square Feet	<b>0.09290304</b>
Square Meters	Square Yards	<b>0.83612736</b>
Milliliters	Cubic Inches	<b>16.387064</b>
Cubic Meters	Cubic Feet	0.02831684659
Cubic Meters	Cubic Yards	0.764554858
Milliliters	Fluid Ounces	29.57352956
Milliliters	Teaspoons	4.92892159
Milliliters	Tablespoons	14.7867648
Liters	Cups	0.236588236
Liters	Quarts	0.946352946
Liters	Gallons	<b>3.785411784</b>
Grams	Ounces	28.34952313
Kilograms	Pounds	<b>0.45359237</b>
Kilometers per Hour	Miles per Hour	1.609344001

**Note:** Boldface numbers are exact, others are given to ten significant figures.