

Pounds to Grams Conversion

Ounces	Pounds												
	1	2	3	4	5	6	7	8	9	10	11	12	13
0	454	907	1361	1814	2268	2722	3175	3629	4082	4536	4990	5443	5897
1	482	936	1389	1843	2296	2750	3204	3657	4111	4564	5018	5472	5925
2	510	964	1418	1871	2325	2778	3232	3686	4139	4593	5046	5500	5954
3	539	992	1446	1900	2353	2807	3261	3714	4168	4621	5075	5528	5981
4	567	1021	1474	1928	2381	2835	3289	3742	4196	4649	5103	5557	6010
5	595	1049	1503	1956	2410	2863	3317	3771	4224	4678	5131	5585	6039
6	624	1077	1531	1985	2438	2892	3345	3799	4253	4706	5160	5613	6067
7	652	1106	1559	2013	2467	2920	3374	3827	4281	4735	5188	5642	6095
8	680	1134	1588	2041	2495	2948	3402	3856	4309	4763	5216	5670	6124
9	709	1162	1615	2070	2523	2977	3430	3884	4338	4791	5245	5698	6152
10	737	1191	1644	2098	2552	3005	3458	3912	4366	4820	5273	5727	6181
11	765	1219	1673	2126	2580	3034	3487	3941	4394	4848	5302	5755	6209
12	794	1247	1701	2155	2608	3062	3515	3969	4423	4876	5330	5783	6237
13	822	1276	1729	2183	2637	3090	3544	3997	4451	4905	5358	5812	6265
14	851	1304	1758	2211	2665	3119	3572	4026	4479	4933	5387	5840	6294
15	879	1332	1786	2240	2693	3147	3601	4054	4508	4961	5415	5869	6322

Conversion to Military Time

Midnight = 00:00	6:00 a.m. = 06:00	Noon = 12:00	6:00 p.m. = 18:00
1:00 a.m. = 01:00	7:00 a.m. = 07:00	1:00 p.m. = 13:00	7:00 p.m. = 19:00
2:00 a.m. = 02:00	8:00 a.m. = 08:00	2:00 p.m. = 14:00	8:00 p.m. = 20:00
3:00 a.m. = 03:00	9:00 a.m. = 09:00	3:00 p.m. = 15:00	9:00 p.m. = 21:00
4:00 a.m. = 04:00	10:00 a.m. = 10:00	4:00 p.m. = 16:00	10:00 p.m. = 22:00
5:00 a.m. = 05:00	11:00 a.m. = 11:00	5:00 p.m. = 17:00	11:00 p.m. = 23:00

