

PLATE

Weight per Plate (kg.)



Thickness	Width x Length (ft. x ft.)											
	3x6	4x8	4x10	4x16	4x20	5x10	5x20	5x30	5x40	6x20	6x30	6x40
(mm.)	914x1829	1219x2438	1219x3048	1219x4877	1219x6096	1524x3048	1524x6096	1524x9144	1524x12192	1829x6096	1829x9144	1829x12192
1.2	16	28	35	56	70	44	88	131	175	105	158	210
1.5	20	35	44	70	88	55	110	164	219	131	197	263
1.6	21	37	47	75	93	58	117	175	234	140	210	280
1.8	24	42	53	84	105	66	131	197	263	158	237	315
2	27	47	59	93	117	73	146	219	292	175	263	350
2.3	30	54	67	108	134	84	168	252	336	202	302	403
2.5	33	58	73	117	146	91	183	274	365	219	329	438
2.8	37	65	82	131	164	102	204	307	409	245	368	491
3	40	70	88	140	175	110	219	329	438	263	394	526
3.2	42	75	93	149	187	117	233	350	467	280	420	560
3.5	46	82	102	164	204	128	255	383	511	307	460	613
4	53	93	117	187	234	146	292	438	584	350	526	701
4.5	59	105	131	200	263	164	328	492	657	394	591	788
5	66	117	146	234	292	183	365	548	730	438	657	875
6	79	140	175	280	350	219	438	657	876	526	788	1,051

7	92	163	204	327	409	255	510	766	1,022	613	919	1,226
8	105	187	233	373	467	292	583	876	1,167	700	1,050	1,402
9	118	210	263	420	525	328	656	985	1,313	788	1,182	1,577
10	131	233	292	467	583	365	729	1,094	1,460	876	1,313	1,752
11	144	257	321	513	642	401	802	1,204	1,606	964	1,444	1,927
12	158	280	350	560	700	438	875	1,313	1,752	1,051	1,576	2,102
12.7	167	296	370	593	741	463	926	1,390	1,854	1,113	1,667	2,225
13	171	303	379	607	758	474	948	1,422	1,898	1,138	1,708	2,277
14	184	327	408	653	817	510	1,021	1,532	2,044	1,226	1,839	2,453
15	197	350	438	700	875	547	1,094	1,642	2,190	1,314	1,971	2,628
16	210	373	467	747	934	584	1,167	1,751	2,336	1,402	2,102	2,803
17	223	397	496	794	992	620	1,240	1,860	2,482	1,489	2,233	2,978
18	236	420	525	840	1,050	656	1,313	1,970	2,626	1,577	2,365	3,153
19	249	444	554	887	1,109	693	1,386	2,080	2,774	1,664	2,495	3,329
20	263	467	584	934	1,167	730	1,459	2,189	2,920	1,752	2,628	3,504
21	276	490	613	980	1,226	766	1,532	2,298	3,066	1,839	2,759	3,679
22	289	513	642	1,027	1,283	802	1,604	2,409	3,212	1,927	2,890	3,854
23	302	537	671	1,073	1,342	839	1,678	2,518	3,358	2,015	3,022	4,029
24	315	560	700	1,120	1,400	875	1,750	2,628	3,504	2,102	3,153	4,204
25	328	583	729	1,167	1,458	912	1,823	2,737	3,650	2,190	3,285	4,380
26	341	607	758	1,213	1,517	948	1,896	2,847	3,796	2,278	3,416	4,555
27	354	630	788	1,260	1,575	985	1,969	2,955	3,942	2,365	3,548	4,730

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	3x6	4x8	4x10	4x16	4x20	5x10	5x20	5x30	5x40	6x20	6x30	6x40
(mm.)	914x1829	1219x2438	1219x3048	1219x4877	1219x6096	1524x3048	1524x6096	1524x9144	1524x12192	1829x6096	1829x9144	1829x12192
28	368	653	817	1,307	1,634	1,021	2,402	3,066	4,088	2,453	3,679	4,906
29	381	677	846	1,354	1,692	1,058	2,115	3,175	4,234	2,540	3,810	5,081
30	394	700	875	1,400	1,750	1,094	2,188	3,285	4,380	2,628	3,942	5,252
32	420	747	934	1,494	1,867	1,167	2,334	3,502	4,672	2,803	4,204	5,606
34	446	794	992	1,587	1,984	1,240	2,480	3,723	4,964	2,978	4,467	5,957
36	473	840	1,050	1,680	2,100	1,312	2,625	3,942	5,251	3,154	4,730	6,302
38	499	887	1,108	1,773	2,217	1,386	2,771	4,168	5,548	3,329	4,993	6,652
40	525	933	1,167	1,867	2,334	1,459	2,917	4,377	5,834	3,504	5,250	7,002
45	591	1,050	1,313	2,100	2,626	1,642	3,282	4,924	6,570	3,942	5,913	7,877
50	656	1,168	1,460	2,336	2,920	1,825	3,650	5,475	7,300	4,380	6,570	8,760
60	788	1,401	1,752	2,803	3,504	2,190	4,380	6,570	8,760	5,256	7,884	10,512
70	919	1,635	2,044	3,270	4,088	2,555	5,110	7,665	10,220	6,132	9,198	12,264
80	1051	1,868	2,336	3,737	4,672	2,920	5,840	8,760	11,680	7,008	10,512	14,016
90	1183	2,102	2,628	4,205	5,256	3,285	6,570	9,855	13,140	7,884	11,826	15,768
100	1314	2,336	2,920	4,672	5,840	3,650	7,300	10,950	14,600	8,760	13,140	17,520