

H Beams in accordance with JIS



Standard dimension				Reference								
Nominal size (mm)	Section dimensions (mm)		Section area (cm ²)	Unit weight (kg/m)	Moment of inertia (cm ⁴)		Radius of gyration (cm)		Section modulus (cm ³)		Plastic section modulus (cm ³)	
	H x B x t1 x t2	R			Ix	Iy	rx	ry	Sx	Sy	Zx	Zy
100x100	100 x 100 x 6 x 8	8	21.59	16.9	378	134	4.18	2.49	76	27	86	41
125x125	125 x 125 x 6.5 x 9	8	30.00	23.6	839	293	5.29	3.13	134	47	152	72
150x 75	150 x 75 x 5 x 7	8	17.85	14.0	666	50	6.11	1.66	89	13	102	21
150x100	148 x 100 x 6 x 9	8	26.35	20.7	1000	150	6.17	2.39	135	30	154	46
150x150	150 x 150 x 7 x 10	8	39.65	31.1	1620	563	6.40	3.77	216	75	243	114
175x 90	175 x 90 x 5 x 8	8	22.90	18.0	1210	98	7.26	2.06	138	22	156	34
175x175	175 x 175 x 7.5 x 11	13	51.42	40.4	2900	984	7.50	4.37	331	112	371	171
200x100	198 x 99 x 4.5 x 7	8	22.69	17.8	1540	113	8.25	2.24	156	23	176	35
	200 x 100 x 5.5 x 8	8	26.67	20.9	1810	134	8.23	2.24	181	27	205	42
200x150	194 x 150 x 6 x 9	8	38.11	29.9	2630	507	8.30	3.65	271	68	301	103
200x200	200 x 200 x 8 x 12	13	63.53	49.9	4720	1600	8.62	5.02	472	160	526	243
	200 x 204 x 12 x 12	13	71.53	56.2	4980	1700	8.35	4.88	498	167	566	257
250x125	248 x 124 x 5 x 8	8	31.99	25.1	3450	255	10.4	2.82	278	41	312	63
	250 x 125 x 6 x 9	8	36.97	29.0	3960	294	10.4	2.82	317	47	358	73
250x175	244 x 175 x 7 x 11	13	55.49	43.6	6040	984	10.4	4.21	495	112	551	172
250x250	244 x 252 x 11 x 11	13	81.31	63.8	8700	2940	10.3	6.01	713	233	797	353
	250 x 250 x 9 x 14	13	91.43	71.8	10700	3650	10.8	6.32	860	292	953	443
	250 x 255 x 14 x 14	13	103.9	81.6	11400	3880	10.5	6.11	912	304	1030	467
300x150	298 x 149 x 5.5 x 8	13	40.80	32.0	6320	442	12.4	3.29	424	59	475	91
	300 x 150 x 6.5 x 9	13	46.78	36.7	7210	508	12.4	3.29	481	68	543	105
300x200	294 x 200 x 8 x 12	13	71.05	55.8	11100	1600	12.5	4.75	756	160	842	245
300x300	294 x 302 x 12 x 12	13	106.3	83.4	16600	5510	12.5	7.20	1130	365	1260	558
	300 x 300 x 10 x 15	13	118.4	93.0	20200	6750	13.1	7.55	1350	450	1480	682
	300 x 305 x 15 x 15	13	133.4	105	21300	7100	12.6	7.30	1420	466	1600	714
	304 x 301 x 11 x 17	13	133.5	105	23200	7730	13.2	7.61	1520	514	1690	779
	312 x 303 x 13 x 21	13	163.8	129	29400	9750	13.4	7.72	1880	644	2110	976
	318 x 307 x 17 x 24	13	194.7	153	35000	11600	13.4	7.72	2200	756	2500	1150
	326 x 310 x 20 x 28	13	229.1	180	42200	13900	13.6	7.80	2590	900	2970	1370
350x175	346 x 174 x 6 x 9	13	52.45	41.2	11000	791	14.5	3.88	638	91	713	140
	350 x 175 x 7 x 11	13	62.91	49.4	13500	984	14.6	3.96	771	112	865	173
350x250	336 x 249 x 8 x 12	13	86.17	67.6	18100	3090	14.5	5.99	1070	248	1190	378
	340 x 250 x 9 x 14	13	99.53	78.1	21200	3650	14.6	6.05	1250	292	1380	444
	350 x 252 x 11 x 19	13	131.5	103	29400	5080	15.0	6.21	1680	403	1880	614

	356 x 256 x 15 x 22	13	160.9	126	35600	6170	14.9	6.19	2000	482	2270	740
	364 x 258 x 17 x 26	13	188.7	148	43000	7470	15.1	6.29	2370	579	2700	889
350x250	336 x 249 x 8 x 12	13	86.17	67.6	18100	3090	14.5	5.99	1070	248	1190	378
	340 x 250 x 9 x 14	13	99.53	78.1	21200	3650	14.6	6.05	1250	292	1380	444
	350 x 252 x 11 x 19	13	131.5	103	29400	5080	15.0	6.21	1680	403	1880	614
	356 x 256 x 15 x 22	13	160.9	126	35600	6170	14.9	6.19	2000	482	2270	740
	364 x 258 x 17 x 26	13	188.7	148	43000	7470	15.1	6.29	2370	579	2700	889
350x350	338 x 351 x 13 x 13	13	133.3	105	27700	9380	14.40	8.39	1640	534	1820	815
	344 x 348 x 10 x 16	13	144.0	113	32800	11200	15.10	8.84	1910	646	2090	977
	344 x 354 x 16 x 16	13	164.7	129	34900	11800	14.60	8.48	2030	669	2270	1020
	350 x 350 x 12 x 19	13	171.9	135	39800	13600	15.20	8.89	2280	776	2520	1180
	350 x 357 x 19 x 19	13	196.4	154	42300	14400	14.70	8.57	2420	808	2730	1240
	360 x 354 x 16 x 24	13	221.3	174	52400	17800	15.39	8.96	2910	1000	3270	1530
	368 x 356 x 18 x 28	13	257.0	202	62700	21100	15.61	9.06	3410	1190	3850	1800
	378 x 358 x 20 x 33	13	300.1	236	75900	25300	15.91	9.18	4020	1410	4590	2150
400x200	396 x 199 x 7 x 11	13	71.41	56.1	19800	1450	16.60	4.50	999	145	1120	223
	400 x 200 x 8 x 13	13	83.37	65.4	23500	1740	16.80	4.56	1170	174	1310	267
400x300	386 x 299 x 9 x 14	13	117.4	92.2	32900	6240	16.70	7.29	1700	417	1870	634
	390 x 300 x 10 x 16	13	133.2	105	37900	7200	16.90	7.35	1940	480	2140	730
	400 x 304 x 14 x 21	13	179.3	141	51700	9850	16.99	7.41	2590	648	2890	989
	410 x 308 x 18 x 26	13	226.1	177	66500	12700	17.15	7.49	3240	825	3680	1260
	418 x 310 x 20 x 30	13	259.1	203	78300	14900	17.38	7.59	3740	964	4280	1480
400x400	388 x 402 x 15 x 15	22	178.5	140	49000	16300	16.60	9.55	2520	809	2800	1240
	394 x 398 x 11 x 18	22	186.8	147	56100	18900	17.30	10.10	2850	951	3120	1440
	394 x 405 x 18 x 18	22	214.4	168	59700	20000	16.70	9.65	3030	985	3390	1510
	400 x 400 x 13 x 21	22	218.7	172	66600	22400	17.50	10.10	3330	1120	3680	1700
	400 x 408 x 21 x 21	22	250.7	197	70900	23800	16.80	9.75	3540	1170	4000	1790
	414 x 405 x 18 x 28	22	295.4	232	92800	31000	17.70	10.20	4480	1530	5030	2330
	428 x 407 x 20 x 35	22	360.7	283	119000	39400	18.20	10.40	5570	1930	6310	2910
450x200	446 x 199 x 8 x 12	13	82.97	65.1	28100	1580	18.40	4.36	1260	159	1420	245
	450 x 200 x 9 x 14	13	95.43	74.9	32900	1870	18.60	4.43	1460	187	1650	289
	456 x 201 x 10 x 17	13	112.0	87.9	39900	2310	18.86	4.54	1750	230	1980	355
	466 x 205 x 14 x 22	13	150.7	118	53900	3180	18.91	4.59	2310	310	2660	484
	478 x 208 x 17 x 28	13	189.7	149	70300	4230	19.26	4.72	2940	407	3410	637
450x300	434 x 299 x 10 x 15	13	131.6	103	45500	6690	18.60	7.13	2090	447	2320	681
	440 x 300 x 11 x 18	13	153.9	121	54700	8110	18.90	7.26	2490	540	2760	823
	446 x 302 x 13 x 21	13	180.8	142	65100	9660	18.97	7.31	2920	640	3260	976
	450 x 304 x 15 x 23	13	201.9	158	72600	10800	18.97	7.31	3230	710	3630	1090
	458 x 306 x 17 x 27	13	235.4	185	86800	12900	19.20	7.41	3790	845	4280	1300
	468 x 308 x 19 x 32	13	275.3	216	105000	15600	19.52	7.53	4480	1020	5100	1560
500x200	496 x 199 x 9 x 14	13	99.29	77.9	40800	1840	20.30	4.31	1650	185	1870	287
	500 x 200 x 10 x 16	13	112.2	88.2	46800	2140	20.40	4.36	1870	214	2130	332
	506 x 201 x 11 x 19	13	129.3	102	55500	2580	20.70	4.46	2190	256	2500	399
	512 x 202 x 12 x 22	13	146.5	115	64400	3040	20.97	4.55	2520	301	2870	467
	518 x 205 x 15 x 25	13	174.2	137	75900	3620	20.88	4.56	2930	353	3380	553
	528 x 208 x 18 x 30	13	210.5	165	93600	4540	21.09	4.64	3550	437	4130	688

	536 x 210 x 20 x 34	13	237.9	187	108000	5300	21.31	4.72	4030	505	4710	798
	548 x 215 x 25 x 40	13	290.5	228	133000	6720	21.43	4.81	4870	625	5770	999
500x300	482 x 300 x 11 x 15	13	141.2	111	58300	6760	20.30	6.92	2420	450	2700	689
	488 x 300 x 11 x 18	13	159.2	125	68900	8110	20.80	7.14	2820	540	3130	824
	494 x 302 x 13 x 21	13	187.1	147	81700	9660	20.90	7.19	3310	640	3700	978
	500 x 304 x 15 x 24	13	215.2	169	95000	11300	21.01	7.24	3800	741	4270	1140
	510 x 306 x 17 x 29	13	255.8	201	117000	13900	21.35	7.37	4570	907	5170	1390
	518 x 310 x 21 x 33	13	301.0	236	137000	16400	21.37	7.39	5310	1060	6070	1640
	532 x 314 x 25 x 40	13	365.7	287	172000	20700	21.71	7.53	6480	1320	7490	2040
600x200	596 x 199 x 10 x 15	13	117.8	92.5	66600	1980	23.80	4.10	2240	199	2580	312
	600 x 200 x 11 x 17	13	131.7	103	75600	2270	24.00	4.16	2520	227	2900	358
	606 x 201 x 12 x 20	13	149.8	118	88300	2720	24.30	4.26	2910	270	3360	425
	612 x 202 x 13 x 23	13	168.0	132	101000	3180	24.58	4.35	3320	315	3820	494
	618 x 205 x 16 x 26	13	198.6	156	119000	3770	24.46	4.36	3850	368	4480	584
	626 x 207 x 18 x 30	13	227.5	179	139000	4480	24.69	4.44	4430	433	5180	690
	634 x 209 x 20 x 34	13	256.8	202	159000	5230	24.92	4.51	5030	501	5910	801
	646 x 214 x 25 x 40	13	314.2	247	196000	6640	25.00	4.60	6080	621	7230	1010
600x300	582 x 300 x 12 x 17	13	169.2	133	98900	7660	24.20	6.73	3400	511	3820	786
	588 x 300 x 12 x 20	13	187.2	147	114000	9010	24.70	6.94	3890	601	4350	921
	594 x 302 x 14 x 23	13	217.1	170	134000	10600	24.80	6.98	4500	700	5060	1080
	600 x 304 x 16 x 26	13	247.2	194	153000	12200	24.90	7.03	5110	803	5780	1240
	608 x 306 x 18 x 30	13	283.7	223	179000	14400	25.14	7.12	5900	939	6700	1450
	616 x 308 x 20 x 34	13	320.5	252	206000	16600	25.36	7.20	6690	1080	7640	1670
	628 x 312 x 24 x 40	13	382.6	300	250000	20300	25.57	7.29	7960	1300	9180	2030
700x300	692 x 300 x 13 x 20	18	207.5	163	168000	9020	28.50	6.59	4870	601	5500	929
	700 x 300 x 13 x 24	18	231.5	182	197000	10800	29.20	6.83	5640	721	6340	1110
	708 x 302 x 15 x 28	18	269.7	212	233000	12900	29.40	6.91	6590	853	7440	1320
	712 x 306 x 19 x 30	18	310.3	244	260000	14400	28.97	6.81	7320	941	8370	1470
	718 x 308 x 21 x 33	18	343.0	269	290000	16200	29.08	6.87	8080	1050	9290	1640
	732 x 311 x 24 x 40	18	408.1	320	357000	20200	29.56	7.03	9740	1300	11300	2030
800x300	792 x 300 x 14 x 22	18	239.5	188	248000	9920	32.20	6.44	6270	661	7140	1030
	800 x 300 x 14 x 26	18	263.5	207	286000	11700	33.00	6.67	7160	781	8100	1210
	808 x 302 x 16 x 30	18	303.7	238	334000	13800	33.20	6.74	8270	914	9390	1420

(The information given on these tables is for initial information only. Any use of these figures is at users own risk.)