

AWG stranding, resistance & metric conversions

This chart shows some of the more common American Wire Gauge (AWG) conductor stranding options and approximate resistance values. It also includes conversions to metric (area mm²) sizes.

Size AWG	Area (mm ²)	Stranding (mm)	Resistance (Ω/km)	Size AWG	Area (mm ²)	Stranding (mm)	Resistance (Ω/km)
12	3.31	1x 2.05	5.2	26	0.128	1x 0.40	134
12	3.08	19x 0.45	5.58	26	0.141	7x 0.16	122
14	2.08	1x 1.62	8.28	26	0.155	19x 0.10	113
14	1.94	19x 0.36	8.86	28	0.080	1x 0.32	213
16	1.30	1x 1.29	13.2	28	0.089	7x 0.12	213
16	1.23	19x 0.28	14.0	28	0.090	19x 0.08	186
18	0.785	16x 0.25	21.2	30	0.051	1x 0.25	338
18	0.823	1x 1.02	20.9	30	0.057	7x 0.10	338
18	0.90	7x 0.40	19.2	30	0.059	19x 0.06	286
18	0.96	19x 0.25	17.9	32	0.032	1x 0.20	538
20	0.519	1x 0.81	33.0	32	0.034	7x 0.08	538
20	0.563	7x 0.32	30.4	32	0.035	19x 0.05	446
20	0.616	19x 0.20	28.3	34	0.020	1x 0.16	856
22	0.324	1x 0.64	53	34	0.022	7x 0.06	777
22	0.355	7x 0.25	48	36	0.013	1x 0.12	1360
22	0.382	19x 0.16	45	36	0.014	7x 0.05	1217
24	0.205	1x 0.51	84	38	0.008	1x 0.10	2125
24	0.227	7x 0.20	76	38	0.009	7x 0.04	1930
24	0.241	19x 0.12	69				

All measurements are per individual conductor.

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