

Oil, condensate and gas volumes are stated in standard cubic metres (scm) and NGL volumes in tonnes.

A measure of total resources can be obtained by adding up the energy content in the various types of petroleum. The total is calculated in standard cubic metre oil equivalents (scm o.e.).

1 scm oil	=	1.0 scm o.e.
1 scm condensate	=	1.0 scm o.e.
1000 scm gas	=	1.0 scm o.e.
1 tonne NGL	=	1.9 scm o.e.

Gas	1 cubic foot	1 000.00 Btu
	1 cubic metre	9 000.00 kcal
	1 cubic metre	35.30 cubic feet

Crude oil	1 scm	6.29 barrels
	1 scm	0.84 toe
	1 tonne	7.49 barrels
	1 barrel	159.00 litres
	1 barrel per day	48.80 tonnes per year
	1 barrel per day	58.00 scm per year

Approximate energy content

	MJ
1 scm natural gas	40
1 scm crude oil	35 500
1 tonne coal equivalent	29 300

Conversion factors for volume

1 scm crude oil	=	6.29 barrels
1 scm crude oil	=	0.84 tonnes crude oil (average for oil from the Norwegian continental shelf)
1 scm gas	=	35.314 cubic feet

Conversion factors between various units of energy

		MJ	kWh	BTU
1 MJ	Megajoule	1	0.2778	947.80
1 kWh	kilowatt hour	3.6	1	3412.10
1 BTU	British thermal unit	0.001055	0.000293	1