

GUIDE DES TAILLES - SKIS DE FOND



LENGTHS RECOMMENDATION RACE SKATING

Body weight (kg)	Speedmax 3D Skate Plus, Carbonlite Skate Plus															Speedmax 3D Skate Cold, Carbonlite Skate Cold												Speedmax 3D Skate C-Special		
	Length (cm) / Stiffness															Length (cm) / Stiffness												Length (cm) / Stiffness		
	171			176			181			186			191			171			181			186			191			181	186	191
	Me	St		Me	St		Me	St		Me	St		Me	St	X-St	St	Me	St	Me	St		Me	St		St	St	St			
< 50																														
50 - 54																														
55 - 59																														
60 - 64																														
65 - 69																														
70 - 74																														
75 - 79																														
80 - 84																														
85 - 90																														
> 90																														
100 - 130																														

Stiffness:
So = soft
Me = medium
St = stiff

Body weight (kg)	RCS Skate Plus / RCR Skate															SCS / Aerolite Skate 60 & 70						
	Length (cm) / Stiffness															Length (cm) / Stiffness						
	171			176			181			186			191			166	171	176	181	186	191	
	Me	Me	St	Me	St		Me	St		Me	St		Me	St	St	St	St	St	St	St		
< 50																						
50 - 54																						
55 - 59																						
60 - 64																						
65 - 69																						
70 - 74																						
75 - 79																						
80 - 84																						
85 - 90																						
> 90																						

LENGTHS RECOMMENDATION RACE CLASSIC

Body weight (kg)	Speedmax 3D Classic Plus 812 / Plus 902 / Zero+, RCS Classic Plus															Speedmax 3D Double Poling / Sprint				Speedmax 3D Twin Skin, Twin Skin Carbon Pro														
	Length (cm) / Stiffness															Length (cm)				Length (cm) / Stiffness														
	187			192			197			202			207			191	197	202	207	187			192			197			202			207		
	So	Me	St	So	Me	St	So	Me	St	So	Me	St	So	Me	St	St	Me	St	So	Me	St	So	Me	St	So	Me	St	So	Me	St	So	Me	St	
< 50																																		
50 - 54																																		
55 - 59																																		
60 - 64																																		
65 - 69																																		
70 - 74																																		
75 - 79																																		
80 - 84																																		
85 - 90																																		
> 90																																		

Body weight (kg)	Twin Skin Race															Aerolite Classic 60					Aerolite Combi 60											
	Length (cm) / Stiffness															Length (cm)					Length (cm)											
	187			192			197			202			207			187	192	197	202	207	182	187	192	197	202							
	Me	St		Me	St		Me	St		Me	St		Me	St	Me	St	St	St	St	St	St	St	St	St								
< 50																																
50 - 54																																
55 - 59																																
60 - 64																																
65 - 69																																
70 - 74																																
75 - 79																																
80 - 84																																
85 - 90																																
> 90																																

Body weight (kg)	Twin Skin Superior / Pro / Performance																	
	Length (cm) / Stiffness																	
	182			187			192			197			202			207		
	Me	St	X-St	Me	St	X-St	Me	St	X-St	Me	St	X-St	Me	St	X-St	Me	St	X-St
< 50																		
50 - 54																		
55 - 59																		
60 - 64																		
65 - 69																		
70 - 74																		
75 - 79																		
80 - 84																		
85 - 89																		
90 - 94																		
95 - 99																		
100 - 104																		
105 - 109																		
> 110																		