

LENGTH RECOMMENDATION



LENGTH RECOMMENDATION RACE SKATING

Not all models are available in the specified lengths and hardnesses. See product pages for details.
Stiffness: So = Soft, Me = Medium, St = Stiff

Body weight (kg)	SPEEDMAX HELIUM SKATE PLUS, SPEEDMAX 3D SKATE 61K / PLUS, CARBONLITE SKATE PLUS										SPEEDMAX 3D SKATE COLD, RCS SKATE COLD							
	Length (cm) / Stiffness					Length (cm) / Stiffness					Length (cm) / Stiffness				Length (cm) / Stiffness			
	171	176	181	186	191	171	181	186	191	171	181	186	191	171	181	186	191	
	Me	St	Me	St	Me	St	Me	St	X-St	St	Me	St	Me	St	Me	St	Me	St
< 50	■																	
50 - 54	■	■																
55 - 59		■	■															
60 - 64			■	■														
65 - 69				■	■													
70 - 74					■	■												
75 - 79						■	■											
80 - 84							■	■										
85 - 90								■	■									
> 90									■	■								
100 - 130										■	■							

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

LENGTH RECOMMENDATION RACE CLASSIC

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Body weight (kg)	SPEEDMAX 3D CLASSIC PLUS 812 / PLUS 902 / ZERO, RCS CLASSIC PLUS															SPEEDMAX 3D DOUBLE POLING SPRINT		
	Length (cm) / Stiffness										Length (cm) / Stiffness					Length (cm)		
	187	192	197	202	207	So	Me	St	So	Me	St	So	Me	St	191			
	So	Me	St	So	Me	St	So	Me	St	So	Me	St	So	Me	St	Me	St	
< 50	■																	
50 - 54	■	■																
55 - 59		■	■															
60 - 64			■	■														
65 - 69				■	■													
70 - 74					■	■												
75 - 79						■	■											
80 - 84							■	■										
85 - 90								■	■									
> 90									■	■								

Body weight (kg)	AEROLITE CLASSIC 60					AEROLITE COMBI 60				
	Length (cm)					Length (cm)				
	187	192	197	202	207	182	187	192	197	202
< 50	■									
50 - 54	■	■								
55 - 59		■	■							
60 - 64			■	■						
65 - 69				■	■					
70 - 74					■	■				
75 - 79						■	■			
80 - 84							■	■		
85 - 90								■	■	
> 90									■	■

LENGTH RECOMMENDATION



LENGTH RECOMMENDATION RACE TWIN SKIN

Not all models are available in the specified lengths and hardnesses. See product pages for details.

SPEEDMAX 3D TWIN SKIN, TWIN SKIN CARBON PRO

Body weight (kg)	Length (cm) / Stiffness														
	187		192		197			202			207				
	So	Me	So	Me	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									■	■					

TWIN SKIN RACE

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

TWIN SKIN SUPERIOR / PRO / PERFORMANCE

Body weight (kg)	Length (cm) / Stiffness													
	182		187		192		197		202		207			
	Me	St	Me	St	X-St	Me	St	Me	St	Me	St	X-St	Me	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													■	■

LENGTH RECOMMENDATION FITNESS

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Stiffness: So = Soft, Me = Medium, St = Stiff, X-St = Xtra Stiff

SPORT

Body weight (kg)	Length (cm) / Stiffness										
	179	184	189	194	199	204	204 X-St				
< 50	■										
50 - 54	■	■									
55 - 59		■	■								
60 - 64			■	■							
65 - 69				■	■						
70 - 74					■	■					
75 - 79						■	■				
80 - 84							■	■			
85 - 90								■	■		
> 90									■	■	
100 - 130										■	■

TWIN SKIN SUPREME STIFF, TWIN SKIN SUPERLITE STIFF, TWIN SKIN POWER STIFF

Body weight (kg)	Length (cm) / Stiffness											
	179 St	184 St	189 St	194 St	199 St	204 St						
55 - 59	■											
60 - 64	■	■										
65 - 69		■	■									
70 - 74			■	■								
75 - 79				■	■							
80 - 84					■	■						
85 - 89						■	■					
90 - 94							■	■				
95 - 99								■	■			
100 - 104									■	■		
105 - 109										■	■	
110 - 114											■	■

CRUISING

ORBITER, TWIN SKIN CRUISER, CRUISER, & APOLLO

Body weight (kg)	Length (cm)			
	S	M	L	XL
< 55	■			
55 - 79		■		
80 - 95			■	
> 95				■

CRUISING

INSPIRE & MYSTIQUE

Body weight (kg)	Length (cm)		
	XS	S	M
< 55	■		
55 - 70		■	
> 70			■

LENGTH RECOMMENDATION



LENGTH RECOMMENDATION ADVENTURE

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BACKCOUNTRY

COUNTRY CROWN								TRANSNORDIC 59, TRANSNORDIC 66							TRANSNORDIC 82						
Body weight (kg)	Length (cm)							Body weight (kg)	Length (cm)							Body weight (kg)	Length (cm)				
	170	180	185	190	195	200	205		210	170	180	185	190	195	200		205	210	176	186	196
< 49	■	■						40 - 50	■	■							65 - 80	■			
50 - 54		■	■					45 - 55			■						70 - 90		■		
55 - 59			■	■				55 - 70				■					80 - 100			■	
60 - 64				■	■			60 - 75					■				90 - 110				■
65 - 69					■	■		65 - 85						■							
70 - 74						■	■	75 - 95							■						
75 - 79							■	80 - 105								■					
80 - 84																					
85 - 89																					
> 90																					

OFFTRACK

Body weight (kg)	ADVENTURE 62, SPIDER 62				TRAVERS 78			OUTBACK 68, EXCURSION 88			
	Length (cm)				Length (cm)			Length (cm)			
	166	176	186	196	176	186	196	169	179	189	199
50 - 65	■							■			
60 - 80		■							■		
70 - 90			■							■	
80 - 100				■							■

S-BOUND

Body weight (kg)	Length (cm)			
	159	169	179	189
< 55	■			
50 - 70		■		
66 - 86			■	
> 84				■

LENGTH RECOMMENDATION JUNIOR

Not all models are available in the specified lengths and hardnesses. See product pages for details.

SPEEDMAX, CARBONLITE, RCS SKATE JR							RCR SKATE					SCS SKATE							
Body weight (kg)	Length (cm)						Length (cm)					Length (cm)							
	141	146	151	156	161	166	171	176	121	131	141	151	161	171	121	131	141	151	161
< 24	■							■	■					■	■				
25 - 29		■								■					■				
30 - 34			■								■					■			
35 - 39				■								■					■		
40 - 44					■								■					■	
45 - 49						■								■					■
50 - 54							■								■				
> 55								■								■			

SPEEDMAX, CARBONLITE, TWIN SKIN CARBON JR								RCR UNIVERSAL						TWIN SKIN RACE JR									
Body weight (kg)	Length (cm)							Length (cm)						Length (cm)									
	152	157	162	167	172	177	182	187	127	137	147	152	157	162	167	172	177	182	127	137	147	157	167
< 24	■							■	■									■	■				
25 - 29		■								■									■				
30 - 34			■								■									■			
35 - 39				■								■									■		
40 - 44					■								■									■	
45 - 49						■								■									■
50 - 54							■								■								
> 55								■								■							

TWIN SKIN PRO JR						SNOWSTAR CROWN						SPRINT CROWN, SPRINT WAX, SPRINT SKIN										
Body weight (kg)	Length (cm)					Body weight (kg)	Length (cm)						Length (cm)									
	117	127	137	147	157		167	90	100	110	120	130	140	18	22	27	32	36	41	46	56	170
< 24	■					18 - 22	■	■														
25 - 29		■				22 - 27			■													
30 - 34			■			27 - 32				■												
35 - 39				■		32 - 36					■											
40 - 44					■	36 - 41						■										
45 - 49						41 - 46							■									
50 - 54						46 - 56								■								
> 55						> 56									■							