NORTEC micro crampons

Perfect fit - size chart

How to check the right size of your Micro Crampons

The right size of your Micro Crampons does not only depend on your shoe size! To ensure a perfect grip on the shoe and therefore an unrestricted use it is also neccessary to check the dimension and the structure of the shoe itself.

How to determine your size quickly and easy, we show you here:

Standard size code:

Art. Nr.	Color	EAN13	Weight/ pair	Size	Shoe size EU	UK	US
11210	●	9009635002534	235 g	S	36-38	3.5-5	4-6
11211	●	9009635002596	235 g	S	36-38	3.5-5	4-6
11220	●	9009635002541	240 g	M	39-41	6-7	6.5-8
11221	●	9009635002602	240 g	M	39-41	6-7	6.5-8
11230	●	9009635002558	245 g	L	42-44	7.5-9.5	8.5-10
11240	●	9009635002565	260 g	XL	45-48	10-12.5	10.5-13
11250	●	9009635002626	265 g	XXL	46-49	11-13.5	11.5-14

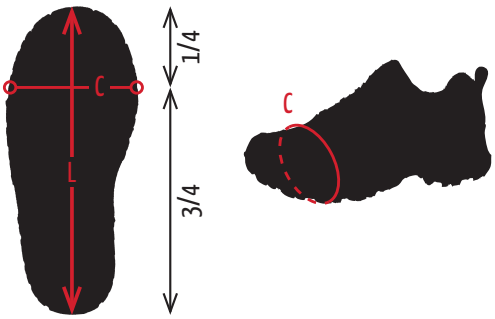
Standard sizing optimized for running and trail running shoes. Also suitable for hiking boots.
For mountain boots, we recommend ordering two sizes larger than your shoe size.

Due to the different shoe assemblies and fit variants / brands, we have developed the table below for absolute fit so that you can be sure that your Micro Crampon fits and holds perfectly on your individual shoe.

step 1

Check the dimension of your shoes, by taking the measures L and C:

L = **Length** of the shoe, measured at the sole
C = **Circumference** of the shoe, measured at the top 1/4 of the shoe



step 2

Choose the right size of your Micro Crampons from this table;
horizontal: circumference (C) - vertical: length (L)

C - Circumference (cm)

L - Length (cm)	24	24,5	25	25,5	26	26,5	27	27,5	28	28,5	29	29,5	30	30,5	31	31,5	32	32,5	33
25,0	S	S	S	S	S	S	S	S	S										
25,5	S	S	S	S	S	S	S	S	S										
26,0	S	S	S	S	S	S	S	S	S										
26,5	S	S	S	S	S	S	S	S	S	M	M	M	M						
27,0	S	S	S	S	M	M	M	M	M	M	M	M	M						
27,5			M	M	M	M	M	M	M	M	M	M	M						
28,0			M	M	M	M	M	M	M	M	M	M	M	L	L	L	L		
28,5			M	M	M	M	M	M	M	M	M	L	L	L	L	L	L		
29,0			M	M	M	M	M	M	M	M	L	L	L	L	L	L	L		
29,5						L	L	L	L	L	L	L	L	L	L	L	XL	XL	XL
30,0						L	L	L	L	L	L	L	L	L	XL	XL	XL	XL	XL
30,5						L	L	L	L	L	L	L	L	XL	XL	XL	XL	XL	XL
31,0						L	L	L	L	L	XL	XL	XL	XL	XL	XL	XL	XL	XXL
31,5									XL	XL	XL	XL	XL	XL	XL	XL	XL	XXL	XXL
32,0									XL	XL	XL	XL	XL	XL	XL	XXL	XXL	XXL	XXL
32,5									XL	XL	XL	XL	XL	XXL	XXL	XXL	XXL	XXL	XXL
33,0									XL	XL	XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL
33,5										XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL	
34,0										XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL		