










How to check the right size of your Micro Crampons

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

Standard size code:

Art. / Color	Modell	Weight pair	Size	Shoe size EUR USA	
11210  / 11211 	Nortec FAST size S	220 g	S	36 - 38	5.5 - 6.5
11220  / 11221 	Nortec FAST size M	235 g	M	39 - 41	7 - 8.5
11230 	Nortec FAST size L	250 g	L	42 - 44	9 - 10
11240 	Nortec FAST size XL	265 g	XL	45 - 48	11 - 13
11250 	Nortec FAST size XXL	280 g	XXL	46 - 49	11.5 - 14
Standard sizes optimized for running and trail running shoes. Suitable also for trekking shoes. For mountain boots are recommended 2 numbers more than footwear.					



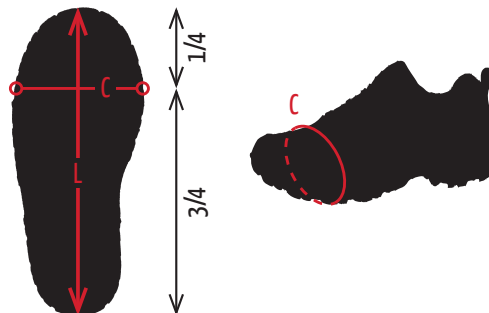
Due to the different shoe assemblies and fit variants / brands, we have developed the table below for absolute fit so that you can be sure that your Micro Crampon fits and holds perfectly on your individual shoe.

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)

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