



## 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 necessary 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. / Color	Modell	Weight pair	Size	Shoe size	
				EUR	USA
11010 ● / 11011 ●	Nortec TRAIL size S	165 g	S	36 - 38	5.5 - 6.5
11020 ● / 11021 ●	Nortec TRAIL size M	170 g	M	39 - 41	7 - 8.5
11030 ●	Nortec TRAIL size L	180 g	L	42 - 44	9 - 10
11040 ●	Nortec TRAIL size XL	185 g	XL	45 - 48	11 - 13

Standard sizes optimized for running and trail running shoes. Not suitable for trekking shoes.



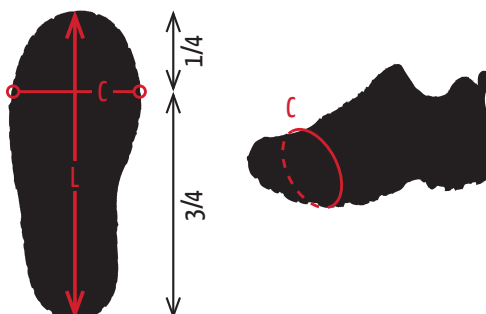
Due to the different shoe assemblies and fit variants / brands, we have developed the table below for absolute fit so that you can be sure that your Micro Crampon fits and holds perfectly on your individual shoe.

### 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)

	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	S	S	S	S	S	S	S	S	S											
25,5	S	S	S	S	S	S	S	S	S											
26	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	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			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			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	L	XL	XL	XL
30						L	L	L	L	L	L	L	L	L	XL	XL	XL	XL	XL	XL
30,5						L	L	L	L	L	L	L	L	XL	XL	XL	XL	XL	XL	XL
31						L	L	L	L	L	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL
31,5									XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL
32									XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	
32,5									XL	XL	XL	XL	XL	XL	XL	XL	XL	XL		
33									XL	XL	XL	XL	XL	XL	XL	XL				