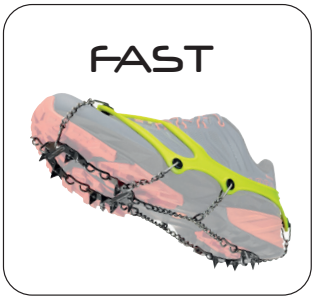
NORTEC®
micro crampons



Perfect fit - size chart

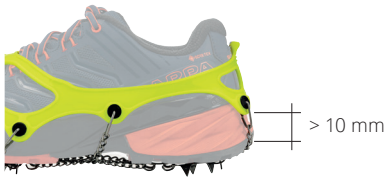
How to check the right size of your Micro Crampons

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. / Color	Modell	Weight pair	Size	Shoe size EUR	Shoe size 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.

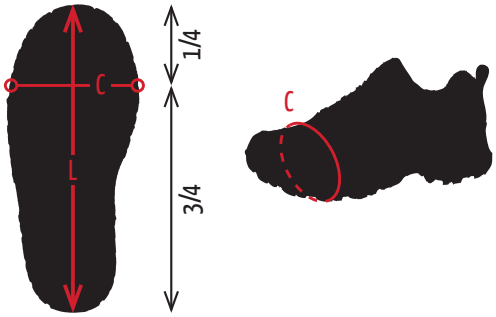


Due to the different shoe assemblies and fit variants / brands, we have developed the table below for absolute fit so that you can be sure that your Micro Crampon fits and holds perfectly on your individual shoe.

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)

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		