



LENGTHS RECOMMENDATION RACE SKATING

Body weight (kg)	Speedmax 3D Skate Plus, Carbonlite Skate Plus															Speedmax 3D Skate Cold						Speedmax 3D Skate C-Special		
	Length (cm) / Stiffness															Length (cm) / Stiffness						Length (cm) / Stiffness		
	171		176		181		186		191			181		186		191		181	186	191				
	Me	St	Me	St	Me	St	Me	St	Me	St	X-St	Me	St	Me	St	Me	St	St	St	St				
< 50																								
50 - 54																								
55 - 59																								
60 - 64																								
65 - 69																								
70 - 74																								
75 - 79																								
80 - 84																								
85 - 90																								
> 90																								
100 - 130																								

Stiffness:  
So = soft  
Me = medium  
St = stiff

Body weight (kg)	RCS Skate Plus / RCR Skate										SCS / CRS / SC Skate					
	Length (cm) / Stiffness										Length (cm) / Stiffness					
	171		176		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																

LENGTHS RECOMMENDATION RACE CLASSIC

Body weight (kg)	Speedmax 3D Classic Plus 812 / Plus 902 / Zero+, RCS Classic Plus															Speedmax 3D Double Poling / Sprint				Speedmax 3D Twin Skin, Twin Skin Carbon									
	Length (cm) / Stiffness															Length (cm)				Length (cm) / Stiffness									
	187			192			197			202			207		191	197	202	207	187		192		197		202		207		
	So	Me	St	So	Me	St	So	Me	St	So	Me	St	So	Me	St	So	Me	St	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																													

Body weight (kg)	Twin Skin Race										SC Classic						SC Combi									
	Length (cm) / Stiffness										Length (cm)						Length (cm)									
	187		192		197		202		207		182	187	192	197	202	207	182	187	192	197	202					
	Me	St	Me	St	Me	St	Me	St	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																										

Body weight (kg)	Twin Skin Superior / Pro / Performance											
	Length (cm) / Stiffness											
	182		187		192		197		202		207	
	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 - 89												
90 - 94												
95 - 99												
100 - 104												
105 - 109												
> 110												