



## 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.	Modell	Weight pair	Size	Shoe size	
				EUR	USA
10024	Nortec NORDIC size M	250 g	M	35 - 39	5 - 7
10034	Nortec NORDIC size L	280 g	L	40 - 43	8 - 9.5
10044	Nortec NORDIC size XL	300 g	XL	44 - 48	10 - 13

Standard sizes optimized for trekking shoes. Suitable for trailrunning shoes.



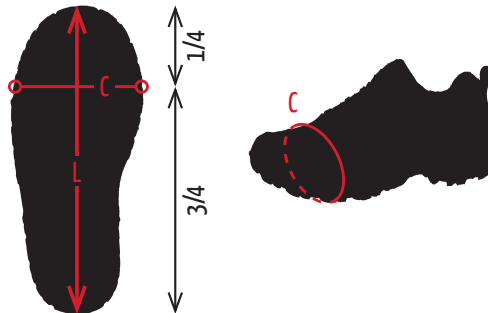
Due to the different shoe assemblies and fit variants / brands, we have developed the table below for absolute fit so that you can be sure that your Micro Crampon fits and holds perfectly on your individual shoe.

### 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	M	M	M	M	M	M	M	M	M	M	M								
25,5	M	M	M	M	M	M	M	M	M	M	M								
26	M	M	M	M	M	M	M	M	M	M	M								
26,5	M	M	M	M	M	M	M	M	M	M	M								
27	M	M	M	M	M	M	M	M	M	M	M								
27,5	M	M	M	M	M	M	M	M	M	M	L	L	L	L	L	L	L		
28	M	M	M	M	M	M	M	M	M	L	L	L	L	L	L	L	L		
28,5	M	M	M	M	M	M	M	L	L	L	L	L	L	L	L	L	L		
29						L	L	L	L	L	L	L	L	L	L	L	L		
29,5						L	L	L	L	L	L	L	L	L	L	L	L	XL	XL
30						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						L	L	L	L	L	L	L	XL	XL	XL	XL	XL	XL	XL
31,5						L	L	L	L	L	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	XL			