

ALL POLES TYPE / SIZE CHART

The perfect length for **Alpine poles**. The rule of thumb for the alpine skiing is: $\text{body size} \times 0.7 = \text{pole length}$. Attention: poles which have the wrong length can lead to muscle tensions.

height in cm:	pole length in cm:
140 cm	95 cm
145 cm	100 cm
150 - 155 cm	105 cm
160 cm	110 cm
165 cm	115 cm
170 - 175 cm	120 cm
180 cm	125 cm
185 - 190 cm	130 cm
195 cm	135 cm
200 cm	140 cm

Alpine Junior poles

height in cm:	pole length in cm:
95 - 100 cm	70 cm
105 cm	75 cm
110 - 115 cm	80 cm
120 cm	85 cm
125 - 130 cm	90 cm
135 cm	95 cm
140 - 145 cm	100 cm
150 cm	105 cm

The perfect length for **Park & Pipe poles**. Attention: poles which have the wrong length can lead to muscle tensions.

height in cm:	pole length in cm:
150 - 155 cm	90 cm
160 cm	95 cm
165 cm	100 cm
170 - 175 cm	105 cm
180 cm	110 cm
185 - 190 cm	115 cm
195 cm	125 cm

The perfect length for **Classic / Touring Nordic poles** .The rule of thumb is: 86% from your height. Attention: poles which have the wrong length can lead to muscle tensions.

<i>height in cm:</i>	<i>pole length in cm:</i>
140 cm	110 cm
145 cm	115 cm
150 cm	120 cm
155 cm	125 cm
160 cm	130 cm
165 cm	135 cm
170 cm	140 cm
175 cm	145 cm
180 cm	150 cm
185 cm	155 cm
190 cm	160 cm
195 cm	165 cm
200 cm	175 cm

The perfect length for **Skating / Racing Nordic poles** .The rule of thumb is: 90% from your height. Attention: poles which have the wrong length can lead to muscle tensions.

<i>height in cm:</i>	<i>pole length in cm:</i>
140 cm	120 cm
145 cm	125 cm
150 cm	130 cm
155 cm	135 cm
160 cm	140 cm
165 cm	145 cm
170 cm	150 cm
175 cm	155 cm
180 cm	160 cm
185 cm	165 cm
190 cm	170 cm
195 cm	175 cm
200 cm	180 cm

SIZE CHART FOR CLASSIC & TOURING



140 cm	110 cm
145 cm	115 cm
150 cm	120 cm
155 cm	125 cm
160 cm	130 cm
165 cm	135 cm
170 cm	140 cm
175 cm	145 cm
180 cm	150 cm
185 cm	155 cm
190 cm	160 cm
195 cm	165 cm
200 cm	170 cm