

NORDIC WEIGHT CHART

BODYWEIGHT (KILOGRAMS)

CLASSIC

| EQUIPE 10 CLASSIC | | | | | | | | | | | |
|-------------------|-----|-------|------|-----|-------|------|-----|-------|------|-----|-------|
| 188 | | | 196 | | | 201 | | | 206 | | |
| soft | med | stiff | soft | med | stiff | soft | med | stiff | soft | med | stiff |
| < 40 | | | | | | | | | | | |
| 40-45 | | | | | | | | | | | |
| 45-50 | | | | | | | | | | | |
| 50-55 | | | | | | | | | | | |
| 55-60 | | | | | | | | | | | |
| 60-65 | | | | | | | | | | | |
| 65-70 | | | | | | | | | | | |
| 70-75 | | | | | | | | | | | |
| 75-80 | | | | | | | | | | | |
| 80-85 | | | | | | | | | | | |
| 85-90 | | | | | | | | | | | |
| 90-95 | | | | | | | | | | | |
| > 95 | | | | | | | | | | | |

| EQUIPE 9 | | | | | | | | | |
|----------|-----|------|-----|------|-----|------|-----|------|-----|
| 180 | | 188 | | 196 | | 201 | | 206 | |
| soft | med | soft | med | soft | med | soft | med | soft | med |
| < 40 | | | | | | | | | |
| 40-45 | | | | | | | | | |
| 45-50 | | | | | | | | | |
| 50-55 | | | | | | | | | |
| 55-60 | | | | | | | | | |
| 60-65 | | | | | | | | | |
| 65-70 | | | | | | | | | |
| 70-75 | | | | | | | | | |
| 75-80 | | | | | | | | | |
| 80-85 | | | | | | | | | |
| 85-90 | | | | | | | | | |
| 90-95 | | | | | | | | | |
| > 95 | | | | | | | | | |

| EQUIPE 8/6/5 | | | | |
|--------------|-----|-----|-----|-----|
| 180 | 188 | 196 | 201 | 206 |
| med | med | med | med | med |
| < 40 | | | | |
| 40-45 | | | | |
| 45-50 | | | | |
| 50-55 | | | | |
| 55-60 | | | | |
| 60-65 | | | | |
| 65-70 | | | | |
| 70-75 | | | | |
| 75-80 | | | | |
| 80-85 | | | | |
| 85-90 | | | | |
| 90-95 | | | | |
| > 95 | | | | |

SKATE

| EQUIPE 10/9 SKATE | | | | | | | |
|-------------------|-------|------|-------|------|-------|------|-------|
| 174 | | 179 | | 186 | | 191 | |
| soft | stiff | soft | stiff | soft | stiff | soft | stiff |
| < 40 | | | | | | | |
| 40-45 | | | | | | | |
| 45-50 | | | | | | | |
| 50-55 | | | | | | | |
| 55-60 | | | | | | | |
| 60-65 | | | | | | | |
| 65-70 | | | | | | | |
| 70-75 | | | | | | | |
| 75-80 | | | | | | | |
| 80-85 | | | | | | | |
| 85-90 | | | | | | | |
| 90-95 | | | | | | | |
| > 95 | | | | | | | |

| EQUIPE 8 SKATE | | | |
|----------------|-----|-----|-----|
| 174 | 179 | 186 | 191 |
| < 40 | | | |
| 40-45 | | | |
| 45-50 | | | |
| 50-55 | | | |
| 55-60 | | | |
| 60-65 | | | |
| 65-70 | | | |
| 70-75 | | | |
| 75-80 | | | |
| 80-85 | | | |
| 85-90 | | | |
| 90-95 | | | |
| > 95 | | | |

| ELITE 8 SKATE | | | |
|---------------|-----|-----|-----|
| 161 | 171 | 181 | 186 |
| < 40 | | | |
| 40-45 | | | |
| 45-50 | | | |
| 50-55 | | | |
| 55-60 | | | |
| 60-65 | | | |
| 65-70 | | | |
| 70-75 | | | |
| 75-80 | | | |
| 80-85 | | | |
| 85-90 | | | |
| 90-95 | | | |
| > 95 | | | |

| COMBI | | | |
|--------------|-----|-----|-----|
| EQUIPE COMBI | | | |
| 180 | 188 | 196 | 201 |
| < 40 | | | |
| 40-45 | | | |
| 45-50 | | | |
| 50-55 | | | |
| 55-60 | | | |
| 60-65 | | | |
| 65-70 | | | |
| 70-75 | | | |
| 75-80 | | | |
| 80-85 | | | |
| 85-90 | | | |
| 90-95 | | | |
| > 95 | | | |

JUNIOR

| CLASSIC |
|---|
| Ski length = Skier height + 10 to 20 cm |
| SKATE |
| Ski length = Skier height + 5 to 15 cm |

ELITE

| ELITE 9 CL ELITE 10 CL* & GRIP* | | | | | | | |
|------------------------------------|-----|------|-----|------|-----|------|-----|
| 182 | | 190 | | 198 | | 206 | |
| soft | med | soft | med | soft | med | soft | med |
| < 40 | | | | | | | |
| 40-45 | | | | | | | |
| 45-50 | | | | | | | |
| 50-55 | | | | | | | |
| 55-60 | | | | | | | |
| 60-65 | | | | | | | |
| 65-70 | | | | | | | |
| 70-75 | | | | | | | |
| 75-80 | | | | | | | |
| 80-85 | | | | | | | |
| 85-90 | | | | | | | |
| 90-95 | | | | | | | |
| > 95 | | | | | | | |

| ELITE 9 GRIP ELITE 8 EDGE CL & GRIP VITANE 9 CLASSIC & GRIP | | | | |
|---|-----|-----|-----|-----|
| 174 | 182 | 190 | 198 | 206 |
| < 40 | | | | |
| 40-45 | | | | |
| 45-50 | | | | |
| 50-55 | | | | |
| 55-60 | | | | |
| 60-65 | | | | |
| 65-70 | * | | | |
| 70-75 | * | | | |
| 75-80 | * | | | |
| 80-85 | | | | |
| 85-90 | | | | |
| 90-95 | | | | |
| > 95 | | | | |

| ELITE 5/6/7 (CLASSIC & GRIP) | | | | |
|---------------------------------|-----|-----|-----|-----|
| 174 | 182 | 190 | 198 | 206 |
| < 40 | | | | |
| 40-45 | | | | |
| 45-50 | | | | |
| 50-55 | | | | |
| 55-60 | | | | |
| 60-65 | | | | |
| 65-70 | | | | |
| 70-75 | * | | | |
| 75-80 | * | | | |
| 80-85 | * | | | |
| 85-90 | | | | |
| 90-95 | | | | |
| > 95 | | | | |

* ELITE 10 CL & ELITE 10 GRIP AVAILABLE IN MEDIUM ONLY

SNOWSCAPE

| SNOWSCAPE SIAM | | |
|----------------|---|---|
| S | M | L |
| < 40 | | |
| 40-45 | | |
| 45-50 | | |
| 50-55 | | |
| 55-60 | | |
| 60-65 | | |
| 65-70 | | |
| 70-75 | | |
| 75-80 | | |
| 80-85 | | |
| 85-90 | | |
| 90-95 | | |
| > 95 | | |

| SNOWSCAPE MEN | | | | |
|---------------|---|---|----|-----|
| S | M | L | XL | XXL |
| < 40 | | | | |
| 40-45 | | | | |
| 45-50 | | | | |
| 50-55 | | | | |
| 55-60 | | | | |
| 60-65 | | | | |
| 65-70 | | | | |
| 70-75 | | | | |
| 75-80 | | | | |
| 80-85 | | | | |
| 85-90 | | | | |
| 90-95 | | | | |
| > 95 | | | | |

X-ADV

| X-ADV 59 | | | | |
|----------|-----|-----|-----|-----|
| 184 | 191 | 198 | 205 | 210 |
| < 40 | | | | |
| 40-45 | | | | |
| 45-50 | | | | |
| 50-55 | | | | |
| 55-60 | | | | |
| 60-65 | | | | |
| 65-70 | | | | |
| 70-75 | | | | |
| 75-80 | | | | |
| 80-85 | | | | |
| 85-90 | | | | |
| 90-95 | | | | |
| > 95 | | | | |

| X-ADV 69 | | | |
|----------|-----|-----|-----|
| 168 | 180 | 192 | 204 |
| < 40 | | | |
| 40-45 | | | |
| 45-50 | | | |
| 50-55 | | | |
| 55-60 | | | |
| 60-65 | | | |
| 65-70 | | | |
| 70-75 | | | |
| 75-80 | | | |
| 80-85 | | | |
| 85-90 | | | |
| 90-95 | | | |
| > 95 | | | |

| X-ADV 89 | | |
|----------|-----|-----|
| 168 | 180 | 192 |
| < 40 | | |
| 40-45 | | |
| 45-50 | | |
| 50-55 | | |
| 55-60 | | |
| 60-65 | | |
| 65-70 | | |
| 70-75 | | |
| 75-80 | | |
| 80-85 | | |
| 85-90 | | |
| 90-95 | | |
| > 95 | | |

* EXTRASTIFF
 FOR VERY GOOD SKIERS
 IN THEIR CATEGORY