

## Size Chart for Skis and Poles as % of skier height (cm)

5 cm longer or shorter makes little difference. Equipment is available in increments of 5 or 10 cm.

Skier (inch)	Skier (cm)	Jr Nordic & touring		Classic		Skating	
		combi skis	combi poles	classic skis	classic poles	skate skis	skate poles
		<b>104%</b>	<b>83%</b>	<b>111%</b>	<b>80%</b>	<b>102%</b>	<b>86%</b>
33	84	85	70	95	65	85	70
34	86	90	70	95	70	90	75
35	89	95	75	100	70	90	75
36	91	95	75	100	75	95	80
37	94	100	80	105	75	95	80
38	97	100	80	110	80	100	85
39	99	105	80	110	80	100	85
40	102	105	85	115	80	105	90
41	104	110	85	115	85	105	90
42	107	110	90	120	85	110	90
43	109	115	90	120	85	110	95
44	112	115	95	125	90	115	95
		<b>108%</b>	<b>85%</b>	<b>113%</b>	<b>82%</b>	<b>105%</b>	<b>89%</b>
45	114	120	95	130	95	120	100
46	117	125	100	130	95	125	105
47	119	130	100	135	100	125	105
48	122	130	105	140	100	130	110
49	124	135	105	140	100	130	110
50	127	135	110	145	105	135	115
51	130	140	110	145	105	135	115
52	132	145	110	150	110	140	115
53	135	145	115	155	110	140	120
54	137	150	115	155	110	145	120
		<b>111%</b>	<b>87%</b>	<b>115%</b>	<b>83%</b>	<b>107%</b>	<b>90%</b>
55	140	155	120	160	115	150	125
56	142	160	125	165	120	150	130
57	145	160	125	165	120	155	130
58	147	165	130	170	120	155	130
59	150	165	130	175	125	160	135
60	152	170	130	175	125	165	135
61	155	170	135	180	130	165	140
62	157	175	135	180	130	170	140
63	160	180	140	185	135	170	145
64	163	180	140	185	135	175	145
		<b>114%</b>	<b>86%</b>	<b>116%</b>	<b>84%</b>	<b>108%</b>	<b>91%</b>
65	165	190	140	190	140	180	150
66	168	190	145	195	140	180	155
67	170	195	145	195	145	185	155
68	173	195	150	200	145	185	155
69	175	200	150	205	145	190	160
70	178	205	155	205	150	190	160
71	180	205	155	210	150	195	165
72	183	210	155	210	155	200	165