

LENGTHS RECOMMENDATION RACE CLASSIC

SPEEDMAX CLASSIC COLD* / PLUS 812*** / PLUS 902** / ZERO+*****

Body weight (kg)	Length (cm) / Stiffness																	
	187			192			197			202			207					
	So	Me	St	So	Me	St	So	Me	St	So	Me	St	So	Me	St			
< 49																		
50 - 54																		
55 - 59																		
60 - 64																		
65 - 69																		
70 - 74																		
75 - 79																		
80 - 84																		
85 - 89																		
> 90																		

DOUBLE POLING

Body weight (kg)	Length (cm) / Stiffness		
	197	202	207
	So	Me	St
< 49			
50 - 54			
55 - 59			
60 - 64			
65 - 69			
70 - 74			
75 - 79			
80 - 84			
85 - 89			
> 90			

CARBONLITE / RCS CLASSIC PLUS, TWIN SKIN CARBON**

Body weight (kg)	Length (cm) / Stiffness																	
	187			192			197			202			207					
	So	Me	St	So	Me	St	So	Me	St	So	Me	St	So	Me	St			
< 49																		
50 - 54																		
55 - 59																		
60 - 64																		
65 - 69																		
70 - 74																		
75 - 79																		
80 - 84																		
85 - 89																		
> 90																		

* Model not available in stiff

** Model starts at 192cm

*** Model not available in stiff, starts at 192cm

RCS ZERO+

Body weight (kg)	Length (cm) / Stiffness				
	187	192	197	202	207
	So	Me	St	So	Me
< 49					
50 - 54					
55 - 59					
60 - 64					
65 - 69					
70 - 74					
75 - 79					
80 - 84					
85 - 89					
> 90					

TWIN SKIN RACE

Body weight (kg)	Length (cm) / Stiffness										
	187		192		197		202		207		
	So	Me	So	Me	So	Me	So	Me	So	Me	
< 49											
50 - 54											
55 - 59											
60 - 64											
65 - 69											
70 - 74											
75 - 79											
80 - 84											
85 - 89											
> 90											

RCR CROWN

Body weight (kg)	Length (cm) / Stiffness					
	187		192		207	
	Me	St	Me	St	Me	St
< 49						
50 - 54						
55 - 59						
60 - 64						
65 - 69						
70 - 74						
75 - 79						
80 - 84						
85 - 89						
> 90						

SCS / CRS / SC CLASSIC, TWIN SKIN PRO / PERFORMANCE

Body weight (kg)	Length (cm) / Stiffness					
	182	187	192	197	202	207
	So	Me	St	So	Me	St
< 49						
50 - 54						
55 - 59						
60 - 64						
65 - 69						
70 - 74						
75 - 79						
80 - 84						
85 - 89						
> 90						
100 - 130						

TWIN SKIN PRO XTRA STIFF

Body weight (kg)	Length (cm)	
	187	202
	So	Me
< 49		
50 - 54		
55 - 59		
60 - 64		
65 - 69		
70 - 74		
75 - 79		
80 - 84		
85 - 89		
> 90		
100 - 130		

SC COMBI

Body weight (kg)	Length (cm)					
	182	187	192	197	202	207
	So	Me	St	So	Me	St
< 49						
50 - 54						
55 - 59						
60 - 64						
65 - 69						
70 - 74						
75 - 79						
80 - 84						
85 - 89						
> 90						
100 - 130						