



4. ADJUSTMENTS

Weight [kg]	Height [cm]		RELEASE VALUE Ski Boot Sole Length [mm]							Release Torque Range	
			≤250	251-270	271-290	291-310	311-330	≥331		Mz [Nm]	My [Nm]
										5 *	18 *
10-13 ¹⁾		A	0,75	0,75					A	8	29
14-17 ²⁾		B	1	1	0,75				B	11	40
18-21		C	1,5	1,25	1				C	14	52
22-25		D	1,75	1,5	1,5	1,25			D	17	64
26-30		E	2,25	2	1,75	1,5	1,5		E	20	75
31-35		F	2,75	2,5	2,25	2	1,75	1,75	F	23	87
36-41		G	3,5	3	2,75	2,5	2,25	2	G	27	102
42-48	≤148	H		3,5	3	3	2,75	2,5	H	31	120
49-57	149-157	I		4,5	4	3,5	3,5	3	I	37	141
58-66	158-166	J		5,5	5	4,5	4	3,5	J	43	165
67-78	167-178	K		6,5	6	5,5	5	4,5	K	50	194
79-94	179-194	L		7,5	7	6,5	6	5,5	L	58	229
≥95	≥195	M			8,5	8	7	6,5	M	67	271
		N			10	9,5	8,5	8	N	78	320
		O			11,5	11	10	9,5	O	91	380
										105	452
										118 **	540 **

The values are given in this table for example purposes and may be written also in fractions.

1) For skiers 13 kg (29 lbs) and under, no further correction is appropriate.

2) For skiers 17 kg (38 lbs) and under, Skier Type -1 is inappropriate.

The initial indicator values given in this table are suggested values for the beginning of the procedure.

A re-adjustment could be necessary in order to make the measured MZ and MY values coincide with the selected individual MZ and MY values within the limits stated in this table.

* Lowest tolerance limit

** Highest tolerance limit

Tab. 4.5 ADJUSTMENT CHART for [kg] and [cm] ACCORDING TO ISO 11088