

# LEKI

WINTER  cm	ALPINE	CROSS COUNTRY CLASSIC	CROSS COUNTRY SKATING	SUMMER  cm	TREKKING* CROSS TRAIL*	TRAIL RUNNING	NORDIC WALKING									
								120	125	130	135	140	145	150	155	160
120	85	100	110	120	85	85	80									
125	90	105	115	125	90	90	85									
130	90	110	115	130	90	90	90									
135	95	115	120	135	95	95	90									
140	100	120	125	140	100	100	95									
145	100	120	130	145	100	100	100									
150	105	125	135	150	105	105	100									
155	110	130	140	155	110	110	105									
160	110	135	145	160	110	110	110									
165	115	140	150	165	115	115	110									
170	120	145	155	170	120	120	115									
175	120	150	160	175	120	120	120									
180	125	155	165	180	125	125	120									
185	130	155	165	185	130	130	125									
190	135	160	170	190	135	135	130									
195	135	165	175	195	135	135	135									
200	140	170	180	200	140	140	135									



\* Uphill: 5-10 cm shorter, depending on steepness and inclination // Downhill: 5-10 cm longer, depending on steepness and inclination  
INFO: Lengths are recommendations and can differ from individual preferences.