

**A SIZING & CONVERSION GUIDE**

US Men	US Women	UK	EU	Length in cm
4	5.5	3.5	36	22
4.5	6	4	37	22.5
5	6.5	4.5	37.5	23
5.5	7	5	38	23.5
6	7.5	5.5	38.5	24
6.5	8	6	39.5	24.5
7	8.5	6.5	40	25
7.5	9	7	40.5	25.5
8	9.5	7.5	41.5	26
8.5	10	8	42	26.5
9	10.5	8.5	42.5	27
9.5	11	9	43	27.5
10	11.5	9.5	44	28
10.5	12	10	44.5	28.5
11	12.5	10.5	45	29
11.5	13	11	45.5	29.5
12	13.5	11.5	46.5	30
12.5	14	12	47	30.5
13	15	12.5	47.5	31
14	-	13.5	49	32
15	-	14.5	50	33
16	-	15.5	51	34
17	-	16.5	52	35
18	-	17.5	53	36
19	-	18.5	54	37
20	-	19.5	55	38

**B WIDTH GUIDE**

US Men's Standard Running Size	Narrow (B) in cm	Medium (D) in cm	Wide (2E) in cm	Extra Wide (4B) in cm
6	9.3	9.7	10.1	10.4
6.5	9.5	9.8	10.2	10.5
7	9.6	9.9	10.3	10.6
7.5	9.7	10.0	10.4	10.7
8	9.8	10.1	10.5	10.8
8.5	9.9	10.2	10.6	10.9
9	10.0	10.4	10.7	11.0
9.5	10.1	10.5	10.8	11.1
10	10.2	10.6	10.9	11.3
10.5	10.3	10.7	11.0	11.4
11	10.4	10.8	11.1	11.5
11.5	10.5	10.9	11.3	11.6
12	10.6	11.0	11.4	11.7
12.5	10.7	11.1	11.5	11.8
13	10.8	11.2	11.6	11.9
13.5	10.9	11.3	11.7	12.0
14	11.0	11.4	11.8	12.1
14.5	11.1	11.5	11.9	12.2
15	11.3	11.6	12.0	12.3
15.5	11.4	11.7	12.1	12.4
16	11.5	11.8	12.2	12.5